

Natural Help 4...

Asthma



What is Asthma?

[Asthma](#) is a chronic condition that affects an overwhelming 20 million Americans. Furthermore, statistics reveal that [asthma](#) affects approximately 1 in 10 children in the United States, making it the **most common chronic childhood disease** to date. During an [asthma](#) attack, the lung's airways (bronchioles) become inflamed, contract and become lined with excessive amounts of mucous—causing a restriction of airflow and making it very difficult to breathe.

These **attacks are often triggered** by pollution or some environmental irritant like cigarette smoke, household cleaning agents, or other toxins. Other common triggers include a change in air temperature or humidity; stress, allergies, and physical exertion.

[Chronic asthma](#) can be a frightening condition which often requires vigilant medical management to **prevent and minimize the occurrence of acute attacks**. This can take the form of conventional Western medicine, homeopathic or naturopathic treatment. While many [asthma](#) attacks are relatively mild and can be treated and controlled at home, some are more severe and may even require hospitalization.

Diagnosing Asthma

If you suspect that you or your child may have [asthma](#), it is important to seek medical attention so that a proper diagnosis can be made. Your physician will ask about experienced symptoms and if there seems to be anything that is triggering them. A medical history will be taken where your doctor may ask about allergies, **family history of [asthma](#) or other lung-related illnesses** and when the symptoms were first noticed.

A physical examination and non-invasive lung functioning tests will generally follow and help to determine diagnosis. Your physician may also examine the skin and ask if there is a history of hives, eczema or skin-related allergies as there is a **common link between skin reactions and [chronic asthma](#)**. If a diagnosis is confirmed, it is important to discuss different treatment options with your doctor and explore alternatives.

Symptoms of Asthma

[Symptoms of asthma](#) as well as the severity, frequency and duration of [asthma attacks](#) differ between individuals. It is important to learn to recognize your own early warning symptoms of an attack so that swift action can be taken if necessary. [Symptoms of asthma](#) generally include:

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The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

- Tightness, pain or pressure felt in the chest
- An audible ‘wheezing’ sound is characteristic of [asthma](#), especially when exhaling
- Shortness of breath
- Persistent cough, especially at night or in the early mornings

What Causes Asthma?

Most cases of [asthma](#) are caused by a combination of genetic and environmental factors. Studies have revealed that [asthma does run in families](#), making children of asthmatic parents especially vulnerable to the condition. In addition, children with an early history of infections and continuous exposure to second-hand smoke are far more likely to develop the condition than other children.

Common asthma triggers

[Asthma](#) has a number of triggers which often include:

- Allergies to pollen, grass, certain foods, house dust mites, pets or any other environmental allergens
- Air pollution or irritants including car and factory emissions
- Smoke
- A number of perfumed products including deodorants, chemical detergents, fabric softeners and incense
- Upper respiratory infections colds, flu and sinusitis
- Reflux
- Physical exertion or exercise
- Certain medications such as aspirin and penicillin
- Hormonal changes in women during menstruation pregnancy
- Sudden changes in air temperature or humidity
- Cold air
- Stress, anxiety and other strong emotions
- Preservatives

Help for Asthma

The [treatment of asthma](#) involves working together with your health care provider to find methods that would best help control the condition in terms of **prevention of acute attacks and the management of milder symptoms**. A treatment plan will include learning about how to quickly recognize an attack, what to do in emergency situations and how to avoid personal triggers where possible. In most cases, the use of conventional western medication and/or herbal and homeopathic remedies is recommended.

Conventional Western medicine generally treats asthma with a combination of **preventative and quick-relief medications**. These may include the frequent use of inhalers, anti-inflammatory medication, bronchodilators, corticosteroids, and anti-allergy medications.

While conventional medical treatment may sometimes be necessary (especially quick relief medications), many of them come with a number of **potentially**

The advertisement for NativeRemedies features a green leaf logo at the top. Below it, the text reads 'NativeRemedies THE NATURAL CHOICE'. A green banner with white text says 'LIVE A HEALTHY LIFE!'. The central image shows a smiling family of four (a woman, a man, and two children). Below the image, the text states 'Proven, Safe, 100% Natural Herbal and Homeopathic Remedies for You and Your Family'. At the bottom, there is a red button with white text that says 'CLICK HERE'.

Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

dangerous side effects as well as negative effects on immune system functioning. Prolonged use of these medications have the potential to lower immune system health, resulting in increased [asthma](#) attacks, reduced resistance to allergens, while also leaving the body more vulnerable to other illnesses.

Note: You should not stop your asthma medication without first consulting your doctor, a trained naturopath or homeopath for guidance.

Natural Remedies

There are a number of highly effective herbal and homeopathic remedies that may be used for the successful [treatment of asthma](#) and other respiratory conditions. Depending on the severity of the asthma, natural remedies can either reduce or **completely eliminate the need for the synthetic drugs** and are often used in conjunction with conventional medications as a part of a holistic treatment plan.

Herbal ingredients such as Matricaria recutita and Astragalus are known for their antispasmodic and anti-inflammatory properties, while homeopathic ingredients such as Mag. Phos. and Nat. Sulph are successful at easing chest and throat constriction and soothing mucous membranes while reducing the presence of phlegm in the chest. Used regularly, natural remedies can help **improve respiratory health**, reduce the incidence and severity of [asthma attacks](#) while strengthening the immune system.

Tips on Managing Asthma

While some form of supervised treatment is usually required to manage [asthma](#), there are a number of things that you can do to improve respiratory health and reduce the effects of [asthma](#) on your daily life.

- Exercise regularly. Many asthmatics avoid exercise for fear of inducing an [asthma attack](#); however, it is not necessary to live a sedentary life-style. Regular, gentle exercise will help strengthen over-all lung and heart functioning and may help reduce asthma— provided you keep it in moderation and respect the limits of your fitness levels. If you are unfit, start off slowly, gradually increasing activity as your fitness levels increase.
- Include Vitamin C, B6 and magnesium to your daily supplements as a lack of these vital nutrients has been implicated in a number of inflammatory conditions, including [asthma](#).
- Avoid sulfites and preservatives such as sulphur dioxide and sodium benzoate as these tend to trigger asthmatic reactions.
- Keep an ‘asthma diary’ to help you to identify triggers and determine when your asthma becomes out of control.
- Avoid common irritants such as spray deodorants, perfumed cleaning agents, and cigarette smoke, wherever possible.
- Reduce dust and pollen in your household. During pollen season, try keeping the windows closed and opt for an air conditioner instead. Dust can be reduced by replacing carpets with tiles or wooden floors, buying washable curtains and blinds, and vacuuming upholstered furniture and mattresses regularly.
- Wear a scarf over your nose and mouth if you have to go out in cold air and avoid exercising in cold air.
- Treat colds and flu as soon as they become evident.

Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

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[Mom's Blog](#)

[Health or High Water](#)

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

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- If stress and anxiety are triggers, learn to manage these with relaxation techniques such as meditation, deep breathing exercises and yoga.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to



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promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

BioVent Drops: Supports bronchial and respiratory health for easy breathing.

BioVent Drops is a 100% safe, natural formula. BioVent Drops have been used for many years to **safely support the respiratory system and maintain easy breathing.**

Containing a selection of ingredients known for their supportive function in **maintaining open airways and supporting lung health**, BioVent Drops are presented in liquid tincture formula, making them easy to take for all ages.

BioVent Drops is a unique combination of natural ingredients used to promote the ongoing health of the respiratory tract and lungs. Used daily, it can

Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

promote respiratory functioning and health, and also support the immune system.

BioVent Drops may be combined with our Triple Complex BronchoSoothe Remedy - for on the spot comfort and support of healthy bronchioles and easy breathing.

The formula remains true to **the whole spectrum method of herbal extraction**, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance - exactly as nature intended!

[Learn more about BioVent Drops](#)

BronchoSoothe: Natural asthma remedy helps to relax and open airways for normal breathing.

Triple Complex BronchoSoothe is a safe, non-addictive, natural remedy containing *100% homeopathic ingredients* especially selected to temporarily **relieve tightening of the chest to open airways and improve respiratory health.**

Triple Complex BronchoSoothe is a *combination of three biochemic cellular-supporting tissue salts* and may be taken at the first signs of **chest constriction, closed airways or abnormal breathing** for effective, temporary help.

Triple Complex BronchoSoothe is taken internally to support lung and bronchiole functioning, and **maintain respiratory tract and immune system health.** Presented in small tablet form, Triple Complex BronchoSoothe is easy to ingest and hassle-free with **no artificial colors or preservatives.**

Due to its unique homeopathic formula, Triple Complex BronchoSoothe is *safe for all ages, as well as during pregnancy and nursing.*

[Learn more about BronchoSoothe](#)

Read the testimonials for these quality products [here!](#)

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Alternative Healing Academy

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[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The Alternative Healing Academy has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer [basic courses](#) as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



Course Testimonials

"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."

-A. Lindquist - Advanced Aromatherapy Practitioner

"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."

-M. Oliver - Basic Anatomy & Physiology

"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."

-Debbie F. - Basic Reflexology

"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."

"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."

"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."

-Jean Russell - Basic Reflexology Course

"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."

"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."

-Megan P. - Advanced Aromatherapy Course

Our Associations

Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

Payment plans are available, please [Click Here for More Info](#)

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