

# 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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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**

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## 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.

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## Great Health Sites

[Naturally Beautiful Me](#)

[Natural Pet Health Blog](#)

[Natural Holistic Health](#)

[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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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.**

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**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

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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.

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