



Easing Asthma

Special points of interest

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Asthma

Asthma is primarily an inflammatory respiratory condition triggered by various stimuli. Asthma sufferers experience breathing restriction due to a partial blockage of the airways. This blockage is characterised by wheezing, coughing and excessive mucus production.

The main symptoms of asthma are coughing, shortness of breath, tightness in the chest and wheezing (a high pitched raspy sound during breathing) all of which may vary from person to person and time to time.

People have different asthma triggers which cause constriction of the airways, inflammation and excessive mucus production. The most common triggers are:

- Infections, colds & 'flu
- Exercise
- Inhaled allergens – e.g. pollens, moulds, animal hair, dust mites, airborne chemicals, pesticides, and cigarette smoke
- Changes in temperature and weather – hot, cold, or dry air
- Certain foods and food

preservatives, flavourings and colourings

- Bowel toxicity/digestive disturbances
- Emotions & stress

Any asthma treatment must address the fundamental cause of continued immune system activation.

There are a number of natural medicines for treating and preventing asthma. But the correct treatment will vary for each person. Tracey Lee can advise you of your individual needs.

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DIETARY AND LIFESTYLE RECOMMENDATIONS

Studies have shown that many asthmatics have food sensitivities to egg, fish, shellfish, nuts, milk, chocolate, wheat, citrus fruit and food colouring. Tracey Lee may recommend the Blood Type Diet or a low reactive diet to eliminate foods you may be allergic to.

Once the asthma is stabilised, it is important to address the main cause, which is namely, gut and liver dysfunction.

Some researchers are now calling the gut 'the seat of immunity' as 70% of immune function starts in the digestive system.

Detoxification reduces toxin producing microorganisms and food allergen sensitivities which contribute to asthmatic attacks.

A gentle detoxification program usually takes 8-12 weeks and is aimed at reducing the underlying causes of your asthma.

Magnesium and asthma

Nutritional support for the neuromuscular system includes magnesium supplementation, which assists in relaxing the airways.

Magnesium deficiency increases the potential for bronchial spasms and constriction.

Prolonged physical and/or emotional stress can cause magnesium deficiency by increasing the excretion of magnesium in urine.

Magnesium deficiency also increases the release of histamine, which further increases airway constriction. Studies have shown that the average Australian diet is low in magnesium.

The use of specially bonded chelates can double magnesium absorption and reduce the diarrhoea commonly caused by high doses of magnesium.

Supplementation with taurine acts to decrease the tendency of the nerves to cause airway constriction.

In my clinical practice, I find the combination

of high quality magnesium supplement with Vitamin C to be one of the most effective initial treatments in easing asthma.



“To catch the reader's attention, place an interesting sentence or quote from the story here.”

Vitamin C and Bioflavonoids

Vitamin C and bioflavonoids are important for optimal immune function. In allergies, it can help reduce the release of histamine and other inflammatory substances into the tissues, thereby reducing the symptoms of allergies (including asthma). Vitamin C also has a detoxifying and deactivating effect on histamine and other substances that produce symptoms of allergies.

Vitamin C has many other important roles in the body. It reduces the frequency and severity of colds and flu, which can often act as a trigger to asthma. It is important in the production of adrenal hormones which increase during times of stress.

Every other mammal except humans and guinea pigs can produce their own Vitamin C. Other mammals when 'stressed' produce a larger amount of Vitamin C.

There are theories that human use to make their own vitamin C but stopped in a period of time when fresh fruit was abundant in our diet.

There are a number of factors that increase our need for vitamin C. These include stress, infections, injury, pregnancy, lactation, allergies, old age, smoking, alcohol, and many other drugs also increase the requirement for vitamin C.

IMMUNE AND INFLAMMATORY REGULATION

1. Herbal Treatments

There are many herbal medicines for asthma and boosting immunity, but it is important to have them individually prescribed. One of the safest herbs is a herb called **Perilla frutescens** is an anti-allergy

herb that contains several flavonoids which have been found to support a healthy immune system. The actions of these flavonoids are in part attributable to their ability to decrease inflammatory chemicals (histamine) helping

to reduce the symptoms of asthma and allergies. This herb can safely be taken by adults and children. There is now a nice tasting children's product called Breath easy for children containing this herb.

Zinc; Important for immunity and easing asthma

Zinc and magnesium are the two trace minerals that are the lowest in the soils here in Australia.

In my clinical practice one of the most common deficiencies identified, is zinc. Research also confirms that many people do not even reach the RDA for zinc. (and I believe the RDA for zinc is too low in the first place).

Zinc is important for many functions of the body, one being the healthy function of the immune

system.

A simple taste test is available at the clinic, to check if you are low in zinc.

The product is called Zinc tally. You place 10mls into your mouth and hold it for up to 10 seconds and then swallow it.

You should have a very strong taste as soon as you put it into your mouth. If you have no taste OR it takes time to develop a strong taste then you

are low in zinc and need to supplement with an easily absorbable high quality zinc supplement.

Note, I often do this test on people taking zinc tablets and they come up low, which means the zinc they are taking is not being absorbed very well and is usually a poor quality zinc supplement.

So test your zinc levels with the zinc taste test.

Almost everyone needs to take a good quality fish oil supplement and multivitamin and mineral everyday, adults and children and especially people with asthma.

Fish oils (EPA and DHA)

Researchers have shown fish oils ease asthma. Fish oils have an anti-inflammatory effect, hence ease allergic responses and reduce asthma.

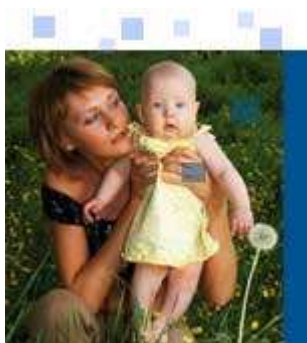
Fish oils take time to work improving asthma, usually 6 to 12 weeks. So they are part of a preventative and maintenance program for asthma. It is also important

that the correct therapeutic dose is taken. Most clients I see who self medicate fish oils for asthma are taking a too low dose or a poor quality product to be effective.

I believe everyone including children should be taking a high quality fish oil everyday as part of their long term 'wellness' program along with a multi vitamin and

mineral supplement, especially people with asthma.

There are few fish oil products on the market which I would recommend due to the way in which the fish oil is processed.



Stress; A 'toxin' to your immune system

Stress causes inflammation in the body including aggravating asthmatic symptoms. Stress increases allergic reactions. Stress lowers your immunity and increases the severity and frequency of colds and flu.

We often under estimate the stress we have in our daily lives and the effect past stress has on our current

state of health.

In one study it was found that people with asthma (or hayfever or dermatitis) are likely to have experienced more major stressful life events in childhood, adolescence or early adulthood.

Stressful events can 'set up' an imbalance in the way in which your body reacts to

stress in the future. This is called the HPA axis response (the hypothalamus/pituitary/adrenal axis). The HPA axis controls how we respond to stress.

So in other words, you might not 'feel' stressed now but imbalances in your HPA axis continue long after the stressful events.



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We're on the web;
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Receptionist/Personal Assistant Wanted

Tracey is looking for a positive, motivated, organized and friendly person to work as the clinic receptionist 2-3 days (Monday and Friday) a week, total hours of 6-12 hours a week.

Would suit an ex-nurse or someone with professional naturopathic training.

This job requires;

- Office management skills
- A high degree of multi-tasking
- Motivation and self organisation
- Customer service
- Ability to work unsupervised
- Friendly and professional telephone manner
- Computer skills
- A personal interest in using professional natural therapies in their daily life
- A current or ex client of Tracey Lee's is beneficial as you then have personal experience in what clients may require.
- Bonus; free consults for yourself and immediate family.

Please send your resume to Tracey Lee Morley P.O. Box 5040 Port Macquarie NSW 2444. Please include a personal explanation of why you believe you would be suited to this job.

Diet and Lifestyle Recommendations;

- Eliminate food allergies from the diet—the most common are dairy, wheat, soy, peanuts, food colouring, preservatives, citrus, fish and eggs.
- Reduce pro-inflammatory foods in the diet including saturated fats, refined and processed foods especially processed grain and sugar in all forms.
- Avoid foods with a high content of mould or left over foods, yeasts, pickles, vinegars etc.
- Increase foods high in essential fatty acids such as oily fish, non-allergen nuts and seeds.
- Have a high intake of fresh vegetables, salads and fruits that are rich in phytonutrients, antioxidants and bioflavonoids.
- Minimise dust collection in your house (esp. carpets and curtains).

Did you know?

In one study; "regular attendance at indoor chlorinated pools by children before 6-7years old is associated with an increased likelihood of developing asthma or airway inflammation. Increasing exposure to children to pool chlorine could be an important lifestyle factor implicated in the rise of childhood asthma"

Swimming is a great exercise for anyone with asthma. But keep exposure to chlorine pools to a minimum.

Pregnancy and Stress- Researchers now know that the way in which we respond to stress (either good or bad) is 'set up' during gestation. The mother's stress levels in pregnancy 'sets up' the babies imbalance in their HPA axis (see page 3). This imbalance in the babies stress response (the HPA axis) can be a triggering factor to asthma and other allergic problems.

In one study; "parental reports of life stress are associated with subsequent onset of wheezing in children between birth and 1 year. Stress may trigger hormones in the early months of life which may influence Th2 cell predominances..." (i.e. the part of the immune system involved in allergies)