

Asthma

Let's begin with some Asthma statistics

- Asthma is a leading cause of school absences.
- It is not unusual for a child to miss more than 10 school days a year due to asthma.
- Approximately 17 million people in the United States suffer from asthma.
- About 5 million of these are under the age of 18 and 1.3 million of these are under age 5.
- Asthma is the third leading cause of hospitalizations of children.

Asthma and allergies are strongly related. It is unusual to have asthma and not have problems with one or more allergens. These may be food allergies or allergies to pollens, dust, molds, dander etc. Infections, emotional upsets and hormonal changes are also commonly associated with asthma.

Asthma occurs when the lungs become spastic or the lung (mucosal) lining becomes inflamed. Our focus in treating asthma is on the neurological control and anti-inflammatory systems of the body. We also have to address weakened immune function and digestive problems. Let's go over each of these.

Bronchial (lung) spasm may be due to aberrant neurological control. If the nerve signals to the lungs are improper, the lungs may develop a spastic action that makes it difficult to breath. Excessive parasympathetic stimulation to the lungs causes the bronchi to constrict. Here, chiropractic therapy can be very effective in restoring the proper neurological balance so that breathing is restored to normal. **Neural therapy** is also often very effective in treating asthma. Clinical studies showed that 85% of patients with asthma obtained relief with **Neural Therapy**. **(Join us on April 22nd for our Neural Therapy for Pain and Beyond to learn more!)** Of this 85%, half were able to stop all medication and had no recurrences.

Most allergies develop when food or inhaled and swallowed pollen or dander is absorbed through the intestines and into the blood stream. The fact that they can pass from the intestines, into the blood, indicates a "leaky" gut. This means the intestinal lining is so thin that larger food, pollen or dander particles can pass into the blood stream and travel to the liver where antibodies to these particles are made, resulting in an allergic response.. A saliva test for Secretory IgA will indicate whether the bowel lining is thin or the gut is leaking. The test is very simple and inexpensive. Nutritional products such as Nutriwest Total Leaky Gut or Apex Gastro-ULC are specifically designed to repair leaky gut problems.

Inflammation is commonly involved with asthma. So anything that reduces inflammation is helpful. First, avoid inflammatory foods. This means reducing or eliminating sugar and starch which are both very inflammatory. Other inflammatory foods include fruit juices (too much sugar), starchy vegetables, soybeans or soy products, peanuts, beef, pork, margarine, alcohol, coffee, chocolate, wheat, spelt, rye or barley.

Secondly, add herbal and nutritional products specific to helping reduce inflammation. These include products like **Standard Process Cataplex ACP** (also helpful in repairing the mucosal lining of the lungs), omega 3 oils from fish, and **Mediherb Boswellia Complex** and **Vitanox** (one of my favorites). The ratio of omega 6 to omega 3 fats in your body is very important. In Japan, the omega-6 to the omega-3 ratio in the typical diet is about 4 to 1, several-fold better than the US which is more like 10 to 1 or 20 to 1. One epidemiological study found that the childhood asthma rate in Tokyo is 0.7% as compared to a worldwide average of roughly 5%. There is a new test available to measure the omega-6 to omega-3 ratio. It is very useful in evaluating both asthma patients as well as heart attack risk.

Strong adrenal glands will also help control inflammation. We use a number of excellent nutritional and homeopathic products to repair and strengthen the adrenals. And of course anything you can do to lessen stress in your life will help your adrenal glands to heal! ***Neural therapy can also help the adrenals.***

Lastly, boosting the immune system to prevent infections is important. Again, avoid sugar and starch as these weaken immune function. Whole natural foods and food supplements as well as some nutraceuticals, herbal and homeopathic medications can be very effective.

In summary, to prevent and treat asthma:

- Stay away from sugar, concentrated starches, and other inflammation producing foods.
- Increase omega 3 fat intake.
- Chiropractic adjustments and Neural Therapy may be very effective.
- Test for your Secretory IgA levels to see if there is a leaky gut and then repair that.
- Strengthen the immune system and adrenal glands.

Hopefully, this information will be helpful for you or a family member or friend.

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