

*God be merciful to us, and bless us, and cause His face to shine upon us.  
That Your way may be known on earth, Your saving health among all nations. Psalms 67:1-2*

## Asthma

Some scientists consider asthma to be the leading epidemic of our polluted society. It is estimated that there are more than 15 million American asthmatics and 150 million worldwide asthmatics, with almost nine million American children leading the growing trend. From 1985 to 1995 the number of young asthmatics increased 100%.

### What causes asthma?

The causes of asthma include outdoor pollutants such as fine particles of dust, smoke, ozone, and several other airborne chemicals. But the home may also harbor asthma risks. Indoor inducing allergens include household products such as toothpaste, cleaning agents, and paints. However, the greatest indoor threat for asthmatics comes from cockroach droppings, dust mites, and cat dander.

Asthma can also be triggered by medications. The medical journal *Thorax* had reported, for example, that daily acetaminophen (Tylenol) users had a 138% increased incidence of asthma, and weekly users had a 79% increase.

We typically find that children most often exhibit food-related asthma. Sometimes clinicians find deficiencies such as imbalanced dietary fats or low levels of blood ascorbate (vitamin C) which is associated with high levels of histamines. More commonly, however, we find food sensitivities to milk products, wheat, citrus, eggs, fish, nuts, food colorings (tartrazine), and sulfites in meats. Interestingly, Dr. Bray

reported in 1931 (*Quarterly Journal of Medicine*) that 80% of his small patients had sub-normal gastric acid levels. This observation correlates well with the presence of food allergies, since inadequate digestion of proteins can lead to reactive immune responses and asthma. Also linked to the digestive track, Dr. Sontag reported that approximately 80 percent of asthmatic patients experience GERD (gastroesophageal reflux) symptoms. This interesting connection may be due to the fact that both problems are tied to the vagus nerve, but asthma may also be caused by a microaspiration of

### Complications in uncontrolled/untreated asthma

#### In pregnant women

- Premature birth
- Low birth weight
- Maternal blood pressure changes (i.e. pre-eclampsia)

#### In children

- Mood disorders
- Sleeping problems
- Memory/concentration difficulties
- Death

#### In the elderly

- Death
- Sleeping disorders (80% have problems three times per week)
- Emotional/mood disorders

## Today's Promise

*This is what God the Lord says—he who created the heavens and stretched them out, who spread out the earth and all that comes of it, who gives breath to its people, and life to those who walk on it: I, the Lord, have called you in righteousness; I will take hold of your hand. Isaiah 42:5, 6*

gastric acids causing a reflex bronchoconstriction.

### How is asthma treated?

In the 1980's, a Ukrainian medical doctor and research scientist developed a new approach to managing asthma. Dr. Buteyko considered that the breathing problems characteristic of asthma were due to a chronic hyperventilation. The method is based on a conscious decrease in deep breathing. The theory has been challenged in other clinical trials, but the effectiveness has been validated in several studies and reported in peer-reviewed journals (*BMJ* 2001. Sep 15;323(7313):631-2). The Russian study found that in 1 to 5 minutes there was a decrease or disappearance in the symptoms of asthma: the patients experienced relief from asphyxia,

### These may be symptoms of asthma

- Chronic nighttime coughing
- Chest pains
- Chest tightness
- Insomnia due to shortness of breath

wheezing, cough and/or rhinitis. Although not a cure in and of itself, this method does clearly provide asthmatics with another tool in the management of their disorder.

### Plants used successfully for asthma (require medical supervision)

- *Tylophora asthmatica*
- *Boswellia serrata*
- *Petasites hybridus*

## Principles of Health

“In many cases of sickness, the very best remedy is for the patient to fast for a meal or two, that the overworked organs of digestion may have an opportunity to rest. A fruit diet for a few days has often brought great relief to brain workers. Many times a short period of entire abstinence from food, followed by simple, moderate eating, has led to recovery through nature's own recuperative effort. An abstemious diet for a month or two would convince many sufferers that the path of self-denial is the path to health” Ellen G. White, *Ministry of Healing*, p. 235.

Dr. Harry Philibert's injection therapy reported an astounding “total remission” rate of 84 percent in 4,000 patients in a letter to the *Journal of Family Practice* (1995;40:121-122). This method requires the skills of a knowledgeable physician, but it is simple, quick acting, and remarkably effective.

Battle Creek Lifestyle Health Center continues to incorporate the best of natural therapies to aide asthmatics in their recovery. Natural therapies now exist which enable a significant number of patients to reduce their medication by up to 90% within a few weeks. Requiring few visits, patients find rapid relief of their symptoms by carefully using the remarkable Russian breathing method developed by Dr. Buteyko, Dr. Philibert's respiratory reflex therapy, prescriptive food modifications, sauna therapy, environmental hygiene changes, and occasionally the use of selected supplements.

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