

Asthma

Harmony & Health

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Quality Products for Health

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During an asthma attack the muscles around the bronchial passages in the lungs tighten and cause a feeling of suffocating. Asthma triggers vary from person to person; including smoke, carpet, household dust, pollen, mold, animals, air pollution, infections, cold air, stress, certain foods, & even exercise.

Asthma is usually treated with antihistamines to reduce allergic reactions, anti-inflammatories to reduce inflammation and bronchial dilators to relax the bronchial passages. Do not stop medications, but consider cleaning & strengthening your respiratory system.

What to consider:

- **HistaBlock** can help reduce histamine response & allergic reactions.
- **NutriCalm, Pantothenic Acid** or **Nervous Fatigue Formula** - helpful for rebuilding the adrenals
- **Bee Propolis**- decreasing the level of proinflammatory cytokines and reducing acute lung inflammation
- **CleanStart** or **Tiao He Cleanse**- detoxification can be helpful for reducing mucus & overall healing.
- **Cordyceps** - relaxing smooth muscle and has been shown to help open up air passageways in the lungs.
- **Lobelia** is a natural relaxant, aiding bronchodilation.
- **Seasonal Allergy (ALJ)** -combination of herbs to liquefy and clean mucus out of the system.
- **Four** is a formula of 4 herbs to strengthen and cleanse lungs.
- **L-W** is a liquid Pure Herbs combination designed to clean & strengthen the lungs.
- **AEA-B** is a Pure Herbs liquid combination of herbs used for people with asthma, emphysema, or allergies.
- **Boswellia** is a remarkable herb extracted from the Frankincense tree. Traditional Chinese & Ayurvedic medicine have long recognized the properties of *Boswellia serrata* and utilized them in various inflammatory conditions, including respiratory problems like asthma, bronchitis, and chronic cough. Traditional healers have observed reduced phlegm, decreased congestion, and improved breathing in people who have incorporated *Boswellia* into their treatment regimens. A randomized controlled trial (<https://pubmed.ncbi.nlm.nih.gov/9810030/>) found Asthmatics given *Boswellia serrata* gum resin 300 mg three times a day for 6 weeks had improvements in their disease as evidence by “disappearance of physical symptoms and signs such as dyspnea (shortness of breath), rhonchi (which is a coarse rattling sound heard when listening to irritated lungs), and the number of asthma attacks. There were also improvements to lung function as measured by the forced expiratory volume, the forced vital capacity, and the peak expiratory flow rate.”
- **Breathing exercises** -Breathing exercises have been used to strengthen the lungs & help reduce symptoms. Practice pursed-lip breathing when you're not experiencing shortness of breath. Inhale deeply to a count of two, breathing in through your nose with your mouth closed. Purse or pucker your lips (as if you were going to blow out a candle) and slowly exhale to a count of four. There are also devices to help with breathing exercise.

Important: This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

Building Better Health Naturally

