

Lungs

## Description

Lungs

Saving this to a “Health” folder may aide access.

Use this as to supplement your own research & share with your doctor as appropriate.

You can use drugs.com or other trusted health websites to look up the latest information on prescription drugs, herbs, foods or other treatments possible side & interaction effects.

Note: many essential oils can be used with just a dab under the nose, much cheaper than with a diffuser

What may help lung function best?

N-acetylcysteine (NAC)

NAC (Mucomyst) appears to help prevent & treat COPD, idiopathic pulmonary fibrosis (IPF), cystic fibrosis (CF), emphysema (especially if frequent exacerbations), bronchitis, lower respiratory infections like the flu by stopping the virus & the inflammation, etc, especially as an inhalant. as well as many if not all cancers.

NAC also appears to help against stomach ulcers, kidney & liver damage & failure, acetaminophen (Tylenol) overdose, endometriosis including fertility complications, & acetaminophen toxicity, improve workout recovery & insulin sensitivity, help neuropathy & progressive myoclonic epilepsy, schizophrenia, autism, Alzheimer's, Parkinson's, alcohol/cocaine/cannabis/nicotine relapse & cravings, gambling, bipolar disorder, depression, trichotillomania, nail biting, skin picking, obsessive-compulsive disorder.

[alienherbalist.com/n-acetylcysteine-nac](http://alienherbalist.com/n-acetylcysteine-nac)

Myrtol standardized

Myrtol standardized is oil of eucalyptus, pine & lime & appears to help COPD, sinusitis, bronchitis, lower respiratory infections, & emphysema. A little under the nose may help lung function when symptomatic.

Paparoupa M, Gillissen A. Is Myrtol® Standardized a New Alternative toward Antibiotics? Pharmacogn Rev. 2016 Jul-Dec;10(20):143-146. doi: 10.4103/0973-7847.194045. PMID: 28082798; PMCID: PMC5214559.

#### Elderberry or elderflowers

A half teaspoon of elderberry or elderflower daily may prevent viral & bacterial respiratory infections & subsequent exacerbation of COPD & emphysema. One pound is less than \$30 & at 1/2ts daily last a year with for the people I know no viral or bacterial respiratory infections. Elderberries should be cooked (delicious in vegetable dishes) or hot water added to make tea.

#### Cocoa & honey

Nondutched/nonalkalized cocoa is more effective in suppressing coughs than codeine in studies. Raw honey appears more effective than dextromethorphan. A half mug of cocoa & honey appears to stop coughing for five hours.

#### Cordyceps

Cordyceps mushroom appears to reduce COPD symptoms significantly (see below).

#### Vitamin D3 to 70ng/ml

Getting vitamin D3 levels up appears to reduce exacerbations of COPD, perhaps by lowering inflammation & almost all viral infections. That may be two 50K (1.25mg x 2) per week for someone 200lbs. It is strongest taken under the tongue & if taken orally (swallowed) must be taken with a meal with fat to absorb well. Zhu B, Zhu B, Xiao C, Zheng Z. Vitamin D deficiency is associated with the severity of COPD: a systematic review and meta-analysis. Int J Chron Obstruct Pulmon Dis. 2015 Sep 11;10:1907-16. doi: 10.2147/COPD.S89763. PMID: 26392765; PMCID: PMC4574800.

#### Cromolyn

Cromolyn is a mast cell inhibitor & is a prescription drug used for asthma & allergies (see below). As nasal crom it is over the counter for hay fever. If only used when having symptoms of asthma,

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allergies or hayfever, spraying once in both nostrils while breathing in then again an hour later when sinuses are clear appears to double the time until its needed again, sometimes resolving symptoms permanently.

#### Turmeric & ginger

Turmeric appears to reduce lung flareups, & ginger as well. Ginger also may make the curcumin in turmeric more available.

Moghaddam SJ, Barta P, Mirabolfathinejad SG, et al. [Curcumin inhibits COPD-like airway inflammation and lung cancer progression in mice](#). *Carcinogenesis*. 2009;30(11):1949-1956.

doi:10.1093/carcin/bgp229

#### Ginseng mix

The different adaptogens like the ginsengs (Asian, American, Tibetan) as well as ashwagandha & rhodiola may help respiratory disease symptoms including emphysema & COPD.

Lu Ding, Hongyu Qi, Yisa Wang, Zepeng Zhang, Qing Liu, Chen Guo, Jiaqi Liu, Zhaoqiang Chen, Jing Li, JinJin Chen, Qingxia Huang, Daqing Zhao, Zeyu Wang, Xiangyan Li,

Recent advances in ginsenosides against respiratory diseases:

Therapeutic targets and potential mechanisms,

Biomedicine & Pharmacotherapy, Volume 158, 2023, 114096, ISSN 0753-3322, <https://doi.org/10.1016/j.biopha.2022.114096>.

(<https://www.sciencedirect.com/science/article/pii/S0753332222014858>)

What may hurt lung function?

#### Glyphosate in Roundup Ready GMO corn & soy

According to a review in Ecowatch glyphosate is linked to ADHD, Alzheimer's, birth defects, autism, brain/breast/prostate/lung cancer, celiac disease, chronic kidney disease, colitis, depression, heart

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disease, hypothyroidism, inflammatory bowel disease, liver disease, Lou Gerigh's disease, MS, nonHodgkins lymphoma, Parkinson's, infertility, miscarriage, stillbirth, reproductive problems, and respiratory disease.

Genetically engineered crops, glyphosate and the deterioration of health in the United States of America Nancy L. et al. Journal of Organic Systems Vol.9 No.2 (2014)

PFOA (Teflon & other nonstick coatings)

Perfluorooctanoic acid (PFOA) is in much nonstick & stain resistant products like flame retardants in clothing & furniture, nonstick cookware, microwave popcorn bags, fast-food wrappers, waterproof clothing, soil-repellant carpet & furniture. PFOAs have been linked to ulcerative colitis, heart disease & stroke, high cholesterol, pregnancy-induced hypertension, thyroid disease, testicular and kidney cancer. PFOAs in cookware when hot enough can cause flu like symptoms several hours after- headaches, chills, fever, coughing, chest tightness.

healthambition.com/teflon-dangers-nonstick-cookware-alternative/  
articles.mercola.com/sites/articles/archive/2015/10/21/pfoa-dupont-  
non-stick-cookware.as  
px?e\_cid=20160219Z1\_DNL\_SECON&utm\_source=content&utm\_med  
=secon&utm\_campaign=20160219Z1&et\_cid=DM98174&et\_rid=13648  
atsdr.cdc.gov/PHS/PHS.asp?id=1115&tid=237

Alternative nonstick

Ceramic nonstick coatings appear to be safe.

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Toxoplasma gondii (T. gondii) and lung health

A toxoplasmosis infection (from T. gondii) that can cause respiratory symptoms is often acquired by handling the litter (feces) of cats, and from undercooked meat. Half of all cats are infected. Anyone with respiratory problems should not be handling cat litter. Anyone with difficult to diagnose respiratory problems that handle cat litter can be tested for toxoplasma gondii.

Infection can cause ADHD-like symptoms in men (and triple car crashes) as well as increasing the emotion of suspicion. In women it can make women like cats more. T. gondii can cause abortions, stillbirths, and when it crosses the placenta microencephaly, hydroencephaly, seizures, & mental retardation in children. When

pregnant women are highly infected in the womb their babies have a significantly larger chance of have schizophrenia during their lifetime. In both genders it can trigger delusions, hallucinations, and thought disorders, and may increase bipolar disorder. It appears to increase neuroticism-negative emotional states. In 18 of 19 studies people with a higher percentage of *T. gondii* had a higher chance of being diagnosed with schizophrenia, and two other studies associated childhood cat exposure with schizophrenia. In one Danish study women with the highest levels of infection were 91% more likely to attempt suicide than uninfected women.

[blogs.scientificamerican.com/science-sushi/toxoplasmas-dark-side-the-link-between-parasite-and-suicide/](https://blogs.scientificamerican.com/science-sushi/toxoplasmas-dark-side-the-link-between-parasite-and-suicide/)

Pedersen, M.G., Mortensen, P.B., Norgaard-Pedersen, B. & Postolache, T.T. *Toxoplasma gondii* Infection and Self-directed Violence in Mothers, *Archives of General Psychiatry*, DOI: 10.1001/archgenpsychiatry.2012.668

*Toxoplasma gondii* and Schizophrenia

E. Fuller Torrey and Robert H. Yolken *Emerging Infectious Diseases* Volume 9, Number 11—November 2003

Treatment of *T. gondii*

Breathing in vapors from molecular (like Iodine) iodine or food grade peroxide for 3-5 minutes appears to help stop the infection, especially early.

Trimethoprim-sulfamethoxazole, pyrimethamine-sulfadiazine, azithromycin, haloperidol (more effective than trimethoprim alone in one study), sodium valproate and valproic acid (as effective as trimethoprim) may all be effective against *T. gondii*. Haloperidol also reduces symptoms of schizophrenia, so it might be preferred for people with *T. gondii* & schizophrenia, at least at low doses. Chlorpromazine, fluphenazine, risperidone, clozapine, and quetiapine work against *T. gondii* (not as well as trimethoprim) and may be next best for people with *T. gondii* & schizophrenia. Sodium valproate and valproic acid both help bipolar disorder as well, so they might be preferred for people with bipolar disorder & *T. gondii* infection. Carbamazepine works against *T. gondii* (not as well as trimethoprim) and might be next best for people with *T. gondii* & bipolar disorder.

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Toxoplasma and schizophrenia

R. H. YOLKEN, F. B DICKERSON, E. FULLER TORREY

Parasite Immunology Volume 31, Issue 11 November 2009 Pages  
706–715

DOI: 10.1111/j.1365-3024.2009.01131.x

Parasites as Causative Agents of Human Affective Disorders? The  
Impact of Anti-Psychotic,  
Mood-Stabilizer and Anti-Parasite Medication on Toxoplasma  
gondii's Ability to Alter Host  
Behaviour

J. P. Webster, P. H. L. Lamberton, C. A. Donnelly and E. F. Torrey

Proceedings: Biological Sciences

Vol. 273, No. 1589 (Apr. 22, 2006), pp. 1023-1030

Stable URL: <http://www.jstor.org/stable/25223400>

What may increase mortality & lung diseases:

Smoking

Chemotherapy

Glyphosate (herbicide used with Roundup Ready GMO corn & soy)

Talc

Milk

Asbestos

Silica

Bleach (as disinfectant)

Ammonia

## Synthetic scents, smells toxicity

One third of all artificial scents are toxic to human beings, both in air fresheners & in scented products. And with each fragrance carrying on average 14 different artificial scent chemicals not listed on the label, nearly five toxic chemicals are in the average scent added to many consumer products, with almost all of them containing at least one hazardous air pollutant having no safe exposure level according to the EPA.

A third of people have had health problems from toxic scents, and 23% have avoided a public place that had toxic artificial scents.

Fragranced consumer products: exposures and effects from emissions

Anne Steinemann

Air Qual Atmos Health

DOI 10.1007/s11869-016-0442-z

What is safe?

We can choose unscented products, and organic. We can buy fruits and open them in front of a

fan before eating or put their peels in front of a fan.

<https://draxe.com/dangers-synthetic-scents/>

University of Washington. "Toxic Chemicals Found In Common Scented Laundry Products, Air

Fresheners." ScienceDaily. ScienceDaily, 24 July 2008.

<[www.sciencedaily.com/releases/2008/07/080723134438.htm](http://www.sciencedaily.com/releases/2008/07/080723134438.htm)>.

Campaign for Safe Cosmetics, [www.safecosmetics.org](http://www.safecosmetics.org)  
EWG's "Not So Sexy," [www.ewg.org/notsosexy](http://www.ewg.org/notsosexy)  
Skin Deep, [www.ewg.org/skindeep](http://www.ewg.org/skindeep).  
<https://www.scientificamerican.com/article/toxic-perfumes-and-colognes/>  
<http://www.motherjones.com/environment/2016/02/toxic-chemicals-fragrance-cosmetics-safety/>

Bleach and the lungs

Bleach and children

Passive exposure to cleaning bleach in the home may have adverse effects on school-age children's health by increasing the risk of respiratory and other infections. The high frequency of use of disinfecting irritant cleaning products may be of public health concern, also when exposure occurs during childhood

Domestic use of bleach and infections in children: a multicentre cross-sectional study

Lidia Casas et al.

Occup Environ Med doi:10.1136/oemed-2014-102701

<http://oem.bmj.com/content/early/2015/02/20/oemed-2014-102701.short>

## Bleach and adults

Using bleach causes respiratory illnesses & diseases, according to the American Lung

Association and backed by numerous studies.

<http://www.lung.org/healthy-air/home/resources/cleaning-supplies.html?referrer=https://www.google.com/>

Domestic use of hypochlorite bleach, atopic sensitization, and respiratory symptoms in adults

Zock, Jan-Paul et al.

Journal of Allergy and Clinical Immunology , Volume 124 , Issue 4 , 731 – 738.e1

Short-term respiratory effects of cleaning exposures in female domestic cleaners

M. Medina-Ramón, J. P. Zock, M. Kogevinas, J. Sunyer, X. Basagaña, J.

Schwartz, P. S. Burge, V. Moore, J. M. Antó

European Respiratory Journal 2006 27: 1196-1203; DOI: 10.1183/09031936.06.00085405

Airway response to chlorine inhalation (bleach) among cleaning workers

with and without bronchial hyperresponsiveness

Joaquín Sastre, Mauro F. Madero, Mar Fernández-Nieto, Beatriz Sastre,

Victoria del Pozo, Manuela García-del Potro and Santiago Quirce  
Am. J. Ind. Med. 54:293–299, 2011

## Diacetyl, 2,3 pentanedione and acetoin

Diacetyl is in some microwave popcorn & vapes. It appears to cause scarring of the lung tissue. 2,3 pentanedione and acetoin also appear harmful. Over 90% of vapes tested had at least one & often two of these chemicals.

[lung.org/blog/popcorn-lung-risk-ecigs](http://lung.org/blog/popcorn-lung-risk-ecigs)

[hsph.harvard.edu/news/press-releases/e-cigarette-flavoring-chemicals-linked-to-respiratory-disease/](http://hsph.harvard.edu/news/press-releases/e-cigarette-flavoring-chemicals-linked-to-respiratory-disease/)

## Cleaning chemicals

Common cleaning product chemicals appear to cause lung damage & lung diseases like COPD & asthma, birth defects. Pine & citrus based cleaners often have terpenes that create formaldehyde. Vinegar & soap with a peroxide spray after kills more germs than bleach without the toxicity. Daily bleach or ammonia use is a common cause of COPD.

- ? \*2-Bromo-2-Nitropropane-1,3-Diol
- ? Alkyl Dimethyl Benzyl Ammonium Chloride
- ? Alkyl Dimethyl Ethylbenzyl Ammonium Chloride
- ? Didecyldimethylammonium Chloride
- ? Diethanolamine
- ? Dioctyl Dimethyl Ammonium Chloride
- ? Distearyl dimonium Chloride
- ? \*DMDM Hydantoin
- ? Ethanolamine
- ? Formaldehyde
- ? Glutaral
- ? Monoethanolamine Citrate
- ? Quaternium-15
- ? Quaternium-24
- ? Sodium Hypochlorite (Bleach)
- ? Sulfuric Acid
- ? Triethanolamine

[ewg.org/guides/cleaners/content/cleaners\\_and\\_health?utm\\_source=newsletter&utm\\_campaign=Cleaners&utm\\_medium=email#.Wq-MaWhKu03](http://ewg.org/guides/cleaners/content/cleaners_and_health?utm_source=newsletter&utm_campaign=Cleaners&utm_medium=email#.Wq-MaWhKu03)

Borax

Borax & sodium perborate (bleach alternative) used in laundry products has been found to affect the sex hormones, reducing testosterone & sperm count in men, testicular atrophy & cancer in animals, fetal skeletal development & birth weight.

What is far more effective than bleach?

Paracetic acid can be bought or less expensively made for 30 seconds by spraying or cleaning with vinegar then spraying peroxide as a disinfectant finish. The combination of white vinegar & dishwashing liquid as a cleaner followed by a spray of hydrogen peroxide kills far more germs than bleach (less than ozone but 30% more than bleach 1.81 vs 1.31). Just scrub the area clean with a washcloth with white vinegar & dishwashing liquid (or any soap), then spray with hydrogen peroxide (and wiping dry if desired). In tests at Virginia Polytechnic Institute and State University, vinegar then (not mixed in bottle) hydrogen peroxide killed virtually all Salmonella, Shigella, or E. coli bacteria on heavily contaminated food and surfaces, more effective than than chlorine bleach or any commercially available cleaner.

Spraying vinegar on food that is to be served uncooked (like in salads) then hydrogen peroxide then rinsing also works to kill Salmonella, Shigella, & E. coli before eating.

White vinegar should be used to avoid staining, & this combination should not be used on marble. They are effective only when used on right after the other, not mixed. Mixing vinegar & peroxide in the bottle creates peracetic acid for only 30 seconds.

[michaelandjudystouffer.com/judy/articles/vinegar.htm](http://michaelandjudystouffer.com/judy/articles/vinegar.htm)

[cooksinfo.com/peroxide-vinegar-sterilization](http://cooksinfo.com/peroxide-vinegar-sterilization)

[davidsuzuki.org/what-you-can-do/queen-of-green/faqs/cleaning/non-toxic-disinfecting](http://davidsuzuki.org/what-you-can-do/queen-of-green/faqs/cleaning/non-toxic-disinfecting)

What may improve lung function?

Cordyceps and lung function

Cordyceps may have a strong antitussive, expectorant, anathematic effects. Coughs are reportedly reduced by 2/3rds & the time between coughs increased by 500%. Cordyceps may help asthma, bronchitis, cor pulmonale, COPD, and tuberculosis. Cordyceps & other mushrooms may need to be cooked to get their full medicinal effects.



The Scientific Rediscovery of a Precious Ancient Chinese Herbal Regimen: Cordyceps sinensis

Part II Jia-Shi Zhu, Georges M. Halpern, Kenneth Jones

The Journal of Alternative and Complementary Medicine. Winter 1998, 4(4): 429-457.

doi:10.1089/acm.1998.4.429.

Cordyceps helps bronchitis, bronchiectasis, emphysema, COPD, provides up to a 90% relief in coughing, 40% improved lung function in tests after taking 3g cordyceps over 10 days, 81% improved pulmonary function, and improves asthma symptoms.

Dr. Richard Becker with Cindy Becker 12/27/16, "Your Health"

Cordyceps mushroom

Cordyceps has a strong antitussive, expectorant, antathematic effects. Asthma symptoms may be reduced by over 80%. Coughs are reduced by up to 2/3rds & the time between coughs may increase by 500%. Cordyceps appears to help asthma, bronchitis, cor pulmonale, COPD by up to 40%, pneumonia survival by 400%, and tuberculosis. Cordyceps in powder or capsule form may be more effective when cooked.

The Scientific Rediscovery of a Precious Ancient Chinese Herbal Regimen: Cordyceps sinensis Part II

Jia-Shi Zhu, Georges M. Halpern, Kenneth Jones

The Journal of Alternative and Complementary Medicine. Winter 1998, 4(4): 429-457. doi:10.1089/acm.1998.4.429.

Lou Y, Liao X, Lu Y. Cardiovascular pharmacological studies of ethanol extracts of Cordyceps mycelia and Cordyceps fermentation solution. Chinese Traditional and Herbal Drugs 1986;17(5):17-21,209-213)

Chronic obstructive pulmonary diseases improvement of 40% after Cordyceps supplement.

(Wang WQ. J. Administration Traditional Chinese Med 1995;5 (supp;):24) Wan F, Zhang S.

Clinical observations of fermented Cordyceps sinensis (Cs-4) in antitussive, expectorant, and antathematic effects. Collection on the Basic Medicinal and Clinical Studies of Submerged Culture Cordyceps sinensis. Beijing, Nanchang, China:Jiangxi TCM/IMM, 1985:35-39)

Your Health with Dr. Richard Becker and Cindy Becker- #1439  
Mushrooms, Cordyceps & You

5/23/17, #1524 Cordyceps Revisited 4/21/17, #1618 Cordyceps-  
Natural Fuel for Better Health

06/28/17.

## COPD

One of the best guides for COPD and/or asthma-

[holistichealthherbalist.com/natural-remedies-for-asthma](http://holistichealthherbalist.com/natural-remedies-for-asthma)

## Cocoa & honey

Theophylline in cocoa (not Dutched or alkalyzed or cooked) appears to help lung function in COPD & theobromine in cocoa helps stop coughing more than anything tested. Using cocoa & raw honey appears to better stop coughing than dextromethorphan & codeine.

Theophylline appears to decrease air trapping & improve breathing strength.

When theophylline is used as a prescription drug it may be most effective in liquid form used as drops under the tongue for speed of effect & a reduction in side effects.

[atsjournals.org/doi/full/10.1164/rccm.201302-0388PP](http://atsjournals.org/doi/full/10.1164/rccm.201302-0388PP)

[ncbi.nlm.nih.gov/pmc/articles/PMC2117081/](http://ncbi.nlm.nih.gov/pmc/articles/PMC2117081/)

[my.clevelandclinic.org/health/drugs/14317-theophylline-agents-for-chronic-obstructive-pulmonary-disease-copd](http://my.clevelandclinic.org/health/drugs/14317-theophylline-agents-for-chronic-obstructive-pulmonary-disease-copd)

[copdnewstoday.com/theophylline-for-copd/](http://copdnewstoday.com/theophylline-for-copd/)

## Lobelia

Lobelia is called Indian tobacco as it mildly stimulates nicotine receptors and may substitute during cravings. It appears to be best used under the tongue or as a liquid on the skin followed by a drop of DMSO.

[henriettes-herb.com/archives/best/1995/asthma-1.html](http://henriettes-herb.com/archives/best/1995/asthma-1.html)

Lobelia appears to help treat:

Nicotine addiction (especially in a drop under the tongue when craving nicotine)

Drug addiction

Asthma, COPD, pneumonia, bronchitis by easing breathing & bringing up mucus

Depression

ADHD

Dementia

Inflammation & pain

Lobelia appears to be safe.

[medherb.com/Materia\\_Medica/Lobelia\\_-\\_Is\\_lobelia\\_toxic\\_.htm](http://medherb.com/Materia_Medica/Lobelia_-_Is_lobelia_toxic_.htm)

[healthline.com/nutrition/lobelia#benefits](http://healthline.com/nutrition/lobelia#benefits)

[draxe.com/nutrition/lobelia/](http://draxe.com/nutrition/lobelia/)

Other herbs

Thyme capsules/drops/oil, curcumin (w/a little black pepper or ginger), N-acetylcysteine (NAC), english ivy, panax ginseng, vitamin D3, melatonin (taken at night, slow release or liquid as drops under tongue,

Herbs may work fastest with least side effects in oil form for breathing (like essential oils) & putting a drop under the nose for longer use, & second fastest in liquid drops under the tongue.

[healthline.com/health/copd/herbs-supplements#n-acetylcysteine-nac](http://healthline.com/health/copd/herbs-supplements#n-acetylcysteine-nac)

Raise torso at night

Putting one inch risers once a week or month up to six inches under the bedposts at the head of the bed appears to significantly help COPD & asthma.

Using a salt lamp after a few months appears to improve COPD & asthma.

Using a sauna appear to improve COPD symptoms & lung function.

Joy Hussain and Marc Cohen, "Clinical Effects of Regular Dry Sauna Bathing: A Systematic Review," Evidence-Based Complementary and Alternative Medicine, vol. 2018, Article ID 1857413, 30 pages, 2018

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How to cough with less pain & to better effect

When someone needs to cough to help clear congestion but wants to avoid making their throat sore from coughing, breathing out halfway or fully before coughing can sometimes bring up mucus from deeper in the lungs and avoid the throat pain that excess coughing can bring, making coughing both more successful and less painful.

Some people sit down, cross their arms in front of their stomach,

breath out & press their arms into their abdomen then cough.  
[blog.copdstore.com/9-mucus-clearing-techniques-for-copd-patients](http://blog.copdstore.com/9-mucus-clearing-techniques-for-copd-patients)

What may help stop coughing?

cordyceps mushroom

organic cocoa but not Dutch or alkalyzed

honey (especially buckwheat), must be raw, local, and or organic,  
also helps sleep if taken at night or before a nap (only after 1yrs old)

Vitamin B12 (if deficient), best in methocobalamin spray sublingual  
(under toungue)

ginger

nigella sativa (black seed oil),

lomatium

plantain leaf

J Altern Complement Med. 2010 Jul;16(7):787-93. doi:  
10.1089/acm.2009.0311.

A comparison of the effect of honey, dextromethorphan, and  
diphenhydramine on nightly cough

and sleep quality in children and their parents.

Shadkam MN, Mozaffari-Khosravi H, Mozayan MR.

[ncbi.nlm.nih.gov/pubmed/20618098](http://ncbi.nlm.nih.gov/pubmed/20618098)

[sleep.lovetoknow.com/Sleep\\_Inducing\\_Foods](http://sleep.lovetoknow.com/Sleep_Inducing_Foods)

Theobromine inhibits sensory nerve activation and cough

The FASEB Journal vol. 19 no. 2 231-233 doi: 10.1096/fj.04-1990fje

[fasebj.org/content/19/2/231.full.pdf+html](http://fasebj.org/content/19/2/231.full.pdf+html)

[everydayhealth.com/cold-and-flu/1210/chocolate-a-cure-for-the-common-cough-492](http://everydayhealth.com/cold-and-flu/1210/chocolate-a-cure-for-the-common-cough-492)

[4.aspx](#)

[dailymail.co.uk/health/article-150247/Tickly-cough-Try-chocolate.html](http://dailymail.co.uk/health/article-150247/Tickly-cough-Try-chocolate.html)

[anniesremedy.com](http://anniesremedy.com)- Angelica root, Beth Root, Cacao, Cajeput Oil, Elderberry, Elecampane, Fennel Seed.

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Anti-inflammatories

alpha lipoic acid (1200mg 2x a day or 600mg at wakeup & with every meal)

turmeric (with a little black pepper)

ginger

astaxanthin

resveatrol

boswellia

bromelain

papalain

MSM



## Stephania

Stephania and its extract tetrandrine may help treat silicosis in the lungs.

[restorativemedicine.org/journal/natural-support-for-autoimmune-and-inflammatory-disease/](http://restorativemedicine.org/journal/natural-support-for-autoimmune-and-inflammatory-disease/)

Expectorants that may help thin mucus and lower congestion after coughing N-acetylcysteine (NAC) is used by doctors to treat acetaminophen overdose and to thin mucus to improve coughing, especially for people with cystic fibrosis.

glutathione

fiber

guaifenesin (Mucinex, Robitussin)

steam

rosemary

clove oil

quebracho

elephant tree

chaparral

[anniesremedy.com/chart.php?prop\\_ID=22](http://anniesremedy.com/chart.php?prop_ID=22)

Angelica root

Anise Seed  
Benzoin Resin  
Beth Root  
Black Cohosh root  
Bloodroot  
Cajeput Oil  
Camphor  
Cedarwood, Atlas  
Couch grass  
Elecampane  
Elm, Slippery  
Eucalyptus  
Fennel Seed  
Garlic  
Honeysuckle  
Horehound  
Horseradish root  
Hyssop  
Lobelia  
Marjoram  
Mullein  
Myrrh  
Peppermint  
Perennial Herb  
Pleurisy Root  
Red Root  
Sandalwood  
Soapwort  
Spearmint  
Speedwell

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Spruce Oil  
Thuja oil  
Thyme  
Wild Cherry Bark  
Yerba santa

[healthline.com/health/natural-cough-expectorants-cough#2](https://www.healthline.com/health/natural-cough-expectorants-cough#2)  
[anniesremedy.com](https://www.anniesremedy.com)

Decongestants (herbs that may help lung congestion)

lungwort  
osha root  
[globalhealingcenter.com/natural-health/9-best-herbs-lung-cleansing-respiratory-support/](https://www.globalhealingcenter.com/natural-health/9-best-herbs-lung-cleansing-respiratory-support/)

Angelica root  
Anise Seed  
Bayberry  
Cajeput Oil  
Calamus root  
Camphor  
Cardamom  
Cayenne Pepper  
Elderberry  
Elecampane  
Eucalyptus  
Eyebright  
Fennel Seed  
Goldenrod

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Holy Basil  
Horseradish root  
Hyssop  
Juniper Berries  
Licorice Root  
Meadowsweet  
Mullein  
Mustard  
Peppermint  
Pine  
Pleurisy Root  
Schisandra  
Solomon's Seal  
Spikenard  
St. John's Wort  
Thyme  
Wild Cherry Bark  
  
elephant tree

default watermark

What may help throats sore from coughing?

demulcent herbs (coat mucus membranes of throat)

marshmallow root tea

slippery elm tea

licorice root tea

mullein

[methowvalleyherbs.com/2011/10/herbal-remedies-for-sore-throat-part-3.html](http://methowvalleyherbs.com/2011/10/herbal-remedies-for-sore-throat-part-3.html)

peppermint tea  
chamomille tea  
honeysuckle tea  
fenugreek tea  
mullein  
chew on cloves (not clove oil), also good for tooth/mouth pain  
suck on garlic  
[everydayroots.com/sore-throat-remedies](http://everydayroots.com/sore-throat-remedies)  
[healthline.com/health/cold-flu/sore-throat-natural-remedies#Remedies3](http://healthline.com/health/cold-flu/sore-throat-natural-remedies#Remedies3)  
[anniesremedy.com](http://anniesremedy.com)

default watermark

Acacia  
Agrimony  
Bayberry  
Bergamot Oil  
Black Walnut  
Cajeput Oil  
Calamus root  
Chrysanthemum  
Couch grass  
Echinacea  
Elderberry  
Slippery Elm  
Eucalyptus  
Goldenrod  
Goldenseal  
Horehound

Lemon  
Lemon Balm  
  
Lime Oil  
Linden  
Lobelia  
Myrrh  
Niaouli Oil  
Oak Bark  
Oregon Grape root  
Plantain  
Poke Root  
Raspberry Leaf  
Red Root  
Sage  
Self-Heal

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What may help sore throat caused by bacterial infection?

Blis-K12 mouth & throat probiotic (chew before bed after last drink/food of evening)

Probiotic multi (take 1 hr after last meal of night with full glass of water)

Oregano oil

Tea Tree oil

Astringent herbs (tighten, reducing swelling, inflammation)

horehound

sage

red clover

red root

apple cidar vinegar tb, organic/raw/local honey tb (only after 1yrs)

old), warm water 1 cup  
2tb apple cidar vinegar & 1/2 cup warm water, gargle  
baking soda ts, salt ts, one cup warm water

[methowvalleyherbs.com/2011/10/herbal-remedies-for-sore-throat-part-3.html](http://methowvalleyherbs.com/2011/10/herbal-remedies-for-sore-throat-part-3.html)

Probiotics (swallowed)  
Probiotics (BLIS-K12 chewed)  
Liposomal Vitamin C  
Vitamin D3  
Vitamin B3  
Oregano oil  
Olive leaf  
Bee propolis  
Zinc  
Manuka honey

Raw, organic, and or local honey  
Colloidal silver  
Chestnut leaf  
Echinacea  
Elderberry  
Blue light therapy

What may help a sore throat caused by viral infection?

Liposomal vitamin C  
Astringent herbs (tighten, reducing swelling, inflammation)  
horehound

default watermark

sage

red clover

Vitamin D3

Liposomal Vitamin C

Echinacea

Elderberry

Eleuthero

Andrographis

Astragalus

Coriolus

Olive leaf

Zinc

Selenium (if low)

Probiotics mix (may be best to take an hour after last food for night & with a full glass of water)

Horehound, Horseradish root, Lobelia, Mullein, Mustard, Pleurisy Root, Red Poppy Flowers, Red Root, Schisandra, , Speedwell, Spikenard, Thyme, Valerian root, Watercress, Wild Cherry Bark

Lung infections

Probiotics may help lung infections, especially bacterial. Probiotics are especially effective

when a large variety are used, are taken an hour after the last food of the night, with a full glass

of water, and no food until morning. Unlike antibiotics, they do not cause c. difficile infections if

the infection turns out to be viral or fungal and when probiotics are given after antibiotics they

may prevent c. difficile infections.



## Lung injury

Liposomal vitamin C & high doses of vitamin E may decrease lung & abdominal damage & infections after severe injuries (up to 28% less deaths & a significant decrease in hospitalizations).

Pneumonia infections can be viral, bacterial, or fungal

In a large study of pneumonia, a pathogen was detected in only 38% of cases, and two thirds of

pathogens were viruses. The rest were unidentified, likely viruses & or bacteria. Treating

lung/throat/upper respiratory infects with

antivirals/antibiotics/antifungals that don't engender

resistance is the best course to be sure to kill it. Liposomal vitamin C

is a strong antiviral,

antibacterial, & antifungal and may help no matter what type of

pneumonia is present.

What Organisms Cause Community-Acquired Pneumonia in Adults?

Allan S. Brett, MD Reviewing Jain S et al., N Engl J Med 2015 Jul 30; 373:415

## Lung cancer

What may decrease mortality:

Vitamin D3 (4000 IU with a meal)

Metformin- 40% less cancer in diabetics, 30% everyone else, 70% less lung cancer when

injected, extends life for all

Medicinal mushrooms mix

Inositol

Cannabidiol (CBD)

Low dose naltrexone  
Modified citrus pectin  
Piperine (black pepper)  
Red yeast rice  
pyridoxal-5'-phosphate (PLP), the bioactive form of vitamin B6  
Raw garlic  
salicylic acid (chinese aspirin)  
daily aspirin reduces up to 30%  
vitamin K2 (natto or natto extract best)  
vitamin B12 (methylcobalamin best sublingual)  
folate  
tea (may reduce lung cancer by 80%)  
methionine  
green tea  
liposomal vitamin C  
pyridoxal-5'-phosphate (PLP), the bioactive form of vitamin B6  
astragalus  
andrographis  
olive leaf  
milk thistle  
organic apples

## Asthma

Who has asthma?

One study found that one third of people studied who were diagnosed with asthma did not have asthma. Many had no diagnostic testing for airflow limitation. So if a person was diagnosed without taking this test, or has been symptom free for years, they

can ask their doctor to get  
spirometry then if negative serial bronchial challenge tests.

1 in 3 Adults Diagnosed with Asthma Might Not Have It

By Amy Orciari Herman

Edited by David G. Fairchild, MD, MPH, and Lorenzo Di Francesco,  
MD, FACP, FHM

[http://articles.mercola.com/sites/articles/archive/2014/06/30/ginger-health-benefits.aspx?e\\_cid=20140630Z1\\_DNL\\_art\\_2&utm\\_source=dnl&utm\\_medium=email&utm\\_campaign=20140630Z1&et\\_cid=DM50959&et\\_rid=569413402](http://articles.mercola.com/sites/articles/archive/2014/06/30/ginger-health-benefits.aspx?e_cid=20140630Z1_DNL_art_2&utm_source=dnl&utm_medium=email&utm_campaign=20140630Z1&et_cid=DM50959&et_rid=569413402)

Bedbugs

Bedbugs release a lot of histamine & even 90 days after eradication may leave histamine levels 20x higher.

Histamine as an emergent indoor contaminant: Accumulation and persistence in bed bug infested homes

Zachary C. DeVries, Richard G. Santangelo, Alexis M. Barbarin, Coby Schal

<https://doi.org/10.1371/journal.pone.0192462>

Antihistamine herbs

Licorice root, Echinacea, mullein, marshmallow root, elderberry, cats claw bark, and amalaki berry

[http://www.naturalnews.com/048963\\_dementia\\_counter\\_medication\\_pzz3VFoePW8q](http://www.naturalnews.com/048963_dementia_counter_medication_pzz3VFoePW8q)

Triggers

pasteurized dairy products (increase mucus)

antibiotics in dairy & meat

mercury fillings

gluten (wheat worse)

eggs

pollution

chocolate

wheat

corn

citrus fruits

fish

soy

peanuts

NSAIDs-aspirin, naproxen, ibuprofen, Celebrex

Food additives and preservatives:

sodium bisulfite

potassium metabisulfite

sulfur dioxide

<http://www.naturalnews.com/010443.html>

Gluten & asthma

Modern wheat may be 10X more inflammatory than older wheat (spelt). Avoiding highly

inflammatory wheat & sugar may help lower asthma symptoms.

Preventatives

Vegans may get 90% less asthma

Treatments

Asthma & vitamin C/magnesium/quercetin

According to Richard Firshein of the Firshein Center for Integrative Medicine in NYC, taking

vitamin C, magnesium, & quercetin may prevent & treat an asthma

attack. Liposomal vitamin C is supposed to be 25x more effective overall than other oral forms, and using topical magnesium oil (especially if mixed with MSM or DMSO) may work faster than only using ingested to treat an attack.

Bottom Line Personal June 15, 2016 volume 37 number 12 page 10

### Vitamin D3 & asthma

A Cochrane review of asthma studies found a 50% drop in hospitalizations for asthma attacks and 37% fewer attacks overall in people with asthma randomized to take vitamin D3. Other studies show higher rates of asthma attacks in children & adults with low vitamin D3 levels.

Getting blood levels up to 50-70 ng/ml may reduce asthma symptoms best. A 185lb person taking 5000 IU with a meal (fat soluble) may get up to 48 ng/ml in the winter.

Adrian R Martineau, Christopher J Cates, Mitsuyoshi Urashima, Megan Jensen, Alex P Griffiths, Ulugbek Nurmatov, Aziz Sheikh, Chris J Griffiths. Vitamin D for the management of asthma.

Cochrane Library, 2016 DOI: 10.1002/14651858.CD011511.pub2  
Vitamin D deficiency has been linked to increased rates of asthma.

In over 60 years of research, scientists have found vitamin D deficiency linked to lower lung functions, increased airway reactivity and worse asthmatic control. Vitamin D plays a strong role in modulating the inflammatory immune response by blocking pro-inflammatory

cytokines such as interleukin 10.

Asthma typically worsens in the winter and early spring when vitamin D is at its lowest.

[http://www.naturalnews.com/033531\\_asthma\\_cures.html#ixzz3FiA9Bo](http://www.naturalnews.com/033531_asthma_cures.html#ixzz3FiA9Bo)

Vitamin D3, viral infections and lung function

In one study people who had vitamin D3 levels above 38ng/mL in their blood recovered from the

flu in two days vs nine days for people under 38ng/mL.

Sabetta J, Depetrillo P, Cipriani R, et al.

Serum 25-Hydroxyvitamin D and the Incidence of Acute Viral Respiratory Tract Infections in

Healthy Adults.

<http://www.vitamindcouncil.org/health-conditions/influenza/#>

PLoS One 2010;5(6):e11088.

Vitamin D status has a linear association with seasonal infections and lung function in British adults.

Berry D, Hesketh K, Power C, et al.

British Journal of Nutrition 2011;106:1433-1440.

<http://www.vitamindcouncil.org/health-conditions/influenza/#>

Cromolyn, asthma, allergies, & hayfever

Cromolyn is a generic drug that is used for hayfever and allergies and asthma, especially allergy

& exercise induced asthma. It can help teach the body to stop the histamine response to

allergens, working on the mast cells. Some people who take it need it less & less after each

usage, until some stop having the allergic response at all. Cromolyn

works against hay fever & allergies as well. Like with hayfever and allergies, cromolyn sometimes lowers the asthmatic response over extended usage. Because cromolyn can work to reduce the autoimmune reaction over the long term sometimes better than it works immediately, it can be added to other medications used to control asthma rather than relying on it exclusively. Over time it may reduce asthma exacerbations significantly and reduce the need for daily treatment with other medications. Here's the cheapest version, cromolyn sodium nasal spray (Nasalcrom), \$11 at Walmart. It not only works for hayfever but works even better for asthma. It is literally 30X cheaper than the inhaler form. The key is to use it in the nostril where the sinuses are open and breath in deep & fast when spraying.

Cromolyn has the least side effects & appears to be the safest of the asthma drugs.

<https://www.mayoclinic.org/drugs-supplements/cromolyn-inhalation-route/description/drug-20067594>

J ALLERGY CLIN IMMUNOL 1988;81:1042-7

Long-term effect of cromolyn sodium on nonspecific bronchial hyperresponsiveness: a review.

Hoag JE, McFadden ER Jr

Annals of Allergy [1991, 66(1):53-63]

Cromolyn Therapy in Patients With Bronchial Asthma

Effect on Inhalation Challenge With Allergen, Histamine, and

## Methacholine

Ung Yun Ryo, MD; Bann Kang, MD; Robert G. Townley, MD

JAMA. 1976;236(8):927-931.

doi:10.1001/jama.1976.03270090021019.

Drug Intell Clin Pharm. 1987 Jan;21(1 Pt 1):22-35.

Cromolyn sodium: a review of mechanisms and clinical use in asthma.

Murphy S, Kelly HW.

## Cromolyn for pleurisy

Anti-inflammatory effects of theophylline, cromolyn and salbutamol in a murine model of pleurisy

Tania Silvia Fröde Saleh, João Batista Calixto and Yara Santos Medeiros

British Journal of Pharmacology

Volume 118, Issue 3, pages 811–819, June 1996

DOI: 10.1111/j.1476-5381.1996.tb15472.x

## Cromolyn for conjunctivitis

Topical ocular administration of cromolyn sodium for treatment in seasonal ragweed

conjunctivitis

P.W. Welsh et al.

Journal of Allergy and Clinical Immunology

Volume 64, Issue 3, September 1979, Pages 209–215

Clinical & Experimental Allergy Volume 7, Issue 5 September 1977

Pages 485–496

Controlled trials with four per cent cromolyn spray in seasonal allergic rhinitis

W. C. POSEY, H. S. NELSON

DOI: 10.1111/j.1365-2222.1977.tb01479.x

Evaluation of Topical Cromolyn Sodium in the Treatment of Vernal



Keratoconjunctivitis

C. Stephen Foster

Ophthalmology

Volume 95, Issue 2, February 1988, Pages 194–201

Topical treatments for seasonal allergic conjunctivitis: systematic review and meta-analysis of efficacy and effectiveness

Christopher G Owen, Anupa Shah, Katherine Henshaw, Liam Smeeth and Aziz Sheikh

British Journal of General Practice 2004; 54 (503): 451-456.

Cromolyn for interstitial lung disease

Cromolyn appears to lower coughing in people with interstitial lung disease.

Interventions to improve symptom control and quality of life in patients with interstitial lung disease: a systematic review and meta-analysis

Sabrina Bajwah, Jill Colquitt, Emma Loveman, Claudia Bausewein, Howard Almond, Adejoke

Oluyase, Athol Wells

European Respiratory Journal 2018 52: PA2994; DOI:

10.1183/13993003.congress-2018.PA2994

[https://bjanaesthesia.org/article/S0007-0912\(17\)34889-4/pdf](https://bjanaesthesia.org/article/S0007-0912(17)34889-4/pdf)

Cromolyn after epilepsy

Epilepsy & Behavior

Volume 87, October 2018, Pages 200-206

Sodium cromoglycate reduces short- and long-term consequences of status epilepticus in rats

María Guadalupe, Valle-Dorado César, Emmanuel Santana-

Gómez, Sandra Adela,  
Orozco-Suárez, LuisaRochaa  
<https://doi.org/10.1016/j.yebeh.2018.06.021>

Cromolyn for pancreatic cancer  
Gomez-Rubio P, Zock J, Rava M, et al Reduced risk of pancreatic cancer associated with asthma and nasal allergies Gut 2017;66:314-322.

Cromolyn for Alzheimer's  
Zhang, C., Griciuc, A., Hudry, E. et al. Cromolyn Reduces Levels of the Alzheimer's Disease-Associated Amyloid  $\beta$ -Protein by Promoting Microglial Phagocytosis. Sci Rep 8, 1144 (2018) doi:10.1038/s41598-018-19641-2  
Umut Ocak, Pinar Eser Ocak, Annie Wang, John H. Zhang, Warren Boling, Pei Wu, Jun Mo, Tongyu Zhang & Lei Huang (2019) Targeting mast cell as a neuroprotective strategy, Brain Injury, 33:6, 723-733, DOI: 10.1080/02699052.2018.1556807

Cromoly for neuroprotection  
Hypoxia–ischaemia in 7 day old rats (Jin et al., 2007, Jin et al., 2009)

Cromolyn for ALS  
Granucci, E.J., Griciuc, A., Mueller, K.A. et al. Cromolyn sodium delays disease onset and is neuroprotective in the SOD1G93A Mouse Model of amyotrophic lateral sclerosis. Sci Rep 9, 17728 (2019) doi:10.1038/s41598-019-53982-w

## Ginger

Another recent study, which was presented at the American Thoracic Society International Conference, found that adding ginger compounds to isoproterenol, a type of asthma medication called a beta-agonist, enhanced its bronchodilating effects. Because ginger enhances bronchodilation, it may provide a much safer alternative, or at least complement, to current asthma medications on the market.

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[http://articles.mercola.com/sites/articles/archive/2014/06/30/ginger-health-benefits.aspx?e\\_cid=](http://articles.mercola.com/sites/articles/archive/2014/06/30/ginger-health-benefits.aspx?e_cid=)

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0140630Z1\_DNL\_art\_2&utm\_source=dnl&utm\_medium=email&utm\_campaign=20140630Z1&et\_cid=DM50959&et\_rid=569413402

## Butterbur

Butterbur helps decrease the frequency & intensity of asthma attacks.

Altern Med Rev. 2004 Mar;9(1):54-62.

Petasites hybridus (Butterbur root) extract in the treatment of asthma—an open trial.

Danesch UC.

Lee DK, Haggart K, Robb FM, Lipworth BJ. Butterbur, a herbal remedy, confers complementary anti-inflammatory activity in asthmatic patients receiving inhaled corticosteroids. Clin Exp Allergy. 2004;34:110-114.

Butterbur helps allergies & hay fever.

Gex-Collet C, Imhof L, Brattström A, Pichler WJ, Helbling A. The butterbur extract petasin has no effect on skin test reactivity induced by different stimuli: a randomized, double-blind crossover study using histamine, codeine, methacholine, and aeroallergen solutions. J Invest Allergol Clin Immunol . 2006;16:156-161.

Schapowal A; Study Group. Treating intermittent allergic rhinitis: a prospective, randomized, placebo and antihistamine-controlled study of Butterbur extract Ze 339. Phytother Res . 2005;19:530-537.

Schapowal A; Petasites Study Group. Randomised controlled trial of

butterbur and cetirizine for treating seasonal allergic rhinitis. *BMJ* . 2002;324:144-146.

Schapowal A; Petasites Study Group. Butterbur Ze339 for the treatment of intermittent allergic rhinitis: dose-dependent efficacy in a prospective, randomized, double-blind, placebo-controlled study. *Arch Otolaryngol Head Neck Surg* . 2004;130:1381-1386.

Lee DK, Gray RD, Robb FM, Fujihara S, Lipworth BJ. A placebo-controlled evaluation of butterbur and fexofenadine on objective and subjective outcomes in perennial allergic rhinitis. *Clin Exp Allergy* . 2004;34:646-649.

Lee DK, Carstairs IJ, Haggart K, Jackson CM, Currie GP, Lipworth BJ. Butterbur, a herbal remedy, attenuates adenosine monophosphate induced nasal responsiveness in seasonal allergic rhinitis. *Clin Exp Allergy* . 2003;33:882-886.

Brattstrom A. A newly developed extract (Ze 339) from butterbur (*Petasites hybridus* L.) is clinically efficient in allergic rhinitis (hay fever). *Phytomedicine* . 2003;10(suppl 4):50-52.

Thomet OA, Schapowal A, Heinisch VW, Wiesmann UN, Simon HU. Anti-inflammatory activity of an extract of *Petasites hybridus* in allergic rhinitis. *Int Immunopharmacol* . 2002;2:997-1006.

<http://www.drugs.com/npp/butterbur.html>

Osha root

Osha root may work in a different way than antihistamines to

reduce asthma & hayfever  
symptoms.

<http://www.globalhealingcenter.com/natural-health/9-best-herbs-lung-cleansing-respiratory-support/>

Fermented foods

Eating fermented foods may help asthma.

Quercetin

Red onions and garlic contain sulfur compounds and quercetin. They may inhibit inflammatory disorders.

Eucalyptus oil & asthma

Eucalyptus oil inhaled may relieve inflammation and bacterial infections of the nasal passages and the lungs.

Foods that might help:

avocado

kale

spinach

banana

water

ginger

turmeric

elderberry

apples

chia seeds

[http://www.naturalnews.com/039632\\_superfoods\\_asthma\\_relief.html](http://www.naturalnews.com/039632_superfoods_asthma_relief.html)

Khella to prevent

3 parts Lobellia to treat attack, 1 part cayenne

pepper[http://www.naturalnews.com/035139\\_asthma\\_bronchial\\_tubes\\_](http://www.naturalnews.com/035139_asthma_bronchial_tubes_)

Wim Hof breathing

The Wim Hof method- no longer feel cold/hot/stress/autoimmune overreaction

Wim Hof is a Dutch man who learned to become immune to cold, heat, & control his immune response to a strong degree. He has been in ice up to the neck in a tub for almost 2 hours. He

has ran a marathon in a desert at 104 degrees with no water or food, and one above the Arctic

circle barefoot. He has killed an injected bacteria that should have made him very sick in a

medical experiment. Now he is teaching others how to do it, and it only takes one minute a day

& people get big benefits after just the first time.

In this link is an explanation of how to do this his way, which includes meditation, a breathing method, and cold exposure:

<http://highexistence.com/the-wim-hof-method-revealed-how-to-consciously-control-your-immune-system/>

Here is the simplified one minute a day version-  
If you have a heart or lung condition ask your doctor if fast breathing & holding your (non) breath

is ok for you. If you are sick you can wait until healthy before starting. Wim Hof wisely recommends only doing this from a secure sitting position for safety and NEVER around water.

What I found important is heavy breathing for oxygenation for 30 breaths/30-60 seconds, then breathing out completely & holding the nonbreath (empty lungs) until my body makes me take a breath (15-30 seconds). It's ok if the first time is only 15 seconds, our ability gets a little better every time.

Wim Hof recommends exercising during the breath holding like pushups or some other exercise on the ground to avoid falling. I do it after eating my rice (carbs) so I have the energy for the exercise, but if people would rather just hold the (empty) breath it appears to work nearly as well. Wim Hof has people do this six times a day, but once a day is fine for the long run.

After I did this once for one minute I was able to be comfortable in my apartment at three degrees colder than ever before for a full day (57 degrees). Every time I do this I am able to experience greater & greater amounts of cold. Wim Hof recommends testing ourselves with cold showers or ice buckets, but I have seen all the benefits without. I have tested myself by being very comfortable after one week in my



apartment in the low 50s for hours. Most people don't like the cold and the knowledge they don't have to do the cold challenge but will still lose their sensitivity to cold makes it more likely they will do the exercise. We know its working when we walk outside in the cold & it doesn't bother us anymore & we don't feel like turning on our car to warm it up anymore. One funny thing about the ability to endure cold- my knees still don't like long exposure to cold temperatures even if the rest of my body has no problem:-)

Conscious control of cold & heat  
Wim Hof suggests paying attention to how the body feels & consciously giving energy to different parts, especially if they are cold. This is supposed to give conscious control of our body temperature. I did this in a sauna when too hot to stay in & thought about being cool inside & I was soon comfortable enough to stay another 40 minutes. Meditating seems to improve the conscious control of body temperature. I've also done this when out in the cold & it works just as well. It may also be useful to breath out & hold an empty breath once or twice whenever feeling too cold, hot, or stressed in order to get immediate relief as well as the long term benefit. Holding (empty) breath after an exhale is also supposed to help cramping when exercising.

## Control of stress

I and others have found that our stress levels have gone down measurably since doing the breathing exercise once a day.

## Autoimmune responses

Wim Hof & the people he trains have been able to kill bacterial infections that should have made them very sick in an experiment after just 90 repetitions. That's three months when doing it once a day. It appears that their bodies are shutting down the overactive immune response to the bacterial infection. Other people have noted their autoimmune disorders (like rheumatoid arthritis) being helped greatly by the breathing method.

<http://www.paddisonprogram.com/wim-hof-reversing-autoimmune-diseases/>

<http://www.medicaldaily.com/natural-inflammation-treatment-breathing-exercises-and-ice-baths-may-quell-immune-337890>

<https://www.newscientist.com/article/dn26102-three-ways-the-iceman-controls-his-immune-system/>

<http://www.livingflow.net/influence-immune-system-at-will/>

<http://www.livingflow.net/wim-hof-method-autoimmune-disease-rheumatoid-arthritis/>

## Cold exposure?

So I suspect that we get many of the benefits even if we don't do the extreme cold exposure that

Wim Hof suggests and that holding our nonbreath/empty lungs is

the key. Doing this once a day is easily possible (I do it after eating so I have the energy) and results start immediately, after the first time.

Conscious control over internal temperature  
What Wim Hof's suggestion of the extreme cold exposure (explained in the link) coupled with meditating on being warm appears to do is give conscious control over body temperature, especially with practice. We can all use this when we are in a situation we feel cold in.

## Migraines

Here's how the method may help prevent migraines. Included is also the most effective way to treat migraines I've ever seen so far (cold pack on neck, feet in hot water).

<http://3dayheadachecure.com/blog/can-the-iceman-freeze-migraines-forever/>

<http://3dayheadachecure.com/blog/10-reasons-why-the-wim-hof-method-freezes-migraines/>

[https://www.reddit.com/r/migraine/comments/3s7jwb/hyperventilation\\_tracks/](https://www.reddit.com/r/migraine/comments/3s7jwb/hyperventilation_tracks/)

## Bronchial thermoplasty

Bronchial thermoplasty appears to be very effective in preventing severe asthma attacks, reducing ER visits up to 84%. It may also

---

help people get off of much of their asthma medicine. It can be expensive if insurance doesn't cover it.

Bronchial thermoplasty in asthma: current perspectives

Balaji Laxmanan and D Kyle Hogarth

J Asthma Allergy. 2015; 8: 39–49. doi: 10.2147/JAA.S49306

Bronchial thermoplasty: Long-term safety and effectiveness in patients with severe persistent asthma

Michael E. Wechsler et al.

The Journal of Allergy and Clinical Immunology December

2013 Volume 132, Issue 6, Pages

1295–1302.e3

DOI: <http://dx.doi.org/10.1016/j.jaci.2013.08.009>

<http://emedicine.medscape.com/article/2094272-overview>

[https://en.wikipedia.org/wiki/Bronchial\\_thermoplasty](https://en.wikipedia.org/wiki/Bronchial_thermoplasty)

Short acting beta-2 agonists (SABAs)

Albuterol (AccuNeb, Proair HFA, Proventil HFA, Ventolin HFA), metaproterenol,

levalbuterol (Xopenex HFA), pirbuterol (Maxair) are SABAs that are used in an inhaler

to provide temporary relief from asthma. They are safe to use a couple times a week,

but don't stop inflammation. Once usage is needed more than a couple times a week,

people usually graduate to near daily usage of inhaled corticosteroids.

## Levocetirizine (Xyzal)

Levocetirizine is an allergy medicine that also may reduce asthma attacks by 70%. It is available over the counter (OTC). It may be most useful in allergy induced asthma.

Only \$11 on [goodrx.com](http://goodrx.com)

Allergic inflammation in the unified airway: start with the nose.

Lipworth BJ, White PS

Thorax. 2000 Oct; 55(10):878-81.

Allergy Asthma Clin Immunol. 2009; 5(1): 14.

Published online 2009 Dec 17. doi: 10.1186/1710-1492-5-14

The anti-inflammatory effects of levocetirizine are they clinically relevant or just an interesting additional effect?

Garry M Walsh

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## Inhaled corticosteroids (ICS)

ICS are effective in reducing inflammation & reducing asthma attacks with low side effects.

Increasing the level of the ICS when a greater benefit is needed appears to reduce rescue systemic corticosteroid usage. Using ICS intermittently appears to be as effective in reducing exacerbations as daily usage, with much lower monthly total accumulated steroid ingestion.

Side effects can be oropharyngeal candidiasis, occasional cough, and dysphonia and more rarely at low doses easy bruising, adrenal suppression, cataracts,

glaucoma, and decreased bone mineral density. Spacer devices, mouth washing, vitamin D3, vitamin K2 (both with a meal) and ciclesonide appear to reduce side effects. SABAs usage as needed can be added to daily or intermittent ICS usage to improve asthma control.

Zeiger, RS et al. N Engl J Med 2011;365:1990-2001

### Long acting beta agonists (LABAs)

LABAs are the next most popular type of drug to reduce asthma exacerbations. But when LABAs are given alone (like with Serevent Diskus or Foradil), they increase deadly asthma attacks. LABAs when given alone do lower asthma symptoms for smaller attacks at first, but mask asthma exacerbation even as tolerance to their effects build up, until people have significantly increased deadly asthma attack. Both Advair, Dulera, & Symbicort have two drugs each, with one being a steroid. The other drug in both of them are LABAs. Adding a LABA to an inhaled corticosteroid (ICS) appears to improve lung function and reduce asthma symptoms without increasing the deadly attacks seen when LABAs are taken alone. Adding a LABA to an ICS does not appear to improve survival, just lowers symptoms.

People who appear caucasian & people with eczema may respond

best with LABAs.

Adding other asthma medicines to ICS also appears effective, and may increase survival.

Ni Chroinin M, Greenstone I, Lasserson TJ, Ducharme FM. Addition of long-acting beta2-agonists to inhaled steroids as first line therapy for persistent asthma in steroid-naive adults and children.

Cochrane Database of Systematic Reviews 2009, Issue 4. Art. No.: CD005307. DOI:

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Clin Rev Allergy Immunol. 2006 Oct-Dec;31(2-3):269-78.

Serious adverse events and death associated with treatment using long-acting beta-agonists.

Martinez FD

The use of beta-agonists and the risk of death and near death from asthma.

AUSpitzer WO, Suissa S, Ernst P, Horwitz RI, Habbick B, Cockcroft D, Boivin JF, McNutt M,

Buist AS, Rebuck AS

SON Engl J Med. 1992;326(8):501.

Regular inhaled beta-agonist treatment in bronchial asthma.

AUSears MR, Taylor DR, Print CG, Lake DC, Li QQ, Flannery EM, Yates DM, Lucas MK,

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Respir Res. 2004; 5(1): 17.

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Add-on therapy options in asthma not adequately controlled by

inhaled corticosteroids: a  
comprehensive review  
Hannu Kankaanranta

LABA monotherapy in asthma: an avoidable problem  
Daniel R Morales

<http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm>

Leukotriene modifiers

Montelukast (Singulair) is a leukotriene modifier used for asthma. The chewable version of montelukast can have aspartame (Nutrasweet), which may be a neurotoxin causing motion sickness and more severe neurological problems.

People may build up resistance to Montelukast. It may also cause sleep problems, hallucinations, suicide and other neurologic and behavioral symptoms, and may WORSEN asthma. Because of it's suicidal & neurologic side effects and minimal benefits, Public Citizen has put montelukast on it's Do Not Use list.

Other leukotriene modifiers

Zileuton (Zyflo) & zafirlukast (Accolate) are also leukotriene modifiers that may cause liver failure.

Zileuton may cause the same psychiatric problems as montelukast. Zafirlukast may affect blood levels of other drugs.



People with dark skin may respond least to leukotriene modifiers.

[http://www.huffingtonpost.com/martha-rosenberg/asthma-drugs-research\\_b\\_1119163.html](http://www.huffingtonpost.com/martha-rosenberg/asthma-drugs-research_b_1119163.html)

<https://www.aboutlawsuits.com/singulair-psychiatric-side-effects-do-not-use-49721/>

J Asthma Allergy. 2010; 3: 169–176.

Published online 2010 Dec 8. doi: 10.2147/JAA.S14420

Current recommendations for the treatment of mild asthma

Neal Shahidi and J Mark FitzGerald

Omalizumab (Xolair)

Omalizumab blocks an antibody to reduce asthma symptoms. It can cause a deadly anaphylactic shock reaction.

Tiotropium bromide (Spiriva)

Tiotropium is a anticholinergic used for COPD & sometimes asthma. Like other anticholinergics it appears to increase mortality as well as sometimes cause urinary retention, constipation, glaucoma, supraventricular tachycardia and atrial fibrillation, and rash, angioedema, & anaphylaxis, a deadly allergic reaction.

## Anti-IgE omalizumab (Xolair)

Anti-IgE antibody treatments are effective against treatment resistant asthma and are administered by shot every two to four weeks. They may increase respiratory infections. Over \$1000 per month.

An Update on Pediatric Asthma by James F. Chmiel MD, MPH  
[iu.mediaspace.kaltura.com/media/Peds\\_GrRds+4+26+2017A+%22An-asthma.ca/get-help/asthma-3/treatment/antiigetherapy/](http://iu.mediaspace.kaltura.com/media/Peds_GrRds+4+26+2017A+%22An-asthma.ca/get-help/asthma-3/treatment/antiigetherapy/)

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