

# Remedies 4

asthma

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## Remedies 4... asthma

### Companion Remedies for Asthma

[Immunity Plus](#) - For full immune system support

[Congesto-K Pillow Spritzer](#) - To keep airways clear and aid in relaxation and restful sleep

[Congesto-K KiddieRub](#) - Chest massage oil for a child's congested nose and chest

[KiddieBoost](#) - Support healthy immune functioning in children

[BronchoSoothe](#) - Natural asthma remedy helps to relax and open airways for normal breathing

[BioVent Drops](#) - Improve respiratory health with BioVent Drops for natural asthma relief

[Sniffly Sprinkles](#) - Helps keep airways open and children breathing easy

### Asthma - Causes and Remedies

One overlooked cause of asthma is GERD or Gastro-Esophageal Reflux Disease. Researchers have found that many cases of adult asthma are caused by the regurgitation of stomach juices into the throat, lungs and bronchial system. If you are suffering from asthma and have heartburn or digestive imbalances, work on improving the digestive imbalance and the asthma should improve, too.

Ammonia, found in glass cleaners and other cleaning products, can trigger an asthma attack. For a safer glass cleaner, mix ¼ cup of white vinegar with 2 quarts of warm water; apply with a clean sponge and squeegee off the excess.



### [Elderberry Syrup](#)

Created for Planetary  
Herbals by licensed  
acupuncturist and clinical  
herbal



### [Mushroom Glyco Nutrients](#)

NOW® Mushroom  
GlycoNutrients is a nutritional  
supplement designed to  
support



### [Zenergize Immunity, Citrus](#)

Getting sick (or at least  
pretending to) was sort of fun  
back in the old da

## Remedies

**Cranberries** Cook fresh cranberries in enough water to make a mash, then take two or three teaspoonsful daily. The results may astonish you. Remedy from Betty Patterson, Wayne, PA.

**Licorice root tea** Make a tea by putting ½ teaspoon [licorice](#) in a cup of hot water and steep for 10 minutes; strain. Drink one or two cups daily to relieve asthma symptoms. You can also find tea bags at many grocery or health food stores.

**Pycnogenol**, sometimes sold as OPC or PCO, made from pine bark extract, contains flavonoids with anti-inflammatory and antioxidant properties. A study done at the University of Arizona at Tucson, reported in 2002, showed that 84% of participants who took 150 to 200 mgs daily were able to breathe more easily. In addition, pycnogenol significantly reduced patients' levels of serum leukotrienes, substances that promote asthma symptoms. May be taken with food or on an empty stomach.

**Watercress** Eat a lot of watercress

## Reflexology + Aromatherapy

Use this blend to massage the following reflex points. It is best to include this regimen daily - it is not meant to relieve an asthma attack in progress, but to help heal your body and help curb future problems with asthma.

### Recommended Blend

15 [Ravensara](#)

18 [Pine](#)

2 [Peppermint](#)

5 [Cypress](#)

12 [Eucalyptus Radiata](#)

10 [Eucalyptus Australiana](#)

8 [Myrtle](#)

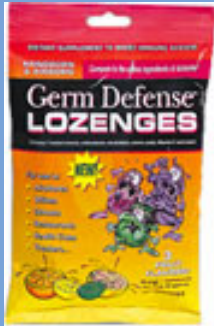
Dilute 50/50 with a good vegetable oil or other carrier oil - use to massage indicated respiratory reflexology points. Do not get into eyes.

### Technique



### [VRL-X](#)

Overall health can often occur naturally if the body receives the proper nu



### [Germ Defense Lozenges](#)

Germ Defense Lozenges are dietary supplements used to boost your immune sys



### **Great Health Sites**

[Natural Holistic Health Blog](#)

[Naturally Beautiful Me](#)

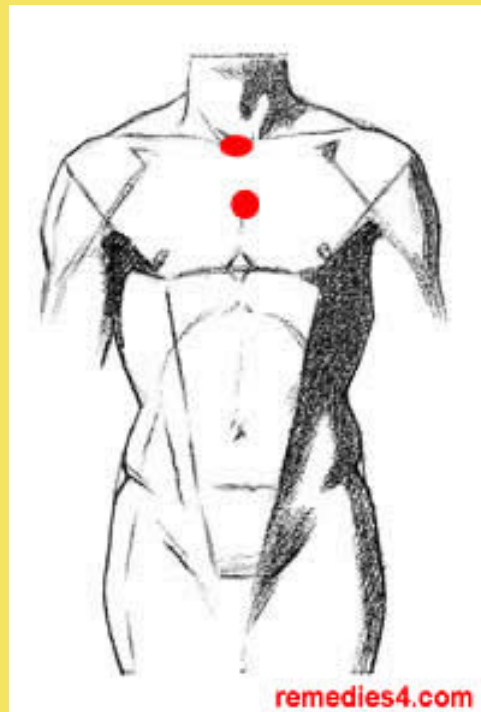
Generally massage is applied directly by thumb pressure or by kneading. It will take a while to build up your strength. Alternate the thumb pressure with applications using bunched or extended fingers, the knuckles, the heel of the hand or a gripping motion where the whole hand applies the force. Alternating the techniques gives your thumbs a chance to gain strength.

Start with light pressure and gradually build. Always feel comfortable with the pressure. Never force your body, or inflict pain.

### **Reflex points for Asthma**



Reflex points on the back



Reflex points on front

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[Akobi Natural Health Database](#)

[Natural Pet Health Blog](#)

[Anxiety Depression Info](#)

[ADHD Info](#)

[Mom's Blog](#)

[Natural Men's Health](#)

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[Mountain Rose Herbs](#)

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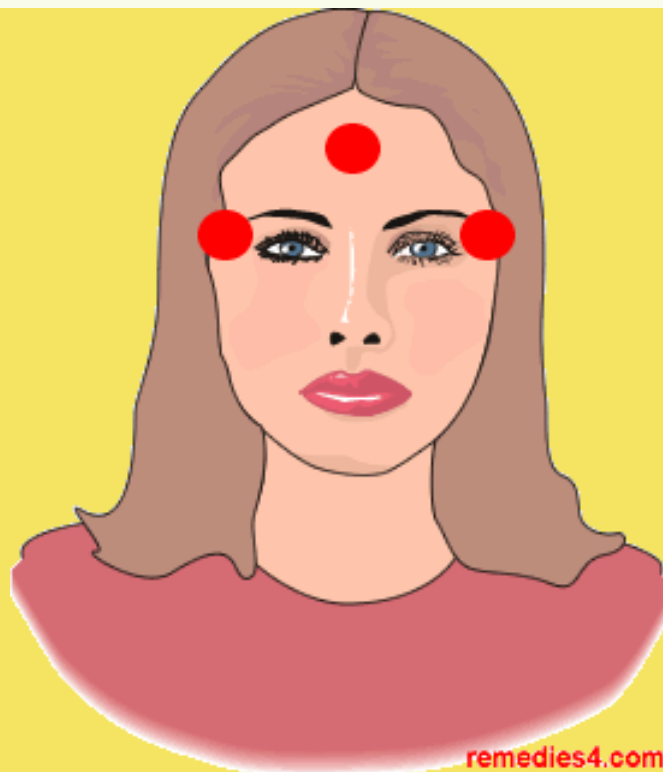
**Natural Remedies**

[Native Remedies](#)

[Natural Health Supplement Shop](#)

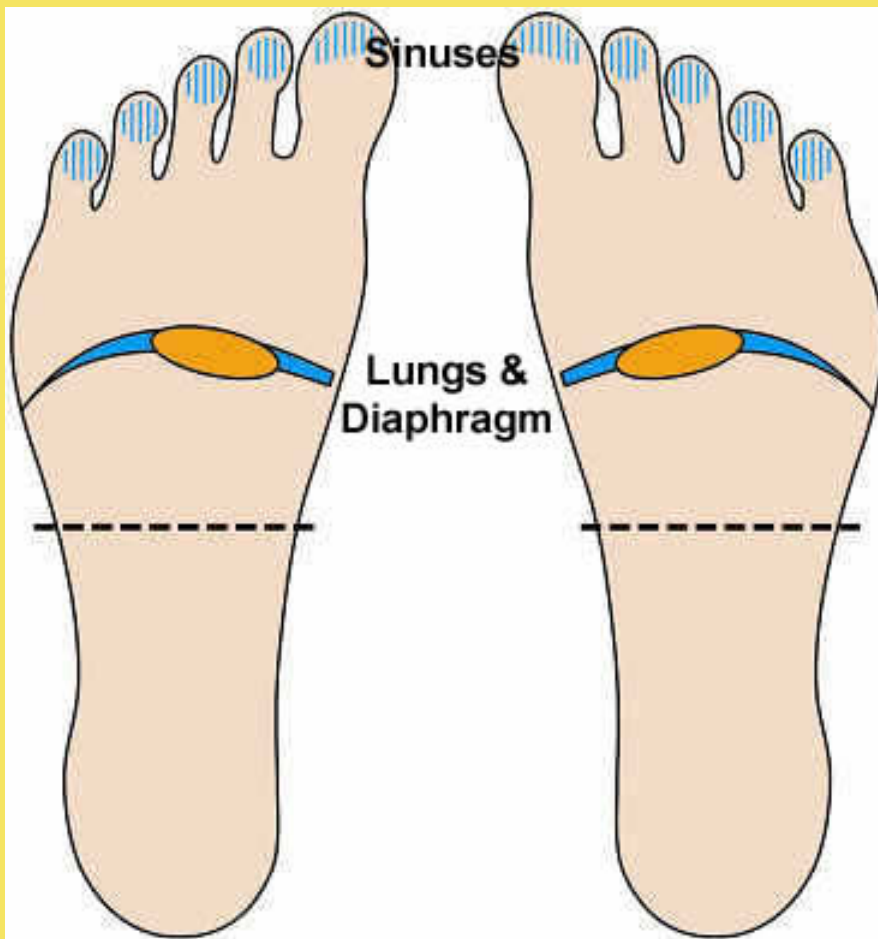
[PetAlive Herbal Remedies](#)

[Xtend-Life - Natural Health Products](#)



remedies4.com

Reflex points on face



Respiratory points on feet



## Breathe Easy Synergy\*\*

Inhale deeply and slowly for 2-3 minutes prior to breathing exercises. There is a practice in Yoga known as prana yama , or breath work that stimulates and strengthens the respiratory system.

This synergy may also be utilized during a mild asthma attack as it helps to open the airways.

8 drops [Peppermint](#), Mentha x piperita  
28 drops [Lavender](#), Lavendula angustifolia  
20 drops [Eucalyptus](#), Eucalyptus smithii

## Anti-Virus Inhalation\*\*

It is very important to boost the immune system and avoid viruses during the flu and cold season. Many times a flu virus turns into bronchitis and other respiratory ailments. This blend is approximately 67% phenols for their bactericidal and immune modulating properties and 20% aldehydes for their anti-infectious and anti-inflammatory properties. I would never have thought to mix these two oils, however I do find the aroma pleasant. When a virus may be lurking around the corner, inhale the blend 3-5x a day. Put 1 or 2 drops on a handkerchief or inhale from the bottle.

3 drops [Clove Bud](#), Eugenia caryophyllus  
1 drop [Lemongrass](#), Cymbopogon flexuosus

## Asthma Face Splash\*\*

During an acute attack, remember to stay calm and try this face splash. The use of sedative-type and antihistamine-like essential oils can be quite effective in helping to restore respiration. This blend is also calming to the CNS. The blend is approximately 23% Esters, 21% Sesquiterpenes and 35% Alcohols. Fill a basin with cold water. Add 2 drops of the synergy and swish. Splash on the face with eyes closed several times, pat dry and repeat 2 more times. This recipe can also be made into a facial mist and kept in the refrigerator. Another use for this remedy would be to simply inhale from the bottle.

7 drops [Lavender](#), Lavendula angustifolia  
5 drops [Cedarwood](#), Cedrus atlantica  
2 drops [Marjoram](#), Origanum marjorana

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**MORE INFO**

## Asthma Salve\* \*

- 4 drops [Frankincense](#), Boswellia carteria
- 4 drops [Sandalwood](#), Santalum album
- 4 drops [German chamomile](#), Matricaria chamomila
- 8 drops [Clary sage](#), Salvia sclarea
- 4 drops [Ginger](#), Zingiber officinalis

After the breath of life returns to “normal” often times after a prolonged attack or bronchitis, the back, shoulder and chest muscles are very tight and sore from labored breathing. A massage oil to decrease inflammation of the bronchioles, reduce muscle spasms and calm the central nervous system is to be applied to the entire back and shoulders as well as the upper chest and feet. Great at bedtime too. This recipe is from “Aromatherapy, A lifetime guide to healing with essential oils by Valerie Gennari Cooksley, Pg. 109

## Asthma Massage Oil\* \*

- 16 drops [Lavender](#), Lavendula angustifolia
- 3 drops [Peppermint](#), Mentha x piperita
- 3 drops [Eucalyptus](#), Eucalyptus smithii
- 3 drops [Ylang, Ylang](#), Cananga odorata
- 2 tablespoons vegetable oil (Almond)

## Asthma Alleviator

- 1 pint Irish moss jelly
- 1/2 yellow onion
- 2 cloves garlic
- 1/2 c honey

Combine the Irish moss jelly, onion, and garlic in a saucepan and simmer for 30 minutes. Strain through a sieve and add the honey. Take 1 tbsp every couple of hours as needed.

Irish moss is a North American seaweed. The jelly is available at health food stores and some pharmacies.

## PassionFlower for Asthma

[Passionflower](#) has been used to help the body reduce anxiety,



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hysteria and nervousness by nourishing the nervous system. [Passionflower](#) has been traditionally used in both herbal and homeopathic medicine for pain, insomnia, nervous exhaustion, asthma and attention deficit disorder. In vitro experiments show that passicol, an alkaloid found in passionflower, kills a range of molds, yeasts, and bacteria.

## Honey/Cinnamon Remedy

Mix 1 teaspoon honey with 1/2 teaspoon cinnamon and take it at night before going to bed.

## Asthma Tea

For asthma, make a tea of equal parts decocted [vervain](#) ([verbena](#)), [horehound](#), and [elcampane](#) roots. Simmer for about 20 minutes, strain, and cool. Drink about 1 pint 3 times a day.

## Honey/Onion Remedy

The proper British treatment for prolonged bouts with asthma is thin onion slices soaked in honey. The resulting syrup is administered four times a day until the condition improves.

## Eucalyptus Remedy

[Eucalyptus](#) trees are native to Australia and Malaysia, where they are referred to as blue-gum trees, or Australian fever trees. The oil is widely used for respiratory ailments, such as asthma. The leaves contain rutin, a bioflavonoid, that can reduce inflammation in bronchial tubes.

You can make a simple [eucalyptus](#) infusion by steeping a handful of fresh or dried leaves for 20 minutes in a quart of boiling water. Breathe in the vapors of the steaming tea, or drink the infusion in small doses. Always dilute eucalyptus oil in water before using.

## Prevention With Food

For centuries, certain foods have been used to prevent asthma attacks. Hippocrates said, "Never give a drug if food will serve." Egyptians prescribed figs, grapes, or juniper fruit - good sources of minerals. Chinese used tea leaves which, like coffee, contain caffeine

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in Reflexology,  
Aromatherapy,  
Color & Crystal  
Therapy



and some theophylline. The ancient Greeks and Romans favored garlic, pepper, cinnamon, and vinegar.

These pungent foods can promote watery secretions in the nose and respiratory tract, helping to clean out clogged passages. Other traditional remedies include freshwater fish, parsley, mint, watercress, fenugreek, radishes, quinces, raisins, or barley porrage.

Many of these foods controlled inflammation of the airways by thinning mucus, dilating passageways and generally improving the ability of the respiratory system to function by providing vitamins and minerals.

Today, some doctors suggest foods such as onions, garlic, fatty fish, and fruits and vegetables high in vitamin C to decrease inflammation.

## Fennel Tea

In the United States, [fennel](#) is most commonly found sitting unopened in the back of a spice rack, behind the marjoram and the sage. But not in Greece. If you suffer from Asthma, follow the Greek example and put your fennel to good use.

The Greeks have discovered that [fennel](#) seed tea provides relief not only from the symptoms of asthma but also from many other respiratory ailments. [Fennel](#) contains rutin, and vitamins and minerals including calcium and potassium.

## Coffee for Asthma

How does strong coffee, black mocha in particular, relieve asthma? Coffee contains caffeine, a methylated xanthine related to theophylline, a substance that relaxes the smooth muscle of constricted bronchial tubes to make breathing easier.

In Europe and Canada, drinking two 8 oz cups of strong brewed coffee is a common remedy for asthma. This should provide relief within an hour or two and should last for up to 6 hours. But, in order to work, the coffee should be used only as a medicine, to prevent or alleviate an attack.

If you drink coffee every day, you will develop an insensitivity to its effects. Methylated xanthines are found in coffee, tea, and chocolate,

and are diuretics as well as bronchodilators.

## Mugwort for Asthma

One of the many medical uses of [mugwort](#) flower is as a treatment for asthma. Popular in ancient Greece, mugwort, which is also effective in treating other respiratory ailments, is now used in arctic Europe, North Africa, Siberia, western Asia, and the Himalayas. [Mugwort](#) contains tannins, which are astringent and reduce secretions.

## Asthma treatment using Honey

Honey is one of the most common home remedies for asthma. It is said that if a jug of honey is held under the nose of an asthma patient and he inhales the air that comes into contact with it, he starts breathing easier and deeper.

## Asthma treatment using Lemon

Lemon is another fruit found beneficial in the treatment of asthma. The juice of one lemon, diluted in a glass of water and taken with meals, will bring good results

## Asthma treatment using Ginger

A teaspoon of fresh [ginger](#) juice, mixed with a cup of fenugreek decoction and honey to taste, acts as an excellent expectorant in cases of asthma. The decoction of fenugreek can be made by mixing one tablespoon of fenugreek seeds in a cupful of water. This remedy should be taken once in the morning and once in the evening.

## Asthma treatment using Garlic

Garlic is another effective home remedy for asthma. Ten garlic cloves, boiled in 30 ml of milk, make an excellent medicine for the early stages of asthma. This mixture should be taken once daily by the patient. Steaming [ginger](#) tea with two minced garlic cloves in it, can also help to keep the problem under control, and should be taken in the morning and evening.

## Herbs for Asthma

## Externally

- Roman [Chamomile](#) (flowers)

Add the [Essential Oil](#) to a chest rub or steam inhalant or immerse 1 tbs. flowers in a bowl of boiling water for a steam inhalant at the first sign of an attack.

- [Eucalyptus](#) ([Essential Oil](#))

Mix 1-2 ml [Essential Oil](#) in 23 ml [Carrier Oil](#) for a chest rub. Place a few drops on a pillow or handkerchief as an inhalant. carrier oils: [Almond](#), [Sunflower](#), wheatgerm

## Internally

- gumplant (leaves, flowers)

Use 15 grams in 500 ml for an infusion. Take up to 5 ml per day in 1-2 ml doses.

- [Sage](#) (leaves)

Burn to inhale.

- [Thyme](#) (leaves)

steam inhalant

## Elecampagne Respiratory Tea

[Elecampagne](#) is used for chronic lung conditions, [Asthma](#), [Bronchitis](#), colds and pleurisy. Simmer 1/2 ounce of dried root in one pint of water for 20 minutes. Drink after meals.

## Herbs To Tonify The Lungs

Below are some of the most popular and common [Herbal Remedies](#) for ailments of the lungs:

[Coltsfoot](#) Root, (*Tussilago farfara*) The mucilaginous property of the root makes it useful with lung problems, coughs, and intestinal upset. [Coltsfoot](#) is available in tincture, syrup, capsules and tea. The

active ingredients are extracted from the dried leaves, root and flowers.

[Ginkgo Biloba](#) ([Ginkgo Biloba](#)) has been a staple with practitioners of traditional Chinese medicine for thousands of years to treat [Asthma](#), [Allergies](#), and coughs. Studies have shown that [Ginkgo](#) can inhibit allergic response and scientists have isolated an active ingredient in [Ginkgo](#) that has an anti-inflammatory effect.

[Horehound](#), (*Marrubium vulgare*) can be considered whenever heavy, dry, mucus must be discharged from lungs and respiratory passages. [Horehound](#) is the botanical herb of choice due to its long history as a safe, reliable, and effective herbal cough remedy.

[Licorice](#) root (*Glycyrrhiza uralensis*) contains elements helpful for the adrenals and glands, inducing the adrenal cortex to produce more cortisone and aldosterone. It is thought to exhibit a mucosal protectant effect by beneficially interfering with gastric prostanoid synthesis and increasing both mucous production and regional blood flow. Very helpful in treating flu, colds, and lung congestion. It is also found in popular cough remedies. Due to the adverse reaction of [Licorice](#), many studies have been performed using the deglycyrrhizinated [Licorice](#) (DGL) extract, which is free of glycyrrhizin and has had no significant reported adverse effects.

[Lobelia](#), (*Lobelia inflata*) is used smoking cessation and to treat [Asthma](#) and depression. The piperidine alkaloids (lobeline) are believed to be responsible for the mechanism of action. In vitro studies show that lobeline crosses the blood-brain barrier and has similar activity to nicotine, and stimulates the release of dopamine and norepinephrine. At low doses, lobelia has stimulant effects. There are several contraindications with this herb. Lobelia is known to cross into [Breast Milk](#) and should not be consumed by [Pregnant](#) or nursing mothers. Adverse reactions included nausea, vomiting, [Sweating](#), cough, dizziness, bradycardia, [Hypertension](#), [Seizures](#), respiratory stimulation (low doses) or depression (high doses). Toxicity includes sinus arrhythmia, bundle branch block, diaphoresis, [Cardiovascular](#) collapse, [Seizures](#), coma. Herb-Drug Interactions include nicotine. Lobelia may have additive effects when combined with nicotine-containing products, resulting in toxicity.

[Mullein](#), (*Verbascum thapsus*) is an antispasmodic, which is rich in mucilage, a substance that soothes the throat. It is a good expectorant and, in the process of clearing out congestion. It also soothes irritation in the throat and bronchial passages. As an

antispasmodic, [Mullein](#) can relieve stomach cramps and help control [Diarrhea](#). [Mullein](#) is an age old remedy, which is specific for [Bronchitis](#) with hard cough and soreness. It is also a herb for cold and congestion. The leaves and flowers are used to reduce mucous and stimulate coughing up of phlegm.

[Nettle](#) (*Urtica dioica*) had been known to reduce allergic reactions. Rich in iron, potassium and silicon, [Nettles](#) combined with [Comfrey](#), [Mullein](#), or [Horehound](#) can be used for [Asthma](#).

Andrew Pacholyk, MS, L.Ac - <http://www.peacefulmind.com/> -  
Therapies for healing mind, body, spirit

## Home Remedies For Asthma

Asthma treatment: put half a teaspoon of [licorice](#) root tea in a cup of hot water, wait 10 minutes, strain and drink.

Blend radish, honey and lemon juice in a blender. Mix for 20 minutes and cook in pan on low heat. Take one teaspoon in the morning everyday.

Yemeni med: Put one teaspoon of ground [fenugreek](#) seeds (Hilba) in a glass of boiling water, add sugar or honey and drink 3 times daily.

Go somewhere where the air is cold and just sit, relax and take deep breaths.

Drink fresh cabbage juice everyday.

Take 2 tablespoonful of fresh lemon juice and 1 tablespoonful of water. Repeat day and night.

Turn the hot water on in the shower; wait until the bathroom is filled with steam. Then hold your head next to the shower curtain or door and breath the steam.

Boil one teaspoon of pure honey with 1 teaspoon of olive oil, half a cup of black or green tea, and some garlic. Drink everyday.

Drink strong hot coffee (as hot as you can take it) with no milk (milk will cause phlegm).

Figs are good for draining phlegm. Wash 3-4 dry figs with water. Soak in 1 cup of water. Eat these on an empty stomach and drink the water that the figs were soaked in also. Do not eat anything else for

an hour at least. Do this for 2 months.

Add 1 tsp of honey in very hot water and sip slowly. Take this just before sleeping to remove phlegm from the throat.

In 1 cup of water soak 1 tspn of [Fenugreek](#) seeds overnight. Strain. Add 1 tspn of Ginger juice and 1 tspn of honey to this. This should be taken morning and evening.

## 2 More Asthma Remedies

Mix 1 teaspoon of grated horseradish with 1 teaspoon of honey and take it every night before bedtime.

Slice two large raw onions into a jar. Pour 2 cups of honey over it. Close the jar and let it stand overnight. The next morning you're ready to start taking the "honion" syrup.

Dose: Take 1 teaspoon a half-hour after each meal and 1 teaspoon before bed.

## Tonic Mix

Mix together 1 ounce of each of the following dried herbs:

[Horehound](#)

[Hyssop](#) \_

[Licorice Root](#) \_

[Marshmallow](#) Root

Add 2 pint of water. Simmer until the liquid is reduced by 1/4. You should have about 1 an 1/2 pints of the tonic.

Strain and dose with 1/2 cup of the liquid every couple of hours for 1 day of every week for a month.

This tones up the respiratory tract and also stimulates and nourishes the [Adrenal Glands](#).

\*\* Source: [http://www.naha.org/articles/treating\\_asthma.htm](http://www.naha.org/articles/treating_asthma.htm)