Asthma – Alternative Healthcare for Traditional Healthcare Professional

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Reprint from 2001 article. Dr. Allen does not advise the reader to arbitrarily abandon prescribed allopathic therapies. But he does encourage everyone to take responsibility for his/her own healthcare decisions, and to seek the advice of an alternative healthcare professional before implementing alternative remedies.

Although the allopathic definition for asthma seems to change every few years, doubtless the characteristic symptomology has been the same since man took his first breath. Unfortunately, and curiously, the asthmatic population has increased dramatically in recent years.1 But naturopathy has a persuasive argument for this dilemma. The increasingly poor nutritional value of the virtual non-foods on which our society subsists (especially our children), has impaired our immune systems, making them vulnerable to attack by various allergens that would normally be kept at bay. Thus, the treatment is three-fold. Identify and avoid allergens. Restore proper cellular and immune system functions. And provide supplemental nutrients that address symptomology.

Most asthmatics are well aware of their particular triggers: dust, pollens, animal dander, molds, fumes, aspirin, etc. But a primary, and generally overlooked, condition that sets the stage for these triggers is often a chronic allergic reaction to common, even favorite, foods or their additives.3-7 Although such allergies may go undetected by modern allergy tests, they can be identified by other, practical measures such as a rotation or elimination diet.3

There seems to be is a link, proportionally, to the ever-increasing consumption of foods with little or no nutritional value and the growing number of asthmatics. As the national dependence upon processed foods increases, so too do the asthmatics. The metabolism of these non-foods and empty calories rob us of nutrients needed to maintain healthy immune systems.8 Real foods replace these nutrients, but processed foods leave the body naked, unprotected against the enemy, and forced to resort to defensive allergic reactions. The simply suppression of these reactions with synthetic drugs has proven to be an inadequate solution.

Westerners want and expect a potion for every illness. This permits indulgence and requires no change in lifestyle. Thus, the popularity of allopathy. Permit me to mix a couple of metaphors; there are no "magic bullets" to let us "have our cake and eat it too."

Step One
Identify and avoid foods that provoke attacks. Many common foods are known to cause either postponed or immediate allergic reactions: milk, chocolate, wheat, citrus, food colorings, eggs, fish, shellfish, alfalfa, corn, peanuts, soy, beets, carrots, colas, red meats, pork, poultry, salt, sulfites, spinach, white flour and refined sugar. But there are many other culprits as well.

Step Two
Restore the immune system. Maintain a balanced diet especially high in fresh fruits, vegetables, nuts, seeds, brown rice and whole grains. Avoid refined sugars and hydrogenated oils. Avoid animal products as much as possible. This is not a pitch for vegetarianism, but many
Asthmatics have an imbalance in fatty acid metabolism. This contributes to an increased production of leukotrienes, which are 1,000 times more potent bronchoconstrictors than are histamines.

There are specific foods that help to prevent or relieve asthmatic symptoms. Eat them regularly. Garlic and onions inhibit enzymes that promote the release of inflammatory chemicals. The capsaicin in chili peppers helps desensitize mucosa to various irritants and has even been reported to give relief during attacks. A locally produced honey or bee pollen is an age-old method of increasing tolerance to local pollens. Because of its moisture absorbing ability it also relieves inflammation and soothes painful coughing spells. Of course, it should not be given to infants.

Green tea has mild bronchodilation and antioxidant actions. Kelp and pumpkin seeds are high in magnesium--another mild bronchodilator. Grains and fish are high in selenium, which contains an enzyme very important for reducing leukotriene formation. Acerola fruit, broccoli, horseradish, cauliflower, rose hips, lemon, papaya, cabbage, oranges, and asparagus, are also most for asthmatics. They are high in Vitamin C, a significant factor in the metabolism of fatty acids, thereby inhibiting leukotriene production.

Another helpful dietary procedure is a three-day fast each month. Drinking only a combination of distilled water and lemon juice will help rid the body of toxins and mucus.

**Step Three**

Several herbs and supplements have proven effective. Here are but a few of them. Use as suggested by the distributor or your local alternative health care provider.


Certain minerals are very important as well. Proper levels of magnesium--mild bronchodilator, calcium, selenium help to avoid attacks. Some herbs high in magnesium are Irish moss, licorice root, nettle leaf, peppermint leaf, dog grass, boneset, dulse, white willow bark, burdock root, althea root, astragalus root, and Siberian ginseng root. Some herbs high in selenium are hibiscus flower, catnip, dog grass, milk thistle, lemon grass, lady’s slipper, yarrow flower, valerian root, barberry root, blessed thistle, bayberry root, althea root, dulse, and sarsaparilla root. Some common herbs for calcium are valerian root, buchu leaf, kelp, pau d’arco bark, cabbage, nettle leaf, barberry bark, and dandelion.

Flaxseed, evening primrose, and borage oil promote production of anti-inflammatory prostaglandins. L-Cystine and L-Methionine can reduce inflammation and repair lung tissue. Vitamin B complex is an anti-allergen and anti-inflammatory. Vitamin B6 helps correct blocked tryptophan metabolism, common in asthmatics. Tryptophan converts to serotonin, a known broncho-constrictor. B12 improves sleep, appetite and shortness of breath on exertion, especially in those with sulphate sensitivities. The same glands that secrete hydrochloric acid also secrete a substance that makes Vitamin B12 absorption possible.

Vitamin C deficiencies are also common in asthmatics. Yet it is key to the metabolism of fatty acids, thereby contributing to the decreased production of leukotrienes. Potent antioxidant.
Oxidizing agents can stimulate bronchial constriction and allergic reactions. Vitamins E, and A with its B-carotenes: potent antioxidants.

References
