

Asthma Facts

3 John 2 – “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”

WHAT IS ASTHMA?

Asthma (AZ-ma) **is a chronic** (long-term) **lung disease** that inflames and narrows the airways. Asthma causes recurring periods of wheezing (a whistling sound when you breathe), chest tightness, shortness of breath, and coughing. The coughing often occurs at night or early in the morning.

FACTS ABOUT ASTHMA:

- About 23 million people, including almost 7 million children, have asthma.
- Asthma prevalence is higher among families with lower incomes.
- 12 million people report having an asthma attack in the past year.
- Asthma accounts for nearly 17 million physician office and hospital visits, and nearly 2 million emergency department visits each year.
- Asthma is one of the most common serious chronic diseases of childhood.
- Asthma is the third-ranking cause of hospitalization among children under 15.

(Above facts taken from CDC website)

http://www.epa.gov/asthma/pdfs/asthma_fact_sheet_en.pdf

WHAT CAUSES/TRIGGERS ASTHMA?

Research by EPA and others has shown that:

- Dust mites, molds, cockroaches, pet dander, and secondhand smoke trigger asthma attacks.
- Exposure to secondhand smoke can cause asthma in pre-school aged children.
- Exposure to dust mites can cause asthma.
- Ozone and particle pollution can cause asthma attacks.

WHAT TO DO IN CASE OF AN ASTHMA ATTACK?

“...would it not be wiser for all to educate themselves in the use of simple remedies, than to venture to use drugs that are given a long name to hide their real qualities. Why need anyone be ignorant of God's remedies...**ALL should understand what to do for themselves.** They may call upon someone who understands nursing, but **everyone should have an intelligent knowledge of the house he lives in. all should understand what to do in case of sickness.**” {2SM 289.4}

TAKE THE FOLLOWING:

2 c. lemon juice (use fresh juice when possible)
2 c. honey (best quality)
2 T. vegetable glycerin
1 T. eucalyptus essential oil

Combine and Mix thoroughly.

Adults: Take 2 to 4 Tablespoons 3 times a day.

Children: Take 1-2 T. (depending on age) 3 times a day.

THINGS THAT CAN HELP REDUCE AND/OR ELIMINATE ASTHMA:

1. Follow all the laws of Health (N.E.W. S. T. A. R. T. + 3/ G.O.D.S. P.L.A.N. + 3)
2. **NO DAIRY PRODUCTS**
3. Eliminate food colorings, additives and preservatives from the diet
4. Vacuum carpets regularly and well and/or put tile or wood floors.
5. **Keep pets outdoors**
6. Do hot/cold alternate water fomentations to back and chest area
7. Keep Head of Bed (HOB) elevated 30-45 degrees at night when sleeping
8. Keep windows of bedroom cracked at least 1 inch for fresh air
9. Rub back and chest area with mixture of ½ c. olive oil to 6 drops of Eucalyptus and/or Peppermint Oil
10. Use these oils in a Hand Held Nebulizer (2 drops each oil mixed in a couple drops of water). Use HHN per directions.
11. Go outside and **do deep breathing exercises**
12. **PRAY**

REMEMBER THE FOLLOWING:

"If the harmonious working of the system has become unbalanced by overwork, overeating, or other irregularities, do not endeavor to adjust the difficulties by adding a burden of poisonous medicines." {MH 235.1}

Prednisone is very commonly used for Asthma. INSTEAD, use BUTCHER'S BROOM, LICORICE ROOT, LOBELIA and MULLEIN. These are the herbs used for Asthma.

MEDICAL SCIENCE:

Flu Vaccines Lead to Asthma in infants.

<http://articles.mercola.com/sites/articles/archive/2004/04/14/flu-vaccines-partone.aspx>

STUDIES:

Steroids do not help wheezing kids.

<http://www.foxnews.com/story/0,2933,481447,00.html>

WHAT IS VEGETABLE GLYCERIN?

Vegetable glycerin is also known as vegetable glycerol. It is a carbohydrate that is usually derived from plant oils. It is used as a sweetener and as an ingredient in a number of cosmetic products. Vegetable glycerin is also used in place of alcohol to extract botanicals.

Glycerin is an organic compound composed of three carbon atoms, hydrogen atoms, and three OH groups. These OH groups form hydrogen bonds with water, slowing down its movement and giving liquid glycerin the property of a syrup.

It is also resistant to freezing, a property used in storing sensitive liquids, such as enzymes, in laboratory freezers.

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/11/asthma-facts.html>