

ASTHMA/CHRONIC BRONCHITIS TREATMENT

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INTRODUCTION: "In most cases, acute bronchitis stems from a cold, the flu or a sore throat, where the infection spreads into the lungs. Thus, bronchitis is seen more often in the winter months than at other times of the year. Symptoms usually begin 3 to 4 days after an upper respiratory tract infection and can include a sore throat, runny nose, chills, fever and back or muscle pain. Breathing through congested airways can also produce a wheezing sound. Pain below the sternum or breastbone may be experienced as well. Bronchitis, however, can also result from inhaling the fumes from acids, solvents, cigarettes or other environmental toxins. These too can irritate the mucus membranes of the bronchial tubes and cause inflammation. It can also be brought on by food allergies as well as environmental allergies to substances such as mold, pollen or dust." — By Dr. Rita Louise, Ph.D. / Naturopathic Physician

BRONCHIAL TUBE CLEANSER: Inhale over steam or in an inhalator, 1 drop at a time of the following essential oils taken sequentially. Black Spruce is an adrenal stimulus, *Eucalyptus radiata* is added to liquefy and remove mucus (mucolytic), then Pine (any type) such as *Pinus pumilio*, Rosemary (*R. pyramidalis*,) Douglas fir and finally *Ravensara aromatica* to act as antiseptics. Inhale e.o over steam once or twice per day.

HERBAL AND AROMATHERAPY BATHS: A series of the Moor baths taken once every 5 days is a good addition. Herbal baths that contain salts or salts with herbs such as conifer needles, Thyme, Rosemary and even Rose and Violet flowers. These baths should be taken in the evening just before bed. They should contain at least 1 oz (1 cups) of herbs, simmered and steeped per bath. Take a warm shower in the warming and then rinse off with the appropriate hydrosol such as Thyme or Rosemary.

EXTERNAL MASSAGE: This should include essential oils of Eucalyptus, Rosemary and Lemon.

DIET: Eating a diet high in fatty acids such as those found in fish, or supplementing with Omega 3 oil has been shown to reduce both the number and duration of reoccurrences of bronchitis. Other recommendations include eliminating dairy products

HERBS: and using herbal supplements and teas such as Ginkgo, Fenugreek, soothing herbs such as Marshmallow root, herbs that contain vitamin C such as conifer needles, and astringent, antibacterial herbs such as Thyme.

ESSENTIAL OILS:

Formula #1: For Wheezing - 9/13/99 — Mix together 30 drops each of Angelica root, Green Myrtle, Green Lemon, *Ammi visnaga* and Blue Tansy (*Tanacetum annuum*) in a synergy. Then add 1 oz 95% alcohol, mix, and then add 1 oz water. Take 10 drops 4 X/day during the crisis. Alternatively, simply add 3 drops of the essential oil mixture to an herbal capsule and take 3 capsules 3X/day for no more than 3 days.

Formula #2: Wheezing/Allergy - 1997 - Mix together 20 drops each of Red Mandarin and Rosemary verbenone and 10 drops each of Tarragon, *Ammi visnaga*, Thyme borneol and *Hyssop decumbens* in a synergy. Use 3 drops per *Ginkgo biloba* capsule 3 times per day but not more than 3 days.

Formula #3: Chronic Respiratory Insufficiency - 1990 —

Mix the following essential oils.

Red Mandarin 15%

Ammi visnaga 10%

Blue Tansy (*Tanacetum annuum*) 15%

Rosemary verbenone 15%

Cypress CT Pinene 20%

Thyme CT thymol 10%

Savory CT carvacrol 15%

NETI POT: Finally, do not forget cleansing daily with the Neti pot using an aromatic salt such as sea salt with Thyme and Tea tree e.o. added. A good formula is 2 ounces by quantity of sea salt. Grind or with a mortar and pestle, mash 6 drops of essential oil into 1 teaspoon of the salt. Then mix this with the balance of the salt. Store in an airtight glass jar. Use ¼ t. salt to 8 oz warm water.

Asthma Drug Dangers Two medical studies published Friday in the British medical journal Lancet reported that high doses of the most widely used drug for asthma, known as bronchodilators, trigger serious adverse reactions in patients and may be a cause of rising deaths worldwide from the disease.

A New Zealand study found that only 30% of asthma patients improved when treated with regular doses of the inhaled bronchodilator fenoterol. Seventy percent improved when treated with the drug only at the time of an asthma attack.

The second study, conducted in England, found that doses of fenoterol caused more adverse cardiac effects than two other bronchodilators, salbutamol and terbutaline. Researchers attributed the difference to fenoterol's higher strength....

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