

# Asthma

## Harmony & Health

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Quality Products for Health

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During an asthma attack the muscles around the bronchial passages in the lungs tighten and cause a feeling of suffocating. Asthma triggers vary from person to person; including cigarette smoke, carpet, household dust, pollen, mold, animals with fur, air pollution, respiratory infections, cold air, stress and certain foods. Even exercise can aggravate asthma, although daily supplementation with Beta carotene may counter the inflammatory response created from exercise.

Asthma is usually treated with antihistamines to reduce allergic reactions, anti-inflammatories to reduce inflammation and bronchial dilators to relax the bronchial passages. Do not stop medications, but consider cleaning and strengthening your respiratory system. Then work with your physician to gradually decrease and eliminate those medications you no longer need.

### What to consider:

**HistaBlock** can help reduce allergic reactions.

**NutriCalm, Pantothenic Acid** or **Nervous Fatigue Formula** are each helpful for rebuilding the adrenals which have been stressed.

**Bee Pollen** is actually an allergen and helps build up immunity to one of the causative agents for asthma. Use in very small amounts and evaluate your response.

Cleansing the liver and colon can be helpful for healing the lungs, so consider **CleanStart** or **Tiao He Cleanse**.

**Cordyceps** is a mushroom that has the effect of relaxing smooth muscle and has been shown to help open up air passageways in the lungs.

**Lobelia** is a natural bronchodilator.

**ALJ** a combination of herbs to liquefy and clean mucous out of system.

**Four** is a formula of 4 herbs to strengthen and cleanse lungs.

**L-W** a liquid Pure Herbs combination designed to strengthen the lungs.

**AEA-B** a Pure Herbs liquid combination of herbs used for people with asthma, emphysema, or allergies.

**Important:** The information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness we recommend you consult a competent health practitioner before beginning a course of treat-



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