

In Your Opinion - Options for Asthma

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Following is a letter I wrote to a very concerned mother about her child and Asthma. I would like to share it with you:

Hello, I am sorry to hear about your son's health concerns. Good he's off cows milk

Sometimes you need to experiment with a lot of things. Sometimes doctors, even a Naturopath, isn't the answer. Although sometimes, it is. My suggestion is try a number of things:

1. If he is off cow's milk and it is helping marginally, then up the ante and take him off all dairy for a period of a month or so and then introduce it slowly and watch the reactions.
2. Same goes for wheat products. There is a high preponderance of wheat allergies among humans
3. Watch all sugar intake even fruit. It compromises the immune system. Again try this for a period and then introduce slowly with monitoring.
4. Buy the book "Prescription for Nutritional Healing" By Balch and Balch. It is an excellent resource for parents and anyone. It will give you an allergy process. It does require some work on your part, but you seem ready.
5. There are certain herbs that can assist. Small doses for children mind you. Elacampane clears up wheezing quickly. Colloidal Silver is wonderful as a natural immune booster, anti viral, anti bacterial without any side effects. (look up colloidal silver on the internet through the search engine www.askjeeves.com)
6. This could be a food absorption issue. Your son may have something going on with his digestion in that he is not producing enough hydrochloric acid and digestive enzymes to absorb the nutrients hence creating a weakened immune system hence the mucosity. A liver cleanse would definitely be in order. Check out www.sensiblehealth.com for extensive information on this.
7. Get rid of all sodium table salt. Try only using Celtic Sea Salt. Can be bought at Noah's. Get the most expensive kind. Fleur De Sel. About \$10 a bag. Celtic Sea Salt helps create a more friendly environment for digestion. Check out www.reachingyourpotential.com for more info on that.
8. Acidophilus, friendly bacteria would also help with immune boosting and digestive flora.
9. Quercetin a bioflavanoid is also excellent to combat chronic mucous in nose and sinuses and lungs. Also excellent immune booster. As you can tell I think your son needs to boost his immune system. Why is it depleted you ask. Many reasons, could be chemicals in his environment that are fine for some and not for him. So the system says, bring in the mucous to rid the system of the chemicals. Could be at daycare or home or in sheets, or who knows. It 's a discovery process. Could be he misses you which could be he's experiencing stress and trauma which could be depleting his thymus gland and thus compromising his immune system (Our Thymus is what produces our T cells, and is the main gland in charge of the immune system) The Thymus gland is proven to deplete it's energy with emotional trauma/sadness. Check out www.visualizationworks.com for information on the physical effects of stress.
10. And finally you need to follow your intuition with your child. Doctors are great but you need to take the reins. There may be some thing emotional going on with him as the lungs represent taking in life. Feeling secure with life. And no he is not too young to be experiencing latent emotional trauma that is manifested in his physicality since he cannot fully express himself.

Hope this helps. What I can say is that you will enter a journey as you seek out a solution for this. I can say having seen the effects of chronic use of steroidal inhalers, that going natural is probably the safest way to go. Buy the book to get you started on being self informed on natural ways of dealing with things. Oh, Dr. Lendon Smith wrote a good book that I highly recommend (he covers allergies often in the text) it's called "How to Feed Your Kids Right".

Good Luck.

Regards,

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(Registered Polarity Practitioner)