LUNGS

Also see respiratory and specific problems

There are many underlying reasons for respiratory problems. Examples:

Abscessed tissue	Bacteria infection	Ballooning colon	Bronchial problem
Fungus problem	Inflammation	Irritation	Parasites
Tuberculosis	Viral infection	Tumor	Pneumonia
Strep Infection	Staph Infection	Leaky Gut	Emphesema
Toxic fumes	Whooping Cough	Rib out of place	Spinal subluxation
Cranial out of place	Emotional	Black mold	Overuse of antibiotics

- **NUTRITION- must be first step**
- **ELIMINATE dairy, and grains from the diet**
- **VITAMIN C as an anti-histamine can be taken to bowel tolerance (diarrhea). For asthma attack, allergic reactions, edema.**
- **MAGNESIUM is often lacking in respiratory weaknesses. It is a muscle relaxant and reduces or supresses broncho-constrictions. Helps improve lung function.**
- **SELENIUM often deficient in asthmatics. Prevents free radical damage.**
- **CALCIUM helps broncho-constriction, esp. If deficient.**
- **MOLYBDENUM is good for those sensitive to sulphites. It is needed in the enzyme sulphite oxidase, used by the body to neutralize sulphites.**
- **NIACIN helps blood flow, wheezing.**
- **B COMPLEX, and especially B12. Take B vitamins in the morning.**
- **OMEGA 3 fatty acids. Derived from fish.**
- **AVOID SUGAR – it can suppress the activity of your white blood cells that kill bacteria, by 40% for 4-5 hours**
- **AVOID DAIRY which increases mucus making much more work for the lungs**
- **WHEAT may also be a problem for many people, as are soy, eggs, peanuts and sometimes grains in general.**

NUTRITION FOR DRAINAGE FOR LUNGS

- **CYSTEINE and its derivative N-ACETYL-CYSTEINE are used in conventional medicine too. One of their properties is to liquefy the mucus and hence is used for bronchitis and bronchiectasis to make the expectoration a lot easier and clean the airways and lungs themselves. As N-acetyl-cysteine is a protease inhibitor, it can help in emphysema and prevent progression of the disease. It protects from the damages of free radicals, esp. created by smoking. In asthma, N-acetyl-cysteine is helpful to liquefy the mucous plugs that are often created. Some asthmatics can expectorate mucous casts of their bronchial trees and feel a lot relieved when they do that. In order to prevent the formation of those casts and help them expectorate a lot easily those mucous plugs, use N-acetyl-cysteine. Usual adult dose is 600-1000mg a day in 3-6 doses.**

- **METHIONINE. If you don't have cysteine, you can use Methionine which is a precursor of cysteine and N-acetyl-cysteine. Make sure the person receives Vit. B6 in proper doses because this is the vitamin that is indispensible to transform methionine into cysteine.**

- **Nutritional supplements in asthma or any other condition that induces wheezing and you can extend that to any other pathology that has wheezing: Vit. C is extremely effective antihistaminic but has to be taken in proper doses, as much as possible up to bowel tolerance. It can help prevent asthmatic attacks, also cut an asthmatic attack short as well as treat any type of allergic situation, stings, allergic reactions, edema. Slower than adrenaline injections, the EpiPen, but easier to administer by mouth, and no prescription needed.**

- **MAGNESIUM is often lacking in respiratory disease people. It is a muscle relaxant, will reduce or supress totally bronchoconstrictions. Increasing magnesium intake improves lung function.**
- **SELENIUM often is deficient in asthmatics. It prevents free radical damage, is a welcome supplement in countries like New Zealand where soil is totally deficient in selenium.**

- **CALCIUM like magnesium helps bronchoconstriction, especially if it is deficient. Keep a good balance between calcium and magnesium. We are more deficient in magnesium than in calcium.**

- **MOLYBDENUM is good for those sensitive to sulphites. It is needed in the enzyme sulphite oxidase, used by the body to neutralize sulphites.**

- **Other supplements help in wheezing are: NIACIN, B12 (basically all the B vitamins) and OMEGA 3 FATTY ACIDS. GARLIC, a good lung disinfectant. You can put garlic on soles of feet or clove of garlic into rectum as a suppository and after a few minutes have garlic breath, so it will cleanse the lungs locally and also is a general immune stimulator. It contains a lot of sulphur. Cysteine and N-acetyl-cysteine are amino acids containing sulphur. Garlic is antispasmodic, so good for asthmatics or wheezing.**

- **ONION, same family as garlic, the Allium family. Onion syrup has been used for coughs and colds. Cut an onion into very small pieces (can add 1-2 cloves garlic into it if you wish). Put it in a glass gar, cover with honey, let it settle 24 hr. Mix well and that's it, you have a cough syrup that doesn't even need refrigeration, keeps forever.**

- **CELERY. Antispasmodic food if you have wheezing or any body spasms. Eat or drink its juice.**

- **BLACK RADISH stimulates breathing, increases amplitude and sometimes frequency. Make a syrup from it for coughs, all types of coughs including whooping cough, asthma, bronchitis. If you have some black radish, add it to onion and garlic syrup mentioned above. Now you have a magical potion for any respiratory disease.**

HERBAL

AESCLEPIAS TUBEROSA (horsechestnut) herb. Expectorant, also cardioactive properties. For pleurisy, pneumonia, asthma, croup, bronchitis, complications of the flu, and much more.

ASTRAGALUS wonderful for protection of whole body against infections, viral attacks.

BLACK RADISH stimulates breathing, increases amplitude and sometimes frequency. Make a syrup from it for coughs, all types of coughs including whooping cough, asthma, bronchitis. If you have some black radish, add it to onion and garlic syrup mentioned above. Now you have a magical potion for any respiratory disease.

BONESET diaphoretic, is specific for influenza or colds and prevention of same. Combine with elderflower, yarrow, peppermint for great tea remedy.

CELERY. Antispasmodic food if you have wheezing or any body spasms. Eat or drink its juice.

ECHINACEA for the immune system. Repeated doses are better than large doses for prevention. Good prevention but once you have viral infection, don't take it.

ELDERFLOWER tea helps influenza and fevers.

ELECAMPANE used for pneumonia.

EUCALYPTUS usually the oil is used, diffused into the air, but is included in vapor rubs to help open up the nasal and respiratory passageways.

GARLIC, a good lung disinfectant. You can put garlic on soles of feet or clove of garlic into rectum as a suppository and after a few minutes have garlic breath, so it will cleanse the lungs locally and also is a general immune stimulator. It contains a lot of sulphur. Cysteine and N-acetyl-cysteine are amino acids containing sulphur. Garlic is antispasmodic, so good for asthmatics or wheezing. Increases number of T killer cells. 1-2 cloves or caps a day.

GRINDELIA ROBUSTA (gumweed/august flower) herb treats bronchospasms, a general relaxant for the respiratory system. Cardiotonic and circulatory stimulant.

HYDRASTIS CANADENSIS (goldenseal) herb. King of the mucous herbs. Restores mucous membranes, not just respiratory but any type of mucous membrane. Also antispasmodic and antibacterial.

MARSHMALLOW ROOT is high in mucilaginous, soothing to tissues. Helps relieve irritates tissues from coughing or respiratory tract irritations. Often included in formulas, but you can also drink the tea.

ONION, same family as garlic, from the Allium family. Onion syrup has been used for coughs and colds. Cut an onion into very small pieces (can add 1-2 cloves garlic into it if you wish). Put it in a glass gar, cover with honey, let it settle 24 hr. Mix well and that's it, you have a cough syrup that doesn't even need refrigeration, keeps forever. Also onion poultices work well for lung infections such as viral attacks. Onion poultice: chop onion fine, put between two pieces of cloth, apply directly to chest for at least an hour.

OREGANO. Using Oil of Oregano at the first sign of infection. 5 drops at back of tongue, then take a swig of water, gargle and swallow. Do once every 1/2 hour for 3-4 times. This is very effective at the beginning of infections only – get it within an hour of first symptoms.

PEPPERMINT The menthol in peppermint works as a decongestant, shrinking swollen membranes in the nose and making it easier to breathe, and also helps loosen mucus that has collected in the lungs. Oil of Peppermint can be used topically as well.

SLIPPERY ELM when you have dry cough, bronchitis, croup, laryngitis. Coats the tissue, soothing and healing.

THYME is antispasmodic, antibacterial, antiviral.

VERBASCUM (Mullein) herb is one of the best expectorants to use. Use leaves to make tea or tincture. Also demulcent so is soothing.

YARROW diaphoretic herb (helps to sweat) has antibacterial effect on staph,mycobacteria. Helps increase fever to discourage the environment for viral and bacteria infection. For hemorrhage of lungs

EXAMPLE OF cleansing tea for lungs: 1 bag green tea in a cup of very hot or boiling water, with ½ tsp ginger, and juice of ½ lemon, 1 mint leaf torn, dash cayenne, a little honey. Drink first thing in the morning.

Anticatarrhal

Elecampane Black Elderflower

For Respiratory Tonics

Plaintain Hyssop Ground Ivy

Demulcents (soothing)

Mullein Marshmallow rt

Antibacterial Antimicrobial

Meadowsweet Goldenseal Wild thyme

Anti-viral

Licorice Boneset Oregano Olive leaf Astragalus Elderberry

Anti Inflammatory

Meadowsweet Echinacea

Expectorants – help lungs to remove mucous

Soothing eg for dry irritable cough: Marshmallow rt Plantain Mullein Angelica Hyssop Slippery Elm

Stimulating if excessive mucous production: Elecampane Licorice Balsam Poplar Horehound

Herbs to drain lungs: Grindelia Robusta (gumweed), Hydrastis Canadensis (godldenseal), Aesclepias Tuberosa (horse chestnut) are main ones. Others: Verbascum (mullein), lobelia, thyume, viburnum, drosera, eucalyptus, sticta. Usual dosage of 5:1 tincture formula is 30 drops 3 times a day. 5:1 formula means 5 parts alcohol to 1 part herb when making the tincture.

Antispasmodics (broncho relaxants)

Angelica Horehound (Chamomile – Melissa) Thyme Catnip Pepermint Elecampane

Antitussives

Reduce severity of coughs by clearing lungs and easign expectoration

Balm of Gilead Angelica Marshmallow Hyssop Elecampane Garlic Licorice Thyme

Lymphatics (swollen glands, flu)

Plantain Echinacea Calendula

Diaphoretics help sweating

Meadowsweet Elecampane Black Elder Peppermint Yarrow Wild Thyme Hyssop

GEMMOTHERAPY

GEMMOTHERAPY dosages Total of 15 drops a day of concentrate or 150 drops if using 1x. Start off with lower dose of 1-2 drops at a time. If acute situation use lower dosage more frequent. Test to see what is needed.

Asthma.

- **Abies Pectinata: used for asthma, allergies and ENT infections.**
- **Alnus Glutinosa: any condition associated with inflammation and asthma has the common path of having inflammation of the bronchial tree.**
- **Crataegus Oxyacantha: anxiolytic, used in non-allergic asthma.**
- **Ribes Nigrum: any situation that would need cortisone prescription in conventional medicine, stimulates adrenal glands.**
- **Rosemarinus Officinalis: indicated in chronic allergies; use only if there is an allergic component to the asthma; nevertheless, as it is also an euphoric remedy, it could find its place in anxiety induced asthma, but only secondarily to the more emotional remedies.**
- **Viburnum Lantana: inhibits bronchial spasm; it is a lung drainer too, so it might be useful not only to relieve the spasm but to remove any local lung trigger. You can combine with Ribes.**
- **Lonicera with Corylus for asthma or other lung related issues.**
- **Chronic Asthma: Viburnum Lantana. Drains lungs. For acute asthma do 2-5 drops every 15 minutes until stable.**
- **Viburnum Lantana for asthma after eczema suppression.**
- **Exercise induced astham: Viburnum Lantana**

Emphysema.

- **Remember that emphysema is a destructive disease, where lung tissue disappears; it will take the addition of organotherapy and a long time to reconstruct the lung tissue.**
- **Aesculus Hippocastanatum: eases breathing.**
- **Coryllus Avellana: restores elasticity of the lung by treating the sclerosis that often is associated in the emphysematous lung tissue.**
- **Ribes Nigrum: as a corticosteroid would be used.**
- **Rubus Fructicosus: mentioned as useful in COPD and emphysema.**
- **Viscum Album: mentioned as useful for this condition. The last two remedies can be added to a formula to obtain a synergistic potentization of action, meaning that the final result might be bigger that the simple sum of each component, which is a frequent occurrence in biology and physiology.**
- **Rubus Fruticosus: Emphysema with lowered FEV1 and increased RV(residual volume) but has no impact if breathing capacity has increased.**
- **Fagus with Corylus for emphysema or other issues of sclerotic tissue in respiratory system.**
- **Viscum Album (mistletoe) breaks down sclerotic tissue in lungs**

Bronchitis.

- **Alnus Glutinosa: inflammation of the mucosa; if used at the very beginning, it might help avoid the need for antibiotics.**
- **Carpinus Betulus: repairs damaged respiratory mucosa, bronchial antispasmodic in Dr. Andrianne's experience.**
- **Coryllus Avellana: restores elasticity of the lungs; will probably be more indicated in chronic bronchitis where it will deal with the scarring or repeated infections and inflammation.**
- **Juglans Regia: anti-infectious and for chronic suppuration of the mucosa; increases immunity.**
- **Lonicera Nigra: listed as useful in bronchitis without clinical cases; this indication would be an extension of the herbal one.**
- **Ribes Nigrum: anti-inflammatory, steroid-like, provides the cortisone action without the side effects.**
- **Viburnum lantana and Quercus for bronchial**
- **Juglans with Betula pub. And Alnus glut. For chronic bronchitis.**
- **Sambucus**

Pneumonia.

- **Alnus Glutinosa: for inflammation of the mucosa especially at the beginning of acute suppurative stages and with tendency to diffusion; might help avoid the use of antibiotics.**

Sinusitis.

- **Alnus Glutinosa: mucosal inflammation, see above.**
- **Carpinus Betulus: repairs damaged respiratory mucosa, specific action on the mucosa of the sinuses; would be more indicated in more chronic situations than Alnus Glutinosa, which is a more acute remedy.**
- **Juglans Regia: chronic suppuration of the mucosa, more for chronic cases.**
- **Ribes Nigrum: general anti-inflammatory with cortisone like action.**
- **Sambucus**

Rhino-pharyngitis.

- **Abies Pectinata: general ENT remedy; this seems to be an extension of the herbal and aromatherapic indications.**
- **Alnus Glutinosa: mucosal inflammation, best used at the beginning of the disease.**
- **Betula Verrucosa: anti-inflammatory, stimulates immune system, same indications as Betula Alba.**
- **Carpinus Betulus: repairs respiratory mucosa according to Dr. Andrianne's experience.**

- **Ribes Nigrum: cortisone like general anti-inflammatory.**
- **Rosa Canina: major ENT remedy, recurrent chronic mucosal inflammations and has a strengthening action on the immune system.**

COPD

- **Rosa Canina**
- **Rubus Fruct.**

Drainage of Lungs

- **CORYLUS AVELLANA (Hazelnut bud). Breaks down sclerotic tissues. As a lung drainer, it restores the elasticity of the lung through its anti-sclerotic action: indicated in pulmonary fibrosis, bronchitis, emphysema, silicosis, asbestosis and other lung diseases associated with fibrosis.**
- **VIBURNUM LANTANA. A lung drainer and can be used for all forms of asthma, and for any type of dyspnoea with asthma like breathing (wheezing or difficulties in inhalation or exhalation). Inhibits bronchial spasm but is not related to Viburnum Opulus or the ones we use in herbal medicine or homeopathy. Not all remedies can be mixed with others, but this one can be used either in combination with other remedies especially for non-alelrgic asthma, or in alternance with them in order to have sometimes a better effect.**

Sclerosis, Scar Tissue of Lungs, respiratory

- **Rubus fructicosis(bramble) for lungs**
- **Olea europaea (olive) affinity for brain, lung**
- **Corylus avellana prevents fibrosis from progressing to cirrhosis, specific for lungs, restores elasticity to lungs.**
- **Fagus with Corylus for emphysema or other issues of sclerotic tissue in respiratory system**
- **Rosa canina (dog rose) upper respiratory, decalcification with bone remedies**
- **Syringa: pulmonary fibrosis because of sclerotic activity**
- **Viscum Album (mistletoe) breaks down sclerotic tissue in lungs**

Upper Respiratory specifically:

- **Sinusitis: Alnus Glutinosa, Juglans**
- **Rosa Canina: chronic sinus, upper respiratory infections, recurrent childhood inflammatory ailments incl. Rhinopharyngitis, laryngitis, tonsilitis, otitis.**
- **Mucous Membranes: Alnut Glut.**
- **Hippophae Rhamnoides (sea buckthorn) for all upper respiratory infections.**
- **Rosa canina for rhinopharynigitis**
- **Viburnum Lantana for spasmodic rhinitis**

Cough

- **Sambucus for croup cough, sinusitis, bronchitis, laryngitis**
- **Viburnum for spastic coughs**

OTHER:

- **For obstructive respiratory conditions: chronic obstructive bronchitis(lowered FEV1; forced expiratory volume in one second: Rubus Frut.**
- **Rubus Fruct for Pulmonary fibrosis, as an adjuvant for cystic fibrosis**
- **Lung drainage: Rubus Fruct.**
- **Viburnum Lantana for chemical exposures affecting lungs. Smoker's cough with blood in sputum. Chronic allergies.**
- **Alnus Glut. As part of the treatment for respiratory conditions incl. Pneumonia, peritonitis, bronchitis, chronic pulmonary diseases, sinusitis, pharyngitis, otitis, chromic allergies.**
- **Crataegus for pulmonary edema**

- **Crataegus with Vitis vinifera and Corylus for shortness of breath and antisclerotic in the lungs**
- **Ribes, Betula pub. And Fagus for antihistamine action.**
- **Lonicera nigra (black honeysuckle) for asthma, emphysema, bronchitis with spastic cough**
- **Viburnum Lantana for dyspnea (short of breath), helps re-establish normal respiratory function**
- **Morus with Pinus, Corylus, and Ribes for respiratory support.**
- **Corylus and Rosa for sclerotic conditions of the lungs**
- **Vaccinium Vitis-idaea with Corylus for pulmonary fibrosis**
- **Viscum Album for respiratory conditions**
- **Genestra Pulmo-gen combination of European Beech, European Hazel and Blackberry**
- **Abies Alba, combine with Rosa Canina and Betula Pendula for non-suppressive resolution and treatment of pediatric upper respiratory tract infection of ear, nose and throat.**
- **CORYLLUS AVELLANA (hazelnut tree). It is a lung drainer, also very effective anti-sclerotic remedy that removes fibrosis and scars and contracted tissues. If you have situations like pulmonary fibrosis, bronchitis (esp. chronic bronchitis), emphysema, cilicosis, asbestosis, pneumoconiosis and other lung disease that are assoc. with fibrosis, you can use Coryllus Avellana. After a month or two using this remedy much of the elasticity of the lung is restored. Do 15 drops once a day of the concentrate. If you use the 1x, it's 150 drops.**

HOMEOPATHICS:

GENERAL LUNG PROBLEMS

Carbo veg:

- **Hungry for air, wants to be fanned.**
- **Skin pale or blue. head hot but body is icy cold.**
- **Coughs with burning in chest.**
- **Pulse feeble, fingertips blue.**
- **Feet icy cold up to knees.**
- **Abdomen bloated with gas and better from belching.**

Antimonium tartaricum:

- **Suffocating from thick mucus which can be heard rattling in chest.**
- **Unable to cough it up.**
- **Feels like must sit up.**
- **Burning in chest and throat.**
- **Pulse rapid and weak.**
- **Better lying on the right side.**
- **Cold sweat on the face.**
- **Worse lying down and from warmth.**
- **Drowsy.**
- **Paralysis of lungs.**

Phosphorus:

- **Afraid to be alone, thirsty for ice-cold drinks, startles easily, sensitive to light, noise and odors.**
- **Can’t lie on left side and is better lying on the right.**
- **Coughs up rust-colored sputum or bright red blood, has a burning sensation in the chest, a feeling of weight on the chest, or the chest feels tight.**
- **Hard, dry cough that makes person tremble.**
- **Better after short sleep.**

Bryonia:

- **Sharp pains with each breath or from slightest movement, better lying still on painful side.**
- **Dry cough, rust-colored mucus, thirst for large cold drinks. Great urge to take a deep breath, which is painful.**
- **Worse from warmth and motion.**
- **Irritable.**

Kali Bichromicum:

- **profuse, stringy, tenacious mucous and tracheal secretions.**

Lycopodium:

- **worse between 4-8pm (sometimes 4-8am).**
- **Nostrils flare when struggling to breathe.**
- **Face pale with a frown.**
- **Short dry cough.**
- **Salty or bitter-tasting mucus.**
- **Much flatulence.**
- **Satisfied by a small amount of food.**
- **Wakes up irritable or angry.**
- **Better from moving, warm food or drink, and belching.**
- **Worse from pressure of clothes and being in a warm room.**

Mercurius:

- **foul odor to breath and perspiration.**
- **Excess saliva, great thirst, tongue flabby with imprint of teeth.**
- **Copious perspiration after which feels worse.**
- **Blood-streaked, thick green mucus, stabbing pain in the bottom of right lung.**
- **worse at night and from warmth of the bed.**

Sulphur:

- **when other remedies fail to act, it rouses the 'vital force'.**
- **Chest feels heavy, with burning sensations.**
- **Wants window open.**
- **Worse from warmth of the bed and from lying on the back.**
- **Irritable.**
- **Discharges smell foul and irritate the skin.**
- **Redness and itching of anus, lips, nose, and eyes.**
- **Sudden diarrhea in the morning.**
- **Better from fresh air, moving and lying on the right side.**
- **Worse from bathing, being in a warm room or bed, at 11am, standing, drinking milk.**

Arsenicum:

- **extreme anxiety and restlessness,**
- **wants company, worse between midnight and 3am.**
- **Thirsty for frequent small sips, exhausted with burning sensations that are better from heat.**

Pulsatilla:

- **can't stand in a closed room, craves cool fresh air even when chilly.**
- **Person is gentle, yielding and better from sympathy and company.**

- **Coughs every time he breathes.**
- **Cough is worse when lying down and in evening.**
- **Thick, bland, yellowish-green mucus.**
- **Dry mouth but no thirst.**

Ipecac:

- **nausea and vomiting accompany other symptoms.**
- **Coughs with every breath.**
- **Coughs up blood.**
- **Tendency to bleeding.**
- **Clean tongue with excess saliva.**
- **Better from open air.**
- **Worse from the slightest motion and from warmth, esp. damp warmth.**

Hepar sulph:

- **very chilly, worse from any draft.**
- **Irritable.**
- **Discharges are yellow and smell like old cheese.**
- **Worse lying on left side.**
- **Coughs when any part of body is uncovered.**
- **Choking cough; has to rise and bend his head backward.**
- **Better from heat, and damp weather.**
- **Worse from cold, cold food, drafts or touch.**

Homeopathy for Drainage

Balsamum Peruvianum, Balsam of Peru, is characterized by the copious expectoration; the thick, creamy muco-purulent sputum; as well as the short and dry, irritating cough.

Bryonia Alba, focuses on right upper lung. Complaints of sensation of inability to expand chest. Sensation of heaviness behind sternum and inspiration or inhalation is very difficulty. For bronchitis, right sided pneumonia, pleurisy, pericarditis with general characteristics and keynotes of Bryonia eg. Aggravated by motion – in breathing you have motion all the time! Very effective when you have broken rib. Helps a lot.

Capsicum. When sensation is very difficult to have enough air going deep enough into the lungs. Desire to take deep breath and feeling of having chest constricted, a little bit as you would have in Cactus. Offensive breath. Also when originis acute inflammation of mucosae, so any viral or bacterial respiratory infection.

Chelidonium is known as a liver remedy, but it is important when you have pathology of the lower right lung which we know is anatomically close to the liver. Therefore the whole area might be involved. You have an association of respiratory and liver symptoms, expectoration is difficult, there is a sensation of a nail in the right chest; and like with gallbladder pain or liver pain, the pain will irradiate in the back, esp. to the right scapula. General clinical indication is pneumonia or pleurisy of the right lower lobe in a patient who suffers also with liver problems.

Cinnamomum, although being a bleeding remedy, has the property of increasing the respiratory frequency. If person is kind of not breathing properly, not deep enough and especially very slowly, a few doses can change the situation.

Coccus Cacti is well known. Suffocative cough with touch and white mucus. One of its characteristics is that the respiratory problems are often associated with kidney diseases.

Corralium Rubrum for spasmodic cough associated with purple face, vomiting, exhaustion. For whooping cough when one attack runs into each other, giving you a situation of almost asphyxia because the poor child can't catch his breath and can't oxygenate his blood enough.

Cuprum Metallicum is our spastic remedy, used for whooping cough. If given just in time, a sip of cold water can stop the attack of cough, so that is a characteristic of Cuprum Metallicum.

Drosera. Sensation is that although inhalation is possible, exhalation is prevented and person feels as if he's holding his breath all the time, or as if there is a foreign body in the larynx. Cough is barking. Like with Capsicum, there is halitosis when coughing.

Eucalyptus is classical herbal remedy for cough but can also be used in homeopathic potency. Helps expel thick mucus, therefore useful in bronchiectasis and emphysema. Be careful if you use the essential oil of Eucalyptus, lock the bottle away – if a

little child drinks a 10ml bottle of Eucalyptus essential oil he will go into a state of epileptic fits that can't be stopped other than by general anaesthetic and waiting in an induced coma with artificial respiration until the oil is eliminated which can take some time. This doesn't happen with the homeopathic remedy.

Glechoma Hederacea homeopathic for laryngeal and tracheal irritation, essentially as the origin of the cough.

Grindelia homeopathic for wheezing and oppression, bronchitis or respiratory diseases liked to heart diseases. Especially heart dilation, the famous cardiac asthma will be a good indication for Grindelia. One of the characteristic is getting apnea when falling asleep, then suddenly waking up with a start and gasping.

Kali Bich homeopathic for sticky long stringy tenacious filamentous expectoration.

Lobelia Inflata homeopathic has a sensation of a lump in the stomach that is rising, constriction of the chest, and nervous dyspnoea. Ameliorated by rapid walking. Inhalation is short, exhalation is long. Sensation that the heart is going to stop beating. One of the indications is senile emphysema.

Marrubium Album is an herbal remedy that has been borrowed by homeopaths. It stimulates the mucous membranes. Not sure if it has had proper proving.

Mephitis Putorius, based on secretion of the skunk. Indicated in whooping cough with suffocative, spasmodic and very violent cough. Spasms of glottis, nothing comes through; chest oppression; sensation of suffocation; difficult inhaling and exhaling; sensation of rawness and soreness in chest.

Myosotis, little flower that is a remedy where left lower lung is the major target. Patients are emaciated and complain of night sweats. Characteristic of TB.

Myrtus Communis, like Hydrastis, in herbal medicine it is a stimulant of the mucous membranes. Complaints of pain in upper part of left chest that will irradiate backwards to the tip of the scapula. Useful when hepatization of left lung which is a state where you have suffered from neglected pneumonia. It is one of the phases of the evolution of pneumonia.

OSCILLOCOCCINUM by Boiron. Take at first sign of flu. If taken early enough it stimulates body to overcome flu in a day or two.

Ranunculus Bulbosus homeopathic has focus on lower left chest. We can focus on very precise anatomical localizations. Indicated especially for intercostal pain and neuralgic chest pains. For Herpes Zoster.

Rumex Crispus homeopathic when there is not enough air that can get into the lungs. Aggravated by cold air. See patients cover their mouth with anything possible when breathing. Breathing cold air causes tickling of the larynx and that will start a bout of cough.

Sambucus Nigra is an herbal remedy, but homeopatically for asthma with profuse perspiration, croupy cough, very difficult inhalation whereas exhalation is easier.

Senega Off. Homeopathic. Cough often ends with a sneeze. Sensation felt in the chest is that it is too narrow and the patient needs a deep inhalation that the sensation of narrowness prevents.

Scilla Maritima has stitches in the chest and it is associated with a very painful contraction of the abdominal muscles. That contraction is often caused by repeated bouts of cough. Still, if it is marked, think about Scilla. In this case the cold air but also cold drinks will aggravate the cough and the dyspnoea.

Spongia Tosta has characteristic of hollow, barking, crowing cough; sawing as if sawing through a plank, the croup cough and great hoarseness. Well known remedy. Sensation is as if breathing through a sponge.

Stannum Metallicum has shortness of breath from every effort. Very weak remedy, there is a sensation of weakness of the chest.

Verbascum has nervous cough, better with deep inhalation. Cough is dry, hollow and hoarse; sounds like a trumpet.

Zingiber has dry hacking cough. Lots of expectoration but instead of spitting it out, tends to swallow it.

Special Help for Respiratory:

CYSTEINE and its derivative N-ACETYL-CYSTEINE (NAC) helps to liquefy mucus, so are valuable for bronchitis type problems which helps make expectoration a lot easier to clean the airways and lungs. N-acetyl-cysteine is a protease inhibitor, can help in emphysema, prevents progression of disease. Protects from damages of free radicals, esp. Created by smoking. In asthma N-acetyl-cysteine is helpful to liquefy mucous plugs for expectoration. Usual adult dose is 600-1000mg a day in 3-6 divided doses. Some people find NAC irritates their stomach. Stop

taking it if this happens.

QUERCETIN is plant pigment (flavonoid). It is found in many plants and foods, such as red wine, onions, green tea, apples, berries, Ginkgo biloba, St. John's wort, black tea, tomatoes, cherries, grapes and others. Buckwheat tea has a large amount of quercetin. You can get quercetin from your diet, but for combating infections, you can get capsules of 500mg each. Use for respiratory infections, any problems with breathing. Very high in antioxidants. Anti-viral.

ARGININE for Asthma and lung Inflammation. This amino acid that changes into nitric oxide has been shown to help respiratory problems and lung infections. Counter indicated if herpes infection. Other amino acids for asthma: methionine, glutamine, glutamic acid, glycine, Phenylalanine and tryptophan.

MANUAL MEDICINE

- **Chiropractic**
- **Breathing from the abdomen**
- **Yoga, or Tai Chi, or Qigong**
- **Buteyko for asthma. Try to hyperventilate which lowers CO2 that triggers the level of nervous system to increase the depth of the breath. If CO2 is too low, you automatically stop breathing. By restricting breathing depth you restore the sensitivity of breathing centre in the medulla.**
- **Swimming**
- **Singing and laughing**
- **From Hanna Kroeger to help pneumonia: Take left hand, put at base of skull of the patient. Put your right hand cupped across their forehead, little finger across top of nose. Think of breaking free or loose of pneumonia. Hold 20 minutes. Now put right hand on chest, left hand at back of chest. Hold 5 minutes.**

PARASITES

Of special importance are Lung Flukes that reside in the lungs and Whipworm that reside in the sinuses. Use homeopathics or herbal treatments for several months in order to get new hatchlings. Start at full moon.

MOLDS/ SPORES/FUNGUS

We usually use vibropathic formulas to help with these. The most common ones are:

Aspergillus fumigatus, Very common. Causes Aspergillosis, whose most frequent location is in the lungs, followed by a secondary location in the cerebrum and in the kidneys. Found in soil, plant matter, househjold dust. Often encountered from compost piles, raking dead leaves.

Black Mold. Although we treat this with vibropathic, you need to have your living or working quarters inspect

Blastomycosis. A fungal infection caused by inhaling blastomyces dermatitidis spores. If it involves only the lungs, it is called pulmonary blastomycosis. Only about half of people with the disease have symptoms, which can include fever, cough, night sweats, muscle pains, weight

loss, chest pain, and feeling tired.

Candida, most commonly caused by usage of antibiotics, birth control pills, and improper diet.

Crytosporium parvum is a filamentous, fungus associated with lung disease. Commonly isolated from soil, plant, dung and birds. Lives on remains of hairs and feathers in soil. Is sometimes found in humans.

Cryptococcosis a fungal disease responsible for a diffused infection of the lung (the organisms are inhaled with dust). Most frequent species is Cryptococcus neoformans.

Histoplasmosis is a type of lung infection, caused by inhaling capsulatum fungal spores, usually found in the soil or bird droppings.

Common treatment for Respiratory Tract Infection:

- **750 mg Thymus extract 1-2 times daily**
- **500-1000 mg Vit. C every waking hour (back off if get diarrhea or excessive gas)**
- **400 mg Goldenseal rt extract TID on empty stomach**
- **400 mg Bromelain TID, empty stomach**
- **Heating pad, or hot water bottle to chest 20 minutes twice daily (or mustard poultice (1 pt dry mustard 3 pt flour, water to make paste) - spread on cheese cloth, folded, then place on chest - mustard can cause blisters if left on too long. After hot pack lie with top half of body off bed, using your forearms for support for 5-15 min while trying to cough and expectorate into bowl on floor.**

OTHER

Mucolyxir (get online) is a liquid formula of DNA that is applied sublingually and helps dissolve airway blocking mucous. Mucous blocking the airways may be the result of the immune system's effort to eliminate bacteria from the lungs. Much of the mucous build up involved in respiratory illnesses like cystic fibrosis and chronic obstructive pulmonary disease (COPD) is caused by accumulated DNA so Mucolyxir is homoeopathic in nature – like cures like.

Cleansing tea: 1 bag green tea in a cup of very hot or boiling water, with ½ tsp ginger, and juice of ½ lemon, 1 mint leaf torn, dash cayenne, a little honey. Drink first thing in the morning.