EMPHYSEMA

Emphysema is a form of chronic obstructive pulmonary disease (COPD) caused by a loss of elasticity and dilation of the lung tissue. If you have emphysema you cannot exhale without great effort. Stale air remains trapped in the lungs, preventing the needed exchange of oxygen and carbon dioxide.

Most emphysema patients are long term cigarette smokers but symptoms may not occur until middle age, worsening with time. Smoking causes chronic low level inflammation of the lungs which increases the chance of developing this disease.

In rare cases emphysema may be due to a deficiency of a blood protein called antitrypsin.

To Help:

- **4,000 mg Vit. C daily in divided doses**
- **500mg Quercetin twice a day**
- **Echinacea tincture of capsules twice daily**
- **Eat garlic and onions daily if possible**
- **Avoid fried and greasy foods, salt, all dairy which creates more mucous in the lungs**
- **Lung Cleansing with herbs or homeopathics**
- **You may need to avoid eating foods that need a lot of chewing. Difficult to breathe when you are chewing.**
- **You can use warm castor oil packs on the chest and back to help reduce mucus and enhance breathing.**
- **Avoid chemicals and preservatives in foods.**
- **Make sure there are no mold spores or spores in the lungs**
- **Make sure the sinuses aren't draining down into the lungs**
- **Do a parasite cleanse in case there are lung flukes present**
- **If you have done any antibiotics within the last 10 years, see "Candida" and do what is necessary to correct.**