

Asthma Relief

At the root of traditional Chinese medicine's treatment recommendation is the practice of Chi Kung exercises (a type of breath therapy), which will contribute to overall lung health.

Chi Kung is combined with an herbal therapy that provides substantial benefits for those who suffer from chronic respiratory diseases. Chi Kung is a simple set of exercises that expand the lungs' ability to function, and classes can be found local to you, or there are several good quality (easy to understand and follow) DVD's/CD's that can be picked up online. Once you get started on these daily breathing exercises you will be amazed at how much better you begin to feel.

One of the more common respiratory diseases is bronchial asthma; as you are probably aware there are two main types of asthma: extrinsic, in which an allergy, usually to something inhaled, triggers the attack, and intrinsic, which has no apparent external cause. It will be important for you to clarify with us which you are suffering from.

The most common allergens responsible for triggering extrinsic bronchial asthma are pollens, home dust, dust mites, animal fur, dander, and feathers. It can also be the result of a respiratory infection from such triggers as a cold, cough, bronchitis, or by exercising in cold air, inhaling tobacco smoke or other air pollutants, or by an allergic reaction to a particular food or drug (most commonly aspirin).

Intrinsic asthma tends to develop later in life than extrinsic asthma, and an attack is most often triggered by emotional factors such as stress, anxiety, or depression.

The main symptoms of asthma are breathlessness, wheezing, a dry cough, and tightness in the chest. During a severe attack breathing becomes increasingly difficult, causing sweating, a rapid heartbeat, great distress, and anxiety. The sufferer cannot lie down or sleep, may be unable to speak, wheezes loudly, and breathes rapidly. In a very severe attack the low amount of oxygen in the blood can cause facial cyanosis (blue-purple skin discoloration), in which case the lips and the skin may become pale and clammy. Such attacks can be fatal; it is therefore advisable to seek emergency professional help!

Although there is no known cure for asthma, attacks can to a large extent be prevented. For sufferers of extrinsic asthma, allergy tests are available to discover which common allergens trigger attacks. When a specific cause is discovered, steps can be taken to avoid the allergens. For example, if pollen is the cause, the sufferer will need to avoid parks and gardens during the pollen season; he or she might also consider wearing a surgical mask to filter out the pollen. If the dust mite is responsible, mattresses and pillows should be stored in airtight plastic covers, and the home should be kept as dust-free as possible.



Many Western doctors recommend using a bronchodilator such as Albuterol (Ventolin, Proventil) a drug which widens the airways to control asthma attacks. In addition, Chinese herbs can be used, especially during high-pollen season or during exposure to other known allergens to minimize attacks and treat related symptoms such as cough, phlegm and mucus, and wheezing.



***We have found
these 3 formulas
especially helpful
in treating asthma***

DING CHUAN TANG

Traditional Chinese medicine uses several different herbal formulas to treat asthma and control its symptoms; the formulas are specific to individual cases (which are based on symptomology); however, in general we use one particular raw herbal formula Ding Chuan Tang, which is excellent for the relief of asthma with or without fever, chills, coughing, wheezing, thick sputum, labored breathing, difficulty expectorating, a tight sensation in the chest, or difficulty breathing when lying down. It effectively arrests wheezing and sweats out toxins while strengthening the lungs. Ding Chuan will relieve congestion and phlegm and stop coughing, it will nourish the blood and lungs; it should be used long-term to restore the lungs and keep the user symptom free.

The herbs in Ding Chuan Tang are: Bai Qian, Yin Xing, Xing Ren, Ban Xia, Su Zi, Kuan Dong Hua, Sang Bai Pi, Huang Qin, and Gan Cao. For easy use, we will powder the raw herbs in this formula, and the user should add one heaping teaspoon of the powder in 8 ounces of juice or a smoothie, mix well, and drink that 2-3 x daily.

Ding Chuan is also available in pill form; however, we prefer to use the powdered herb version as it is more powerful, which means the effects are stronger and provide more relief. However, if you'd rather use the pills, it comes in bottles containing 200 (small) pills, daily dosage is 8 pills 3 x daily.

Cost: One batch of the raw herb formula will last about 15 days and costs **\$18.95**~ item 82, we discount on long term use and a 60-day supply is **\$73.99** item ~ 8260. One bottle of the pills contains 200 pills and will last about 8 days and costs **\$9.99** item ~ 82PF, we discount on long term use a 60-day supply is **\$76.99** item ~ 82PF60.



ER CHEN WAN

Is a famous traditional herbal supplement that helps maintain proper bronchial function as well as a healthy respiratory system. It is highly recommended to dissolve phlegm, resolve spleen-damp, regulate qi and harmonize the center. It is especially helpful for excessive phlegm congestion in the lungs. It comes in bottles containing 200 (small) pills, and the daily dosage is 8 pills 3 x daily. The herbal ingredients are: Ban Xia, Chen Pi, Fu Ling, Gan Cao, and Sheng Jiang.

Cost: A 60-day supply, 8 bottles of pills ~ Item ECW60 is \$68.99



LOU HAN KUO

This tea formula is a combination of fructus momordicae, the Chinese herb Lo Han Kuo (95%) and good quality Cane Sugar (5%). To use: dissolve one cube with 8 ounces of boiling water, do this 2-3 times for each day. It can be Successfully used in acute cases, to provide instant relief from a rough coughing episode.

Cost: A 60-day supply, 6 boxes of tea ~ Item LHK60 is \$42.99



When can you realistically expect relief?

Ideally speaking, within a few days of beginning treatment we expect the combined use of these three formulas to address all asthma symptoms, enough so that you can begin switching over from Western medications to using just these 3 herbal products. Within two weeks of use, we anticipate you will be able to depend solely on these herbal products and will have noticed a major change in your symptoms. We do advise that you keep the bronchodilator (Albuterol, Ventolin, Proventil) around "just in case." Although, the health benefits of using this treatment approach are well known among Chinese herbalists and doctors of traditional Chinese medicine, their fame arises out of their ability to invigorate the lungs, strengthen the functioning of the lungs and immune system, increase vital energy, and enable the user to live a longer healthier life. Perhaps, you owe it to yourself to try this treatment plan?

If you'd like to know more about asthma formulas, or if you would like to purchase, please give us a call or send an email. We look forward to hearing from you. If you'd like to access these products on our website, click: <http://seaofchi.com/General%20Health-270/Asthma%20and%20Bronchial%20Relief-275>



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