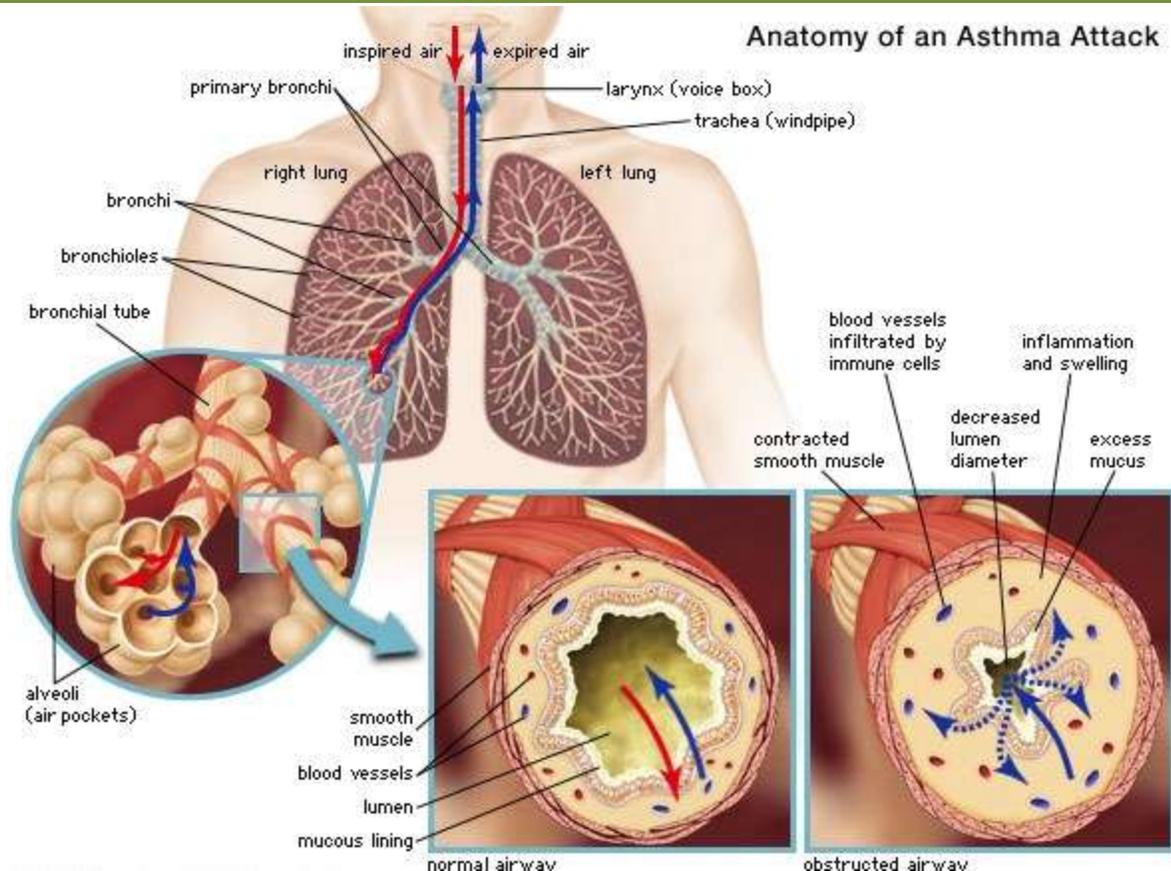


# Asthma



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## Definition



**Asthma is a chronic respiratory disease which affects the bronchial tubes.**

## Symptoms:

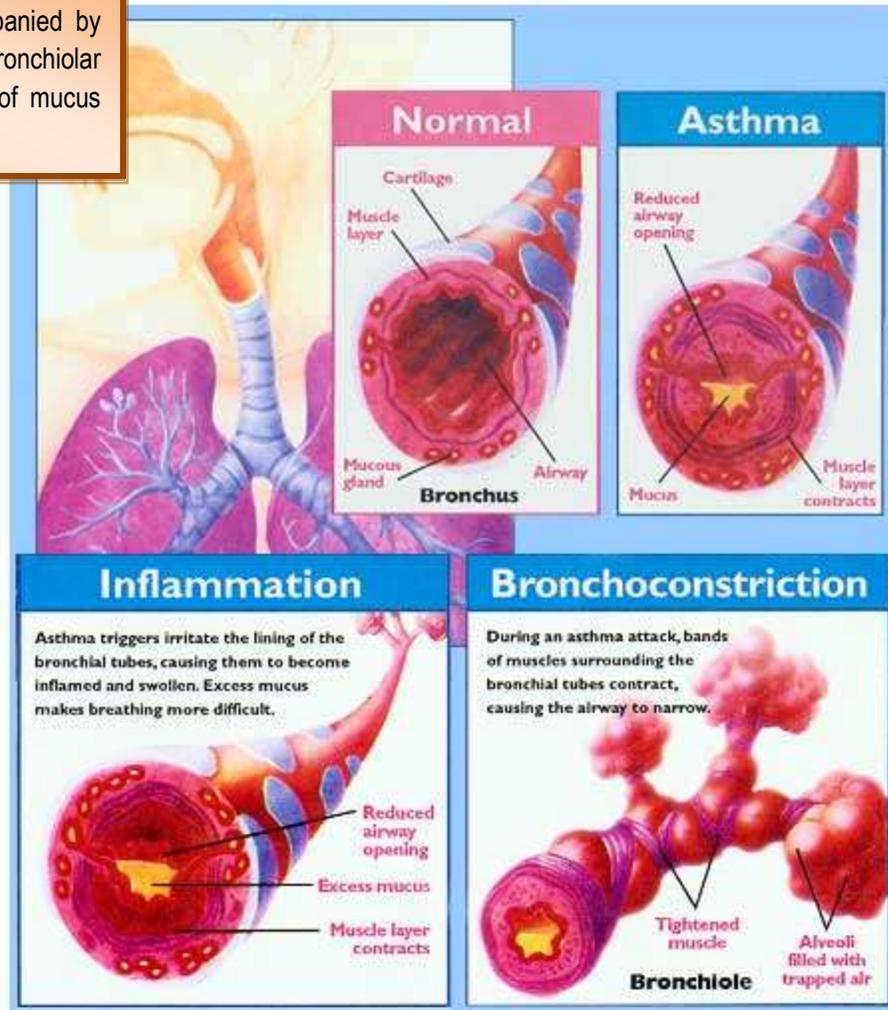
**In Asthma the system is filled with waste matter and mucus.**

Asthma is characterized by labored breathing (dyspnea), wheezing with dry and painful coughing which is often due to an extreme irritation of the mucous membranes in the nasal passages or bronchial tubes.



The symptoms are accompanied by **constriction** of the chest (bronchiolar spasm) and expectoration of mucus (mucoïd sputum).

Asthma may result in an excessive development (hypertrophy) of the glandular elements. This affliction is commonly believed to be due to hypersensitivity to inhaled or ingested substances such as odors, pollen, dust, smoke, etc.



## Cause:

**Asthma is caused by malnutrition. Only by diligent and consistent effort to change embedded habits will one get permanent relief.**

The cough is a result of nature's effort to expectorate mucus from the lungs, after which breathing becomes easier.

OFTTIMES THE CAUSE OF ASTHMA IS BASICALLY A NERVOUS CONDITION **BECAUSE THE NERVES ARE IRRITATED.**

## Herbal Aids:

**CONVULSIONS:** When a person is in a convulsion there are certain herbs that will give very fast relief. One of these is **Tincture of Lobelia**, and a **Valerian** decoction with a little **Cayenne** added to relieve spasms. If such an attack comes after a meal one should use an emetic, such as a large dose of lobelia or use the Yoga finger method.

**Yoga Finger Method:** Drink several cups of warm water, and then place the middle finger deep down the throat and press the tongue until regurgitation starts.



Mustard is also good to clean the stomach and lungs.



**Prior to the emetic** a peppermint or spearmint tea should be used to soothe the area and alleviate the discomfort of continual vomiting.

Hot fomentation of castor oil, comfrey, lobelia, mullein, etc., may be placed over the stomach, liver, spleen and lung areas.

**Frequent hydrotherapy baths** or lengthy sweat baths are beneficial, followed by a cold shower or sponging.



**Vapor Bath:** Another helpful method is to take a vapor bath twice a week, inhaling steam from a decoction of cudweed ragwort, wormwood, or a decoction of the following herbs, taken warm, (equal parts) will prove very beneficial: **Elecampane Root, Horehounds, Hyssop, Skunk Cabbage Root, Vervain, Wild Cherry Bark** to this preparation add tincture of **Lobelia** or **Antispasmodic Tincture**.

Clear the bowels with an injection of catnip or barberry bark.

This affliction also calls for plenty of outdoor exercise, deep breathing, and good ventilation while sleeping.



The whole body system should be built up with tonic herbs such as chickweed, comfrey, marshmallow, mullein, etc.

Diet should be mostly **FRUITS** and **VEGETABLES**, avoiding all processed devitalized foods.



## Dr. Christopher's Herbal Respiratory Formula:

**This formula consists of:** Comfrey Root, Mullein, Chickweed, Marshmallow Root and Lobelia.

This formula is wonderful for asthma. This combination of herbs in, tea and capsule form is an aid to relieve irritation in the respiratory tract--lungs and bronchial.

This is an aid in Emphysema as well as other bronchial and lung congestion such as bronchitis, asthma, tuberculosis, etc.

Suggested amount for an adult is 2 to 4 dropperfuls in a cup of hot water two or three times a day. For additional help in the program, it is good to add three to six drops of tincture of lobelia to each cup of tea.

## Dr. Christopher's Hay Fever Formula:

**This formula consists of:** Mormon Tea, Marshmallow Root, Juniper Berries, Goldenseal Root, Chaparral, Burdock Root, Parsley Root, Cayenne, and Lobelia.

This formula is good for asthma also. The Hay Fever combination is a natural herbal aid working as a decongestant and antihistamine to dry up sinuses and expel from the head and broncho pulmonary tubes and passages the offending stoppage and mucus.

Combine this with the respiratory combination to speed up the process.

The wise person will turn to fresh wholesome food and beverages to keep the body in a perfect state.

This will guarantee permanent relief, by going to the cause.

**Elder:** The inner bark is used, although it should be aged before used. The fresh bark is violently irritating and poisonous to children. It is specifically used for spasmodic asthma with copious phlegm and stringy mucus. For asthma, take a tablespoonful whenever an attack threatens. Powdered Cloves can alleviate excessive vomiting when using the bark. To avoid bowel cramps, add a tablespoonful of powdered Ginger to the infusion.



**Lobelia:** Most people agree that Lobelia is a specific treatment for asthma, as well as other bronchial or spasmodic troubles. Because the herb removes obstructions, giving it when an attack comes on will often cause vomiting; matter will accumulate in the stomach which will cause obstructions. When the person vomits, it removes the intestinal blockage and often removes the mucus accumulations in the bronchial system as well.

**Lobelia:** It is one of the best plant expectorants, but as it is a stimulant to the vagus nerve it can easily produce nausea and vomiting when taken in excess. If a teaspoonful of the tincture produces nausea, cut down; it can easily be overdone, says herbalist Moore

**Mullein:** This herb soothes the lungs and helps bring up the phlegm. It can be combined with sage and plantain for use in asthma.

Sometimes a vapor treatment of Mullein is good for asthma, which is made by simmering a strong pot of Mullein tea and inhaling the steam with a towel over your head. This is also good for bronchial troubles of various kinds.



**Skunk Cabbage:** Because of its antispasmodic properties, is well known in many cough problems.

Foremost in this use is its application in asthma. It can help control the coughing and sneezing in hayfever.

Many claim that it is useful in cases of tuberculosis.

For people who have chronic dry coughing spells, skunk cabbage can offer relief.

It will also clear up a chronic cold, with a cough which will not leave because of mucus accumulations and bronchial problems of all kinds.

## Milk Products:

**ONE OF THE BEST WAYS TO PREVENT AND THEREFORE TREAT ASTHMA IS NOT TO USE MILK PRODUCTS.**

Dr. N. W. Walker, in his book Raw Vegetable Juices (Norwalk Press Publishers), says about cow's milk, **"Cow's milk is probably the most mucus-forming food used by human beings.** The casein content of cow's milk is exceedingly high, being about 300% more than is contained in mother's milk.



*[Casein, by the way, is a milk byproduct and is considered to be one of the most tenacious adhesives used for gluing wood together.]*

This is one of the reasons for the mucus condition of children and adults brought up to drink quantities of such milk and for the resultant colds, running noses, tonsil, adenoid, and bronchial troubles--whereas **Carrot Juice Is One Of The Greatest Aids In The Elimination Of Mucus!**

## General Program for Clearing Up Asthma:

Hayfever may end in an attack of bronchial asthma, and those two are often associated, as both are based upon a nervous predisposition and an unusual susceptibility to small amounts of albumins.

To get to the root of the matter, the system must be cleared of toxins and the nerve energy restored to normal; then the cause does not exist.

The cause starts with the customary unclean bowel, take care of this with the Foundational Healing Programs which include using the Lower Bowel Formula, follow **The Regenerative Diet** and use a gallon (for an adult) of steam distilled water daily.

**The Regenerative Diet** We should not put mucus into the body faster than it can be eliminated. With this preventative diet, not only are the sinuses, the bronchi, and the lungs cleared, but also the constipating mucus (catarrh) in the tissues of the body from the head to the bottom of the feet.

**Albumin** is a type of simple protein widely distributed throughout the tissues and fluids of plants and animals; it is characterized by being soluble in water but forms insoluble coagulates when heated. Albumins occur in egg white, blood, milk, and plants.

**"Harmful or mucus-forming foods. Secondary, denatured, or inorganic food substances are to be eliminated from the patient's diet."**

**Salt:** For those who are accustomed to large amounts of salt, this may sound difficult, but if you will substitute coarsely ground pepper and savory herbs, adding powdered kelp, you will find that the craving for salt will immediately begin to disappear.

**The Black Pepper:** is a good nutritional herb and helps rebuild the body when used in its natural state. But, when pepper is cooked in food, the molecular structure changes, so it becomes an inorganic irritant (as high heat changes the cayenne, black pepper, and spices from organics to inorganic irritants), and **this is the only time when damage results.**



The use of salts of a vegetable or potassium base (such as Dr. Jensen's, Dr. Bronner's, and other various ones, which in some cases contain some sea salt) is all right, providing it is not overdone.

**"Eggs:** No eggs should be eaten in any form."



**"Sugar and all sugar products:** You may use honey, sorghum molasses or blackstrap molasses, but **no sugar of any type.**"

**"Meat:** Eliminate all red meats from the diet. A little white fish once a week, or a bit of young chicken that has not been fed commercial food or inoculated with formaldehyde and other anti-spoilage serums, would be all right (as these are the higher forms of edible flesh), but do not use them too often."

**"Milk:** Eliminate all dairy products, which include butter, cheese, cottage cheese, milk, yogurt, etc. These are all mucus-forming substances and, in most cases, are extremely high in cholesterol. As a substitute for butter or margarine (hardening vegetable oils, etc.), you can train your taste buds to enjoy a good, fresh, bland olive oil on vegetables, salads, and other tools and you will discover this is one of the choicest foods there is."

**"Flour and flour products:** When flour is heated and baked in high temperatures, it changes to a mucus-forming substance. This is no longer a food, which means it has no life remaining therein. All wholesome food is organic, where unwholesome food or dead food is inorganic. This is the key to our whole mucusless program."

## Rebuild The Nervous System With A Good Herbal Nerve Food Combination:

### The Nerve Regeneration Formula

Contains: Skullcap Herb, Oat seed, St. John's Wort, Celery Seed, Black Cohosh Root, and Gingko Leaf

### Dr Christopher's Nerve Food Combination

Contains: Black Cohosh, Capsicum, Hops Flowers, Lady's Slipper, Lobelia, Scullcap, Valerian, Wood Betony and Mistletoe.

### General Nervine Tonic

Contains: Skullcap Herb Hops, Valerian Root, Gentian Root, black Cohosh



The suggested amount for an adult's use would be one to three cups of the tea a day, taken with a cup of celery juice or steam distilled water.

These formulas have been used with great success for years. They are used for relieving nervous tension and insomnia; they are mildly stimulating and yet lessens the irritability and excitement of the nervous system and also lessens or reduces pain. These formula contain herbs that feed and revitalize the motor nerve at the base of the skull (medulla area and upper cervicals) and also rebuilds the frayed nerve sheath, the nerve itself, and its capillaries.

To finish up the package, of getting to the cause we need to add our formula for hayfever, sinus and allergies.

### A&H Formula

Contains: Brigham Tea, Marshmallow Root, Juniper Berries, Golden Seal Root, Chaparral, Burdock Root, Parsley Root and Lobelia



This is an aid for clearing up these malfunctions, a "natural and herbal help" working as a decongestant and natural antihistamine to dry up the sinus and expel from the head and broncho-pulmonary tubes and passages the offending stoppage and mucus.



## Horseradish Combination

To speed up this cleansing procedure, use the following combination in addition to the above:

- 1) Blend fresh, chopped up horseradish roots, mixed with apple cider vinegar, into a thick pulp



- 2) Take 1/3 teaspoon three times in a day and chew thoroughly before swallowing.

- 3) Each three days increase this amount from 1/3 teaspoon up to one teaspoon, increasing the amount 1/3 teaspoon each three days.

As with all wholistic procedures follow the program faithfully six days per week--week after week until desired results are obtained.

## General Lung Tonic

Contains: Comfrey Root, Mullein, Chickweed, Marshmallow Root, and Lobelia



This formula has been used for irritations of the respiratory tract, lungs, and bronchials.

Emphysema, bronchitis, asthma and tuberculosis sufferers have been helped by using this formula as a tea (three cups a day). Three to six drops of tincture of lobelia may be added to the tea for additional aid.



## SOMETHING TO THINK ABOUT. . .

**Dangerous Drugs Prescribed for Asthma:** You should know that the drugs doctors prescribe for the condition can be very dangerous. *Theophylline* is the standard ingredient for the most anti-asthmatic medicines, and it has a long list of possible side-effects, including nausea, stimulation of the central nervous system, irritability, sleeplessness and over excitement. We do not know what the long-term effects of the drug might be.

More dangerous still are the steroid drugs, such as *Vanceril and Prednisone*.

If taken by children, these drugs can adversely affect growth and sexual maturation. It encourages yeast infections both locally and systemically. Adrenal insufficiency has been traced to this drug, so severe that death could result.

Broken bones become more common among recipients of this kind of drug. And when you are ready to get yourself off the drug, you can suffer all kinds of side effects (withdrawal symptoms), such as inability to maintain body warmth, extreme tiredness, faintness, exhaustion, heart palpitations, and so on.

If you are an asthma sufferer, you should examine the natural way very carefully before exposing yourself to these powerful drugs. (Dr. Christopher has an excellent asthma formula). A natural source of ephedrine, which is used for congestion, is Brigham tea. This herb, combined with the peppermint/lobelia treatment and an altered lifestyle (including getting rid of problematic tension, which can sometimes bring on asthma attacks), might bring you relief safely.

## Testimonials:

**Man Who Couldn't Sleep Lying Down for 20 Years Because of Asthma--Cured:** Dr. Christopher used the tincture of Lobelia to clear people of asthma, although they have had it many years. A couple of young fellows brought an old, old man into the Doctor at about two o'clock one morning in Evanston, Wyoming. The old man had had asthma for 26 years. For 20 years of the 26, he had never been able to work. He had never laid in a bed for 20 years. They had to build a special chair so he could sit up at night with his feet stretched out. He had a doctor at the home an average of once a week, either to give him some drug orally to keep him alive, to give a shot, or to administer oxygen.

Since the family couldn't locate the doctor that night, they came in desperation to Dr. Christopher. Since the doctors did not want a naturopathic physician in town, most people had never heard of such a thing. The young fellows asked, "Do you treat human beings?" The Doctor said, yes, and to bring him in.

As the man sat down, the Doctor gave him a cup of elder leaf tea to drink gradually. He told him how he had asthma. He had been quite independent, but lately they had had to mortgage their home in order to go on with the doctoring.

After he had had the elderberry tea for about ten minutes, the Doctor gave him a teaspoonful of the tincture of Lobelia. He waited ten minutes--being sure to be very accurate about this--and gave him a second teaspoonful of the tincture.

After another ten minutes he gave him the third. In forty years of practice, the Doctor commented, he never had to use the tincture of Lobelia more than three teaspoonfuls to a patient. He explained that this was so because each time he was called it was at a crisis, at the climax of the disease, the right time for clearing the disease.

They just sat around and chatted. The Doctor had buckets and pans around, and all of a sudden, the man started to heave. This was a little after two o'clock in the morning and he heaved on until five o'clock, for three full hours. At the finish it was dry heaves, but he brought up everything he had eaten for days, plus nearly a cup of phlegm and pus from his lungs and bronchi, from yellow to green.

After he was done, the Doctor told his sons to take him home. "Should I bring him back tomorrow", he asked. "No", answered the Doctor, "it's a do-it-yourself-kit; it's all finished".

They took him home and started to walk him to his chair, but the man said, "No, boys, I'm sleeping in the bed tonight". "But, Dad, it'll kill you!" they pleaded. "No, I'm the boss-- take me to bed".

They were afraid to stretch him out in case he should choke up and die. This was at five o'clock in the morning. He slept through until five o'clock the next morning--which is twenty-four hours--and slept on past noon--thirty hours he slept!

When he woke up, for the first time in over twenty years he took a deep breath of air. He could take it without choking or coughing, and he said, "I'm healed". The boys were quite pleased about this.

Twenty years later, one of them touched Dr. Christopher on the shoulder in Salt Lake City. He said, "My name's Workman; remember me?" Dr. Christopher said, "No". "We brought our pap into you in Evanston, Wyoming at two o'clock one morning." The Doctor then remembered him. He asked, "What happened to your dad?" The young man answered, "He never had an asthma attack from that day to this, and he went to work as a gardener and never missed a day's work since that time. The family thanks you very much".

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**Choking Phlegm in Pregnant Women Relieved:** Dr. Nowell told the story of a woman who at forty years old was pregnant with her first baby. She was suffering terribly with asthmatic spasms, unable to lie in bed, fighting for breath; both she and her husband begged their doctor to stop the cough. They were told that nothing could be done until the child was born.

Dr. Nowell gave them a bottle of tincture of Lobelia, telling her to take a teaspoonful whenever the coughing began. The next morning, the patient told the Doctor that almost immediately after taking the first dose, the patient brought up long, thick masses of phlegm from the lungs the size of a man's fist. No further dose was taken and the patient never had a trace of any chest trouble since and lived a long and fruitful life.