

Light and Life

EarthSense International

A site preview

<http://www.earthsense-international.org.uk/>

Light and Life was pleased to discover a comprehensive holistic health site founded and managed by Dr. Karen Stevens at Earthsense International in the United Kingdom.

From their numerous healing categories, here is a sample - the advice pages for lung problems.

From: www.Earthsense.com

Asthma, Bronchitis & Lung Problems Advice Page

Asthma, Bronchitis & Lung Problems are more common than ever they have been before, and it is not surprising when you consider the rise of Chemical technology and its constant pollution of the atmosphere.

Road traffic is ever on the increase and the fumes from which also make a significant contribution to such problems as Asthma.

Geopathic Stress is also a major cause of health problems such as Asthma and Lung Cancer.

Smoking of course is one of the worst culprits, and the passive smoker more affected again.

There will never be an end to air pollution, sadly, but there are some measures that can help in the treatments of Asthma apart from the obvious, being to eliminate the likely root causes such as Geopathic Stress (See our website page on Geopathic Stress), and of course smoking and pollution and the avoidance of passive smoking and living in air polluted areas.

Many people, children inclusive who suffer from Asthma but the prescription inhalers are not without serious side effects, such as stunted growth and cell damage. The sad thing is that if you do not give a child with asthma, their prescribed inhalers, they are at serious risk of having a fatal heart attack around the age of 18 years. So parents are caught between the devil and the deep blue sea (as it were!).

Bottle fed babies are more likely to develop asthma and breathing problems than those fed on breast milk.

Babies fed on ready made or packet baby foods are more likely to develop asthma and breathing problems than babies fed on home made baby foods made from fresh organic veg and meat which has been stewed and then liquidized/blended into a puree and frozen until required for feeding, and fresh stewed organic fruit liquidized/blended with fresh custard and then frozen until required for feeding.

People who do not take Colloidal Minerals Daily will find Asthma will develop and progress.

The Symptoms of Asthma and Bronchial Problems are :

Recurrent paroxysms of difficult breathing and wheezing due to air flow obstruction following constriction of the bronchi and bronchioles, and increased mucous secretion.

Difficult breathing, sense of choking, wheezing, coughing, difficulty in exhalation, causing use of accessory muscles of respiration. (This use of intercostal muscles and the pectoralis minor requires the patient to brace the shoulders by sitting upright and grasping the side of the bed or chair.) Eventually causes "barrel chest" formation. Expectoration usually ends spasm; attack worse lying down.

The Etiological Considerations/Root Causes of Complaints like Asthma are:

- * Geopathic Stress.
- * Absence of Colloidal Minerals which should be taken daily.
- * Toxicity
- * Air Pollution
- * Smoking.
- * Passive Smoking.
- * Parents who Smoke and Mother Smoking whilst pregnant.
- * Birth Trauma.
- * Poor Circulation.
- * Salt.
- * Hydrochloric Acid Deficiency.
- * Global Warming.
- * Diet :
 - * Excess Carbohydrates.
 - * Excess Dairy Products.
 - * Difficult to Digest Foods.
 - * Overeating.
- * Allergy :
 - * Wheat.
 - * Milk.
- * Inhalants

- * Other.
- * Food Additive Sensitivity :
 - * Sodium Metabisulphate.
 - * Tartrazine.
 - * Acetylsalicytic Acid (Asprin) (White Willow Bark).
 - * Sulphur Dioxide.
 - * Sodium Benzoate and Others.
- * Hypoclycemia :
 - * Associated with many allergies and adrenal gland malfunction.
- * Poor Eliminations :
 - * Constipation.
- * Spinal :
 - * Cervical.
 - * Thoracic.
- * Lesions :
 - * In Larynx and /or bronchi due to previous acute infections.
- * Suppressive Treatment :
 - * Improper therapy for previous colds, bronchitis, and other disease.
- * Glandular Imbalance :
 - * Adrenal.
 - * Emotional :
 - * Insecurity.
 - * Fear.
 - * Overprotective Mother/Parent.

Recommended Diet :

- * One that is Allergy Free.
- * A Vegetarian Diet is Favourable
- * Few Carbohydrates.
- * No Dairy Products.
- * No Sweets.
- * No Refined Foods
- * No Additives = Additive Free Foods.
- * Avoid Excess Carbohydrates.
- * No Alcohol.
- * No Tea or other Nonfood Irritants like Caffeine.
- * No Foods that are either TOO Hot or TOO Cold.
- * Take Plenty of Vegetable and Fruit Juices (Organic Only).
- * Foods Minus E Factors.
- * Foods Containing Red Colourings.
- * Fruit or Herb Teas are a Good Idea.
- * Potassium Broth is a Good Idea.
- * Fresh Organic Fruit and Vegetables, Particularly Carrots and Carrot Juice.

Recommended Physiotherapy :

- * Blow up Balloons
- * Blow out Candles
- * Diaphragm Breathing.
- * Oxygen Therapy.

- * Relaxation Exercises.
- * Outdoor Singing.
- * During and Attack Blow through a Straw into water and then inhale fresh air or if available take Oxygen.

Other Therapy :

- * Neuromuscular : Deep muscle massage between ribs, along spine and along Diaphragm.
- * Spinal Manipulation : Cervical and Thoracic Manipulation weekly for 6 to 8 weeks. Rest and repeat cycle as needed.
- * Outdoor Exercises : Swimming is one of the best activities for asthmatics.
- * Massage :Between shoulder blades (acute cases).

Hydrotherapy :

- * Chronic :
 - * Hot Epsom Salts baths two times per week.
 - * Alternate hot/cold showers daily.
 - * Chest packs nightly
- * Acute :
 - * Hot chest compresses plus hot foot bath.
 - * Hot foot bath with mustard and lobelia plus ice to back of head.
 - * Hot formentations with Olbas Oil.
 - * Warm bath for 45 minutes with relaxation and diaphragmatic breathing.

Therapeutic Agents:

Vitamins & Minerals:

- * Colloidal Minerals.
- * MSM Sulphur
- * Vitamin A : 10,000 IU 2-4 times daily in acute cases for children, 25,000 IU 2-4 times per day in acute cases for adults. Mucous membrane integrity, immune system support (Zinc, Golden Seal & Propopolis).
- * Vitamin B Complex : 25mg : 3 times daily for children. 50mg : 3 times daily for adults.
- * Vitamin B6 (Antihistamine) : 100-250 mg : 2 or 3 times daily.
- * Vitamin B12 : Some cases benefit from 1-3 mg intramuscularly, daily for 1 month, then reduce dose to 3 times per week until stabilized. Maintain dose at level needed to control.
- * Vitamin C (Antihistamine) : Stimulates natural Adrenalin production; anti-oxidant. 1000mg 3-8 times per day or to bowel tolerance.
- * Vitamin E : 400 - 1,000 IU per day.
- * Calcium : 400-1,000 mg per day. In acute cases take more at frequent intervals.
- * Magnesium : 200-500 mg per day.
- * Manganese:5 mg : 2 times per week.
- * Zinc : 15-25 mg : 2-3 times per day for immune support.

Others :

- * Apple Cider Vinegar : To aid calcium absorption.
- * Atomine or 636 (Cayce Product) : With Doctor's prescription.
- * Bee Pollen : As preventative for inhalant allergies.
- * Chlorophyll.

- * Garlic Capsules : 2 with meals.
- * Hydrochloric Acid : Take 5-60g with meals if hydrochloric acid deficiency has been demonstrated.
- * Kelp : 1-2 tablets : 2-3 times daily.
- * Raw Adrenal : 1 tablet : 2-3 times daily, or every 15 minutes in acute cases; antistress, antiallergenic nutrient.
- * Raw Thymus : 1-2 tablets : 3-6 times daily; immune support.
- * Raw Comb Honey.
- * Raw Honey/Onion syrup.
- * Trace Minerals.

Recommended Botanicals :

- * Earthsense Coltsfoot & Comfrey Tincture. (See Our Herbal Tinctures Page).
- * Asthma Weed (Euphorbia pitulifera) : 25 drops in warm water of tincture of this : 2-4 times daily.
- * Garlic Syrup.
- * Liquorice.
- * Lobelia (Precription only). (Homeopathic).
- * Ma Huang.
- * Mullein.
- * Skunk Cabbage. (Tincture: 15-60 drops).

We hope that this information will help those suffering from complaints like Asthma. We also offer free health advice by email.

Health, Light & Peace,
Dr Karen Stevens.
Founder.
Earthsense International U.K.

Explore the Spiritual Universe
<http://www.lightandlife.com>