

Asthma

<u>Definition:</u>	<u>Signs & Symptoms:</u>	<u>Causes:</u>												
A lung disease characterized by airways obstruction that is reversible either spontaneously or with treatment.	<table border="0"> <tr> <td>Wheezing</td> <td>Chest Tightness</td> </tr> <tr> <td>Coughing</td> <td>Chest Pressure</td> </tr> <tr> <td>Shortness of Breath</td> <td>Respiratory Distress</td> </tr> </table>	Wheezing	Chest Tightness	Coughing	Chest Pressure	Shortness of Breath	Respiratory Distress	<p>Since asthma is primarily an inflammatory disease of the airways, almost any inflammatory agent could trigger an asthmatic episode. These agents may include:</p> <table border="0"> <tr> <td>Allergens</td> <td>Viral Infections</td> </tr> <tr> <td>Exercise</td> <td>Crying</td> </tr> <tr> <td>Screaming</td> <td>Laughing</td> </tr> </table> <p>These inflammatory agents then cause release of inflammatory chemicals such as Histamine, Arachidonic Acids, and Prostaglandin E2's.</p> <p>This results in inflammatory spasms of the airways.</p>	Allergens	Viral Infections	Exercise	Crying	Screaming	Laughing
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<p>Diagnosis:</p> <p>Lab Studies may reveal High Eosinophil counts. Chest X-Ray may be of some help. Lung Capacity Tests may help distinguish asthma from other lung disorders. Urinalysis can help identify free radicals and digestive difficulties. Lipid studies may be helpful in identifying levels of inflammation, as well as, C-Reactive Protein and Sed Rate.</p>														

Treatment

Repair the "Gut" Wall

Since many allergens enter the body by way of "Leaky Gut," nutritional supplementation to promote gut wall healing is the first step of treatment. Products that assist in repair are Total Leaky Gut, IPS (intestinal permeability support), and STM. These products are designed to promote healing of the gut wall using all-natural ingredients. STM contains mucilaginous herbs to promote health of the normal mucous layer lining the gut wall. Correcting "Leaky Gut" often times results in substantial reduction of allergy symptoms.

Revise Diet

Correcting diet is essential to healing a compromised gut wall, allowing proper digestion to occur; therefore reducing stress on the digestive system. Refined carbohydrates must be removed from the diet, as well as, hydrogenated oils (trans fats). The introduction of "good" fats such as omega 3 oils and their cofactors can help reduce the inflammatory process. Dietary Analysis and the 24 hour urinalysis will help determine which diet is right for you.

Reduce Inflammation

Removing refined carbohydrates (sugar and white flour) from the diet will assist in reducing inflammation. Nutritional supplements such as Histoplex, Total Inflamm, and Omega 3 Oils will further enhance the reduction of inflammation.

Free Radicals must also be reduced. This can usually be done with a high quality AntiOxidant. Once again, Omega 3 oils are helpful.

Cold Laser Therapy

Assists in speeding healing and reducing pain and inflammation.

Enzyme Replacement Therapy

Poorly digested food can contribute to both "Leaky Gut" and Inflammation; therefore, it is necessary to evaluate the body's ability to digest proteins, fats, and carbohydrates. This is done through a 24 hour urinalysis. Once the digestive stresses are identified, the appropriate enzymes can be supplemented to assist the body in the digestive process; thus reducing stress on the body. Enzymes are essential to digest food; enzymes prevent gas and bloating; enzymes free up your immune system to fight bacteria and viruses.

Enhance the Immune System

Improving immune function, allows the body to better cope with any irritants or allergens that make their way into the body.

Repopulate Healthy Bowel Flora

Antibiotics can destroy "good" bacteria along with the bad. Pro-Biotics (products such as iFlora and SmI) restore normal flora, which keeps pathogenic bacteria and yeast in check. "Good" bacteria produce acid waste, which promotes proper bowel function and health. Proper balance between "good" bacteria and yeast is critical to protecting the gut wall.