



Alexander James, MD, 1882-1976

the James Method of Drug-Free Asthma Treatment

by James Asthma Action Group

Dr. Alexander James, born in Russia, discovered the cause of asthma in 1920. He developed and successfully used the 'James Method' to treat thousands of asthma sufferers who came to him from all over the world. His daughter, Nina Marzi, worked alongside him for 30 years until his death in 1976. She continues to use his method today, as well as training others to use it.

The treatment restores normal chest mobility and proper breathing function within days. It consists of Mechanical Vibratory Stimulation therapy and breathing exercises, as well as focussing on correct breathing, circulation and diet. A primary cause of asthma is *chest stagnation to a critical degree*, in which there is insufficient room for lung expansion in the cavity of the rib cage. The lungs are unable to expand, suffocation results, and this is the *real bronchial asthma condition*.

After lung expansion is restored to normal, the patient can usually overcome with ease any difficulty in breathing caused by bronchial congestion due to hypersecretion (excessive secretion) of mucus, which always exists with asthma and chronic bronchitis.

Dr James' method, if implemented correctly, eradicates asthma in 90% of cases by fully restoring breathing function. "There is no excuse or justification," wrote Dr James, "for the continuance of drug therapy as the only standard medical management of asthma!"

Strenuous efforts on the part of Dr James to awaken his medical colleagues to the futility of contemporary medical management of asthma, the harmful consequences to the patient of palliative (relieving symptoms only) drug therapy, and to induce a more realistic attitude to the treatment of asthma sufferers, have failed to arouse significant interest or medical curiosity.

Significantly, no scientific criticism has

resulted from seven publications in the *Medical Journal of Australia*. The articles are:

- 'New Method of Asthma Treatment', 20 August 1966.
- 'Management of Asthma', 14 June 1969.
- 'Asthma in Children', 25 April 1970.
- 'Treatment of Asthma', 6 June 1970.
- 'Asthma in Children', 8 August 1970.
- 'Asthma in Children', 3 October 1970.
- 'The Asthma Controversy', 30 June 1971.

Dr James stood firmly by all his claims. His system of asthma management by a natural, physical, drug-free method is adequately demonstrated by the fact that many former asthma sufferers are living healthily and asthma-free.

Dr James offered his discovery, his knowledge and his skills to humanity to ensure the perpetuation of his work to bring the maximum benefit to the maximum number of asthma sufferers. He decided that a clinic to teach and use the 'James System of Asthma Management' would be the best way to do it.

The doctor appointed his daughter, Nina Marzi, to continue his work. Nina has been carrying on the method since his death the way that he taught her.

HOW THE METHOD WORKS

According to Dr James, asthma is not a disease but a condition of the lungs in which they are deprived of adequate space for expansion within the chest cage. The effect manifests as an attack of suffocation. The chest cage has become partly or completely immobilised through shallow, defective breathing. The lungs cannot expand enough to satisfy oxygen needs, and shortness of breath and suffocation result.

Bronchitis is a dominant feature in asthma conditions. There is no asthma without bronchitis, and no bronchitis is associated with asthma unless there is defective breathing through the mouth.

Restoring natural chest mobility can be achieved by:

- normal breathing through the nose;
- replacing the defective breathing through the mouth that always exists in asthma sufferers;

- strengthening the breathing mechanism of the chest. Dr James' special system of breathing exercises and Mechanical Vibratory Stimulation has been developed for this purpose, and is effective from the first treatment.

Asthma attacks cease as soon as the mobility of the chest is achieved. Anti-asthmatic (bronchodilator) drugs then become unnecessary.

The information above is sourced from the website, www.jamesmethod.com.au

THE JAMES ASTHMA ACTION GROUP (JAAG)

The James Asthma Action Group was formed in 2002. Its membership consists of Nina Marzi and other health practitioners who have been trained by her in the James Method. The group is committed to:

- raising community awareness and understanding of the James Method;
- providing asthma sufferers with an alternative to drug treatment;
- getting the method recognized and accepted by health authorities;
- decreasing the incidence, severity and the mortality rate of asthma.

Our website was launched in May this year – www.jamesmethod.com.au. It provides further information about the method, and includes testimonials from previous patients, media reports, and a list of practitioners and their locations.

We have been working towards carrying out a medical study of the James Method, and hope that funding will be available soon. We are confident that the study will prove the effectiveness of the method once and for all, and ensure that its importance is recognised and rightly acclaimed.

Asthma sufferers will then be able to choose between an accepted natural method based on understanding the cause of asthma, and orthodox drug treatment that treats only the symptoms while putting the health of the sufferer further at risk through the side-effects of increasingly potent drugs. *NVNH*

For enquiries regarding training, treatment and books, please phone Nina Marzi on 02 4229 3063, or email the JAAG, jaag@jamesmethod.com

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