

Asthma Treatment and You - Overcome Your Asthma Naturally

From my very first Asthma attack at the age of seven till my last one about 5 years ago, Asthma (along with acne in my teenage and early adult years) had been a health problem that I had to deal with. Needless to say, those were some depressing years. Depressing because I had been told my doctors, family and friends that there wasn't a cure for Asthma, heck my pastor even went as far as to say that along with my acne, "in every thing give thanks for this is the will of God for you..." Alas, they were all wrong. Asthma can be cured and naturally at that. My belief is if it worked for me, it can definitely work for anyone plagued by this disease. I was so vulnerable to this respiratory disorder that even the slightest friendly pat on the back would ignite an asthma attack characterized by wheezes, gasps, and cough spells, that could last as long as a week. This went on till I stumbled on Drugless Healing and its abilities to alleviate so-called incurable diseases. This method of healing involves the use of Proper Diet, Exercise and mental attunements and can be applied to an Asthma treatment regimen as well for great benefits. Let me show you how: First of all, let's start with its definition. Asthma is a chronic inflammation of the bronchial tubes (airways) that causes swelling and narrowing (constriction) of the airways. The result is difficulty breathing. The bronchial narrowing is usually either totally or at least partially reversible with treatments. That's its definition in the medical fraternity, but based on my experiences, I will simply choose to believe that Asthma, like any other disease known to man, is a result of a clogging of the human bodily tissues which is a 99.99% consequence of eating disease/mucus forming foods, which include (but are not limited to) Animal foods such as meat, milk, cheese and eggs, Grains and their by products, processed and junk foods. Abstinence from the products above is a must and a fact that has been in effect in several asthma treatment programs aimed at correcting respiratory health such as the "Breath Retaining Program For Asthmatics" developed by the Russian, Dr. Buteyko. Within weeks of adhering to this advice, many chronic asthmatics have been able to give up the use of ventolin inhalers. Therefore, the first step in achieving a successful asthma treatment will simply be to make a change in your diet by avoiding mucus forming foods and adhering to consuming their direct opposites, the body healing/alkaline forming foods. These include Seasonal, Organic Fruits, Roots and Leafy Vegetables and very little nuts. It may sound boring or unrealistic but, if curing your asthma (or any disease or condition you may have as a matter of fact) is your goal, this sacrifice is well worth it. Besides, with so many fruits and vegetables to choose from, abstinence from Acid-forming foods shouldn't be difficult at all. In addition to all of the facts mentioned above, based on scientific research, the human body goes through a cleansing process from twelve midnight until twelve noon, and a building program from twelve noon to twelve midnight. Therefore, what is eaten during these respective periods must be harmonious with the natural processes. That said a suggested menu plan will be 1. Fresh squeezed Fruit Juice for breakfast. 2. A mono-meal of a juicy, seasonal fruit for lunch. 3. A fresh home-made salad, steamed root and/or leafy vegetables or a wise combination of all three for dinner. Also, do not consume liquids of any kind with your meals as this practice hinders digestion by diluting the juices in the stomach. This brings about a constriction of the diaphragm, inhibiting its natural motions needed for respiration. If there is a natural thirst (as with an alkaline forming diet, thirst is minimal as an added benefit) drink only enough to quench your desire with pure distilled water at least an hour before or after your meals and certainly 2 hours at least before going to bed. Strictly avoid the use of Microwaves (you may refer to my personal experience with them in the section of my site concerning Acne)-the source of information on this is issued at the end of Chapter 13 in the downloadable e-book, but for a brief overview of this topic the balancing of specific foods is not the only important aspect of a healthy diet, but as important is the manner in which the foods are cooked. Other things to avoid are excessively cold drinks, excessive exposure to cold, air-conditioning, heaters (without the use of humidifiers and a cracked window for fresh air during winter times-Hint: sleep closer to the cracked window, while I lived in Minneapolis, MN for two years that was my trick to ensure I was properly ventilated at night), fans etc. Also, avoid at all costs eating conventional fruits they are loaded with disease forming pesticides and sprays that upon consumption wreak havoc on the respiratory organs, take it from this author, I learned this the hard way! With proper breathing techniques as offered for free on my site and a suggested adherence to the dietetic principles above, be assured that you are well on your way to curing your asthma naturally and permanently. Asthma need not be a part of your life anymore, you, like many others can control it and make it a thing of your past.

About the Author

Digestion is the process whereby a biological entity processes a. Digestion is usually divided into mechanical manipulation and chemical.

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