ASTHMA

Following is several methods to help asthma. It has been noticed that many asthmatics took multiple amounts of anti-biotics as a child which set them up for asthma later on.

1. **Breathing technique to help stabilize asthma, first emerged as the 'Firshein Technique'. Simply breathe in through your nose while you mentally count to five, then breathe out through your mouth as you mentally count to seven. Next breath in deeply and then blow out the air in a burst like you are blowing out a candle.**
   Next lie down and breathe in through your nose and out through your mouth, consciously making your stomach expand.
   Do a rocking motion while standing, breathing in and rocking to one side, then breathing out while rocking to the other side. Switch to the opposite. Because air gets trapped in the lungs of asthmatics and they can't take in enough new oxygen, the rocking back and forth helps the body use the rib cage more to expel the stale air so there's more room in the lungs.

2. **Best nutrition for asthma is calcium-magnesium and Vitamin C. See the list at the back for the foods and herbs best suited to help in this regard.**

3. **Usually the lungs harbour microbes, especially fungi. Homeopathics can cleanse this if you can obtain. If they are not available, best way to kill fungi in the lungs is breathing in aromatherapy, especially eucalyptus and/or tea tree oil.**

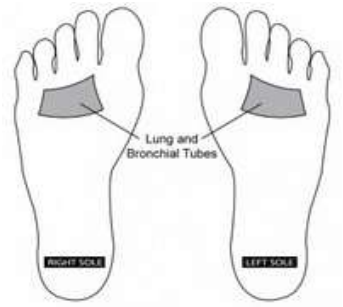
4. **Avoid any type of junk food or foods with chemicals. Stick to an anti-candida diet or raw food diet.**

5. **Be careful of inhalers. It is a crutch and doesn't solve the problem.**

6. **Propolis Vaporizer. Very inexpensive. www.beehealthyfarms.com sells the instruments with the little propolis vaporizer packets - do in each room 1-2 times a day and it will remove dust and whatever from the air and really help the asthma.**

7. **Check for molds in the house and fix.**

8. **Keep hydrated. Asthmatics are usually dehydrated. Drink lots of water throughout the day. Drink several glasses of room temperature water before taking your medical drugs (the drugs usually cause dehydration).**



9. **Put pressure on the bottom of the foot all around the lung area. The pressure should be deep and strong, to the point of pain.**

10. **Lightly place hands on the front and back of the chest of the person with asthma. This calms.**

11. **Asthma may develop from tetanus shot or multiple doses of antibiotics when young.**

12. **Can be psychosomatic eg. children watch parents fighting.**

13. **Cranberry juice & vinegar compress will take away attack.**

14. **Also you can dip two cloths into apple cider vinegar and put a cloth on each wrist.**

15. **Or you can take 1 teaspoon of cranberry juice concentrate in the mouth.**