

## Do Inartificial Asthma Remedy Solutions Really Work?

"Perhaps it's a good thing that nature and drugs don't mix; Nature could very well have suffered the side effects." The above is a quote by the maker of the master cleanser-Dr. Stanley Burroughs and suffice it to say he is so correct. In regards to treating and controlling asthma, after years of using inhalers, pills and visits to the doctor both in Nigeria and the US to no noticeable success, I have to say that using inartificial techniques for managing this respiratory disorder is perhaps what may be the most useful. Of even more importance might be that most (if not all) are within reach financially, time-wise and applicability. To this cause, I will present some pointers that I used that I am of the belief could come in handy to assisting with your problems as well...at least they won't hurt you and could definitely help a lot. 1. Make a change in your diet by eliminating all processed foods and animal products such as meat, milk, eggs and the like from your diet. Within weeks of adhering to this advice, many a chronic asthmatic has been able to give up the use of ventolin inhalers as is evidenced in the "Breath Retaining Program For Asthmatics" developed by the Russian, Dr. Buteyko. You will do much better to look into eating a diet comprised mainly of fruits, fruit vegetables, roots, leafy-vegetables and the occasional use of whole grains such as Brown rice (soaked for 6-24 hours before cooking), quinoa, millet, amaranth etc. Moreover, from my own experience, **DO NOT CONSUME LIQUIDS WITH YOUR MEALS AT ANY TIME**; as this inhibits digestion by diluting the necessary juices in your stomach designated for that purpose. 2. You can look into such therapeutic and effective, yet mild and gentle exercises to restore respiratory fitness, such as Yoga, Pilates or the Yoga-esque "Royal Court Exercises" comprising of the Hindu Squats, Push-ups and Back Bridge. The ones above are perhaps the more important ones to look into, (in the order of which they are listed of course), however, other simple steps to help with an inartificial asthma remedy in your quest to improve respiratory health should include the following suggestions: 1. Avoid excessive temperature changes. 2. Ensure dust mites are reduced as much as possible in your home. 3. Use a humidifier along with a heater in the cold seasons. 4. Keep fresh air circulating as much as possible in the home. Of course your own discretion is advised in regards to these suggestions. But hopefully they would come in handy in helping you find a lasting inartificial asthma remedy solution. Here's to freer breathing.

### About the Author

The processes of digestion and absorption are enormously efficient. Most of the food we eat is absorbed in the first 80 cm or so of the small intestine.

Source: <http://www.productsherbal.com>