

## HERBAL REMEDIES SHOWN TO HAVE A BENEFICIAL AFFECT ON ASTHMA.

**FREEDOM 2000:** Elecampane, Euphorbia, Ginger, Grindelia, Licorice, Oil of Fennel, Mullein Shown to be particularly useful in lung and bronchial ailments. Best used long term although some claim an almost immediate positive effect (MAIN FORMULA)

**SINEASE 2000:** Containing Herbs used traditionally for upper respiratory infection such as Sinus. Containing Cayenne, Echinacea, Elecampane, Eyebright, Golden Rod, Golden Seal.

**PARA 2000:** Over 1/3 of our population harbours worms or parasites causing all manner of disease including in some cases Asthma and bronchial infections. Contains Black Walnut, Prickly Ash, Qing hao, Citrus Seed, Licorice

*"I have not needed to use an inhaler since finding out about "Freedom 2000". For me it works quicker than an inhaler, has no nasty after taste, and lasts for a longer period. I can't recommend it highly enough"*

(file # 9 original on record)

*"My son gets bad asthma and I have found when he needs a nebuliser I also give him Freedom 2000 and he doesn't need another nebulizer later"*

(Ref #4 original on file)

*A common cause of Asthma is a buildup of acid mucus throughout the system. The disease itself is an attempt by the body to correct the problem. Mucus forming white bread, white sugar, excess dairy products, and chemicals aggravate the problem and create an ideal breeding ground for bacteria and a source of irritation to the mucus membranes of the bronchial tubes. The acids generated caused reflex spasm of the bronchial airways.*



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## McCAMMON N.Z. HERBALS

HEAD OFFICE

26 CONWAY STREET,  
CHRISTCHURCH, 8024.

NEW ZEALAND

TEL: 03-332-1786 FAX: 03-332-1486

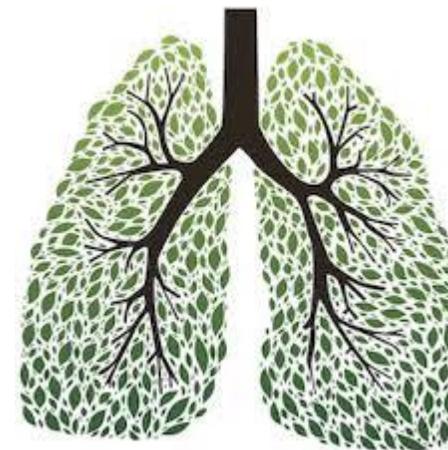
WEB: [www.nzherbal.com](http://www.nzherbal.com)

Email: [office@nzherbal.com](mailto:office@nzherbal.com)

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# ASTHMA

Drug free management



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# ASTHMA

Asthma is a condition marked by recurrent attacks of wheezing, coughing, and shortness of breath associated with a narrowing of the bronchial airways. These symptoms are typically interspersed with symptom free intervals. The person's bronchial tubes constrict excessively often in response to various external stimuli and become inflamed along with the tissues surrounding them.

## TYPES OF ASTHMA

There are three main types of Asthma I call the nervous or stress induced, the inflammatory, and the catarrhal.

**Nervous Asthma** is brought about by psychological stress and is characterised by dry cough and wheezing. Additional symptoms are thirst, dry mouth, dry skin, constipation, anxiety and craving for warm drinks. Attacks are predominantly at the beginning of the day or at the end of it but can happen any time.

*Chemicals such as food colourings and preservatives aggravate the Nervous asthmatic. White sugar including all its hidden sources are also often involved such as biscuits, lollies and chocolate.*

**Inflammatory Asthma** is characterised by cough and wheezing with yellow mucus. There is often pain in the chest and other symptoms such as fever, sweating,

irritability and the need for cool air. Attacks are often at noon and midnight.

*The inflammatory Asthma is aggravated by household chemicals and prone to many allergies such as house dust mite, pollens, moulds, fungal spores, animals and the salicylates found in several foods.*

**Catarrhal Asthma** is characterised by cough and wheezing with abundant clear or white mucus or phlegm. The lungs may have a rattling sound and attacks are often in the morning and the evening.

*The catarrhal Asthma is aggravated by heavy textured foods and especially by dairy products and the gluten in wheat.*

**(These types of Asthma can overlap by one or more making seven identifiable types)**

## SOME POINTS ON ASTHMA

- Common allergens such as house dust mites, animal fibre, dust, and moulds and cigarette smoke increases the risk.
- These things are but triggers and are not the actual cause of Asthma
- Asthma is made worse by current habits including diet, lifestyle, social, and family conditions

- Asthma is often associated allergies such as hay fever, low immunity, low energy, eczema, and a host of companion diseases.
- Almost all Asthma is aggravated by certain foods and drink. Each type by a particular group:

**Overall asthma is improved** when the diet contains plenty of fresh vegetable and some fresh fruits the sulphur containing vegetables such as broccoli, brussel sprouts, cabbage, onions, and garlic.

**Common foods known to aggravate Asthma;** White flour including that in biscuits, bread, waffles, doughnuts pastries, crackers, spaghetti, macaroni, dumplings, noodles. Dairy products are distinctly mucus forming that includes cheese and ice cream. Hot chocolate or cocoa prepared with milk and condensed milk. Red peppers and other salicylate containing foods such as dried sultanas, prunes, raisins, currants. Tomato products, tea, and alcohols such as liqueur, port, wine, and rum.

**Water and Natural Salt** is essential for the asthmatic because dehydration of the bronchioles and esophagus is almost always part of the syndrome. At least one and one half litres of water and ½ teaspoon of Natural salt is the daily minimum for adults with asthma and around half this amount for children