

Natural Help 4...

Pneumonia



What is Pneumonia?

[Pneumonia](#) is described as inflammation or infection of the lungs caused by **various microorganisms such as viruses, bacteria, fungi and parasites**. The lungs have a number of tiny air sacs that fill with mucus, liquids and pus and have difficulty functioning properly. Very often [pneumonia](#) follows a [cold](#) or [flu](#) but may also occur on its own or as a result of underlying diseases. If left untreated, [pneumonia](#) can lead to more serious health problems.

There are various types of pneumonia and these include:

- **Bacterial pneumonia** is caused by various bacteria with the most one being *Streptococcus pneumoniae*. It develops when the body is weak and the bacteria enters the lungs – this occurs as a result of illness, respiratory diseases, viral infections, people who have had surgery, old age, malnutrition, alcohol abuse or a weak immune system.
- **Viral pneumonia** is caused by viruses such as influenza (flu), adenovirus, chickenpox measles, coxsackievirus, cytomegalovirus and respiratory syncytial virus which attack the lungs and multiply.
- **Mycoplasma pneumoniae** is caused by mycoplasmas, tiny microorganisms which have features of bacteria and viruses. These mycoplasmas multiply and spread causing mild [pneumonia](#). It affects people of all ages. It is often associated with a cough that produces mucus and symptoms outside of the lungs.
- **Aspiration pneumonia** occurs when you inhale food, drink, gastric secretions, saliva, or vomit from the mouth into the lungs. This may be caused by a number of factors such as the disturbance of your normal gage reflux, certain disorders that affects swallowing, disorders of esophagus, old age, anesthesia, coma, dental problems or excessive use of alcohol or drugs. Aspiration [pneumonia](#) may develop into a collection of pus in the lungs.
- **Atypical pneumonia** is caused by certain bacteria and these include Legionella pneumophila, Mycoplasma pneumoniae, and Chlamydomydia pneumoniae. Pneumonia that comes about as a result of Legionella is quite serious and can even be fatal, while atypical [pneumonia](#) that is due to Mycoplasma and Chlamydomydia is usually much milder.
- **Cytomegalovirus (CMV)** forms part of the group of herpes-type viruses that causes infection in the lungs of people with weakened immune systems. This type of [pneumonia](#) is common in AIDS patients, people receiving immunosuppressive treatments such as chemotherapy or organ transplant and bone marrow transplant recipients.
- **Hospital-acquired pneumonia** occurs while staying at hospital for another illness. It tends to be more severe if you are on a mechanical ventilator, have a weak immune system, because of a recent illness or medications, or suffer from old age or alcoholism.

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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.

- **Community-acquired pneumonia** develops from breathing in germs that live in the nose, mouth or throat – particularly occurs while sleeping. It is a common type of [pneumonia](#) and affects people who have been not been hospitalized recently.
- **Legionnaire's disease** is an acute respiratory infection caused by the bacterium *Legionella pneumophila* found in water delivery systems and warm, moist air conditioners of large buildings. This type of [pneumonia](#) is spread through the respiratory system and most common amongst middle aged and older people.
- Pneumocystis carinii [pneumonia](#) is a lung infection caused by the fungus Pneumocystis carinii. Although this type of [pneumonia](#) is quite rare in people with healthy immune systems, it affects those with a weakened immune system such as AIDS/HIV patients, individuals who have had organ or bone marrow transplantation, take immunosuppressant medications or premature or malnourished children.

What Causes Pneumonia?

[Pneumonia](#) is caused by viruses, bacteria, parasites or other organisms. In most cases, the bacteria and viruses that are causing [pneumonia](#) cannot be identified. [Pneumonia](#) may be transmitted after you have **breathed infected air particles into your lungs** or during sleep, after you have breathed certain bacteria from your nose and throat into your lungs.

Bacteria such as *Streptococcus pneumoniae*, *Staphylococcus aureus*, *Haemophilus influenzae*, *Chlamydophila pneumoniae*, *Legionella* and *Mycoplasma pneumonia* (*walking pneumonia*) can cause pneumonia. Viruses such as the influenza A (the flu virus) and parainfluenza, respiratory syncytial virus (RSV), adenovirus, SARS, measles and chickenpox virus can also cause [pneumonia](#). Some forms of fungi and parasites such as **Pneumocystis carinii often causes [pneumonia](#)** in people with compromised immune systems such as those with AIDS.

Aspiration [pneumonia](#) occurs when you have breathed food, liquid, gastric juices or vomit into the lungs – this may happen if you have had a stroke, Parkinson's disease or a seizure which makes it difficult for you to swallow. [Pneumonia](#) may also **develop during the course of your daily life such as at work**, school or gym (community-based pneumonia) or if you are hospitalized or at a nursing home (hospital-based pneumonia).

People age 65 years and older as well as very young children have a higher risk of developing [pneumonia](#) because their immune systems are weak or under developed. Additional risk factors include:

- Respiratory tract infections (influenza or parainfluenza)
- Smoking
- Alcoholism or drug abuse
- Immunosuppressive disorders such HIV/AIDS
- Chronic diseases such as cardiovascular disease, diabetes, sickle cell disease, kidney disease, chronic bronchitis, asthma, cystic fibrosis, bronchiectasis, chronic obstructive pulmonary disease (COPD) or emphysema
- Removal of your spleen
- Exposure to environmental toxicity (pollutants or chemicals)



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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.

- People who have had surgery or suffered traumatic injury
- Therapies such as chemotherapy or long-term use of immunosuppressant drugs
- Hospitalized patients or older people in nursing homes

Diagnosing Pneumonia

The [diagnosis of pneumonia](#) is based on your symptoms and a thorough examination as well as a review of your medical history. Your doctor will use a **stethoscope to listen to your chest and lungs** and certain tests such as a chest x-ray, blood and sputum tests may be ordered. In more severe cases, a lung biopsy and procedures such as a thoracentesis, bronchoscopy and spirometry may be performed.

[Pneumonia](#) often presents with flu -like symptoms. The most common symptoms and signs of pneumonia include:

- Cough with a yellowish or greenish mucus
- Occasional bloody sputum
- Fever
- Shaking chills
- Rapid, shallow breathing and shortness of breath
- Sharp, stabbing pains in the chest often worsened by coughing or breathing in
- Fatigue and overall weakness
- Nausea and vomiting

Symptoms that may occur in other cases of [pneumonia](#) include coughing, muscle aches, headaches, loss of appetite, rapid heart beat, skin discoloration (a blueish-purplish tinge), and confusion particularly in older people.

Help for Pneumonia

The [treatment of pneumonia](#) generally depends on the cause, its severity and your overall health. Medications such as antibiotics may be prescribed to **treat bacterial pneumonia** – remember to complete the full course. Antibiotics for viral pneumonia are not very effective. If you have developed aspiration [pneumonia](#), an endotracheal tube which is a breathing tube is inserted into your trachea so that oxygen can be pumped into the lungs.

Suction is also used to clear the airways to remove vomit or chemicals. Vaccines can help prevent pneumonia in children, the elderly, and people who **suffer from chronic conditions** such as asthma, emphysema, diabetes, cancer or HIV. Pneumococcal vaccine prevents the *Streptococcus pneumoniae*, flu vaccine prevents the influenza virus and pneumonia, and Hib vaccine prevents *Haemophilus influenzae* type b.

Natural remedies

Natural and holistic treatments such as herbal and homeopathic remedies have proven to be highly effective in providing symptomatic [relief for pneumonia](#) and **helping the immune system to stay strong**. Containing a combination of

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carefully selected ingredients, these remedies safely support the respiratory system and maintain easy breathing.

Herbs such as *Matricaria recutita*, and *Astragalus membranaceus* support the lungs and air passages while also acting as a rejuvenating tonic. Other effective ingredients include *Arsen alb.* and *Phosphorus* – to **encourage respiratory calm** and steady breathing.

More Information on Pneumonia

There are a number of useful things that you can do to prevent pneumonia and these include:

- Get vaccinated once a year with pneumococcal vaccine
- Eat a healthy diet that contains plenty of fresh fruit and vegetables
- Drink eight glasses of water per day to thin mucus and help to cough it up
- Get lots of bed rest until your temperature returns to normal
- Wash hands thoroughly before eating and preparing food, after blowing your nose, handling pets, going to the bathroom and being outside
- Exercise regularly by going for brisk walks to increase your lung capacity
- Stop smoking because tobacco damages the lungs
- Keep windows open when using cleaning detergents and wear a mask over your mouth and nose to avoid inhaling the fumes
- Practice deep breathing exercises to promote lung functioning
- Use a humidifier to increase air moisture and help with easier breathing

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



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‘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 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

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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.

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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**.



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

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