ASTHMA

Asthma is a medical condition that is manifesting difficulty of breathing due to the constriction of the air passage, alveolus in the lungs and at rare cases the lungs too. It is often an allergic condition characterized by wheezing, sneezing, coughing and congestion in the bronchial tubes. The attacks brought by this condition may be graded as mild to life threatening and the words imply the effects literally. Asthma is normally recurring and the effects range from discomfort to suffocation. Constriction of the airways, making the chest tight and breathing difficult is of worry especially in young people. Seek medical attention if severe.

FOOT ZONING:

Area B: For Asthma attack open up dump on top of foot. You will often find this dump is backed up in front of ankle bone and looks like a large puffy spot just in front of the ankle bone. Work the lymph area well and pay special attention to the dump areas on the top of the foot.

Area C: Pay special attention to Bronchial Tube, Sinus points and Lung area of foot. In cases of severe Asthma or milk allergy problems you may feel a large bump in the bronchial area on the pad of the foot between the crease of the big toe and next toe. This needs to be cleaned out as much as possible with pressure being applied toward the dump on the top of the foot at that spot. Rosemary Essential Oil or a good Ravensara blend works well to aid in the relief of the bronchial tube. Use a good essential oil that will add in clearing the sinuses while working on sinus area and the lungs. I often show my clients how to clean the sinuses and the congestion in their lungs during the week to aid in healing and draining in between the zones.

Work the liver and digestive area well to help clear the body of unwanted chemicals and toxins in the system. Suggesting a good liver cleanse will be helpful. Be sure and work the entire body to aid in the healing process.

RSV in Babies often goes along with Asthma; Give a complete zone every 10 days. In between zones keep lymph system up and moving using colloidal silver. Infuse garlic cloves in Olive oil for 2-3 days. Rub on bottom of foot then put on sox. Garlic is Antiviral.

HERBAL REMEDIES:

When a person is on Asthma medication, herbal remedies heal but do not cure. Do not take Licorice Root or Ephedra when taking anti-inflammatory steroids or using inhalers containing steroids, alupent or albuterol. They are contraindicated.

Asthma/Hay fever Tea

Mix together equal amounts of Comfrey leaf, Black Teac, Mullein Flowers, Golden Rod, Sage, and Ragwort. Brew in usual way. Drink 1/2 cup at a time at regular intervals.

No Wheeze Tea

8 oz Earl Gray Tea

3 oz Elecampane Cut and sifted

2 oz Fritillary c/s

1 oz yerba Santa c/s

1/2 oz Eucalyptus leaf c/s

1/2 oz Ginseng powdered

1/2 oz Mullein flowers whole

1/2 oz orange peel c/s or coarse powder

Mix ingredients together, Store dry in a lightproof jar. Make a tea in usual way and drink 1 cup at a time, up to 4-6 times per day at regular intervals.
Essential Oils
Chamomile Oil: is a good agent to use to prevent the abrupt occurrence of an asthmas attack. Studies have shown that this essential oil will stimulate the adrenal glands to produce cortisone that will decongest the lungs by reducing the inflammation. With reduced inflammation, the person with asthma will manage to breathe easier.

Asthma Inhalation Rub: Add following oils to carrier oil.
6 drops lavender
4 drops geranium
1 drop marjoram
1 drop peppermint
1 drop ginger.
Rub on chest or ball of right foot before bed. Add a warm sock.

Lavender Chest Rub: Use before bedtime.
8 Drops lavender
2 drops chamomile
20 drops carrier oil.

Congestion Mixture for Vaporizer
1 drop Eucalyptus radiata
1 drop Ravensara
1 drop Basil
1 drop juniper berry or pine

Diet: Simplify the diet and purify it. Simple pure foods, organically grown, are best. The Body must be cleaned up, toxins removed, and fresh pure air inhaled. During an asthmatic attack eliminate foods and liquids except room temperature water.
- Garlic is a singular food for the asthmatic
- Potatoes, Tomatoes, green vegetables like Peas Green Beans, Zucchini
- Fish from deep salt water
- Fruits: Grapes and Blueberries
- Herbs while cooking: Basil, Oregano, Thyme, Marjoram, and Sage

BRONCHITIS is an inflammation of the bronchial tubes and often accompanies Asthma:
Footzoning: Be sure and work the bronchial tube coming up from the lungs on the bottom of the foot to the dump near the big toe if a large knot is found in the tube. This could be a build of mucous that needs to be worked out using the dump on the top of the foot.
Note: Milk Allergy found on Bronchial Tube

Essential Oils; Bergamot, Eucalyptus, Sandalwood in a ration of 1:1:1: in vaporizer or diffuser is very helpful. Sandalwood helps to cleanse and disinfect the whole system.

Herbs: Sundew is considered the best of all herbal cures for whooping cough and asthma that is dry or non-mucus producing. Sundew tincture is available from many tincture companies. Use 10 or more drops 3-5 times per day.
**Bronchitis Tea:**
Mix together equal parts of dried Yerba Santa leaves, Anise seed, Mullein flowers, Marshmallow leaves and Coltsfoot flowers and leaves. Make an infusion and drink 1/2 cup, hot, whenever necessary, at least 4 times per day.

**SINUS CONGESTION**

**Footzoning:** Be Sure and work the sinus areas on your toes applying an essential oil such as Breath blend, Eucalyptus or Ravensara. This can be done once a day if necessary. Also hit the points for your sinus on your face which would be the eyes, nose, throat.

Watch for inflammation and fever and call Doctor if signs persist.

**Essential Oils:** Breathe Blends, Raven Plus, Eucalyptus, Pine

**Herbs:** Juice of fresh Horseradish either snuffed into the nostrils or mixed with Lemon juice and taken by mouth between meals. (Peel a fresh horseradish and put through juicer with 3 whole lemons: Store mixture in Fridge and take a teaspoonful every 4 hours between meals.)

**Diet:** Eat more alkaline forming foods such as vegetables and herbs increasing the amount of Vitamin A in your diet.

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