



## Asthma Results

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One of the things I love most about my work is that there is always something new to learn. As a holistic practitioner I often differ from the medical establishment on the treatment of disease, yet I am also vigilant about keeping current with their research and methods. Two of my most trusted sources are ScienceDaily, from which I receive daily email updates, and DoctorRadio from NYU Langone Medical Center, which is excellent and also presents top notch informative guests. That said, I often have to go through a few hundred postings or listen to numerous shows before I actually find something I can implement in my practice. So when I found a ScienceDaily article, posted July 15, 2016, on research that stated RhinoVirus C (a variant of the cold virus) can cause asthma, I got excited. The article confirmed my long-held suspicions that a virus in the lungs was at play in this challenging disorder.

Asthma is of the many ailments historically labeled “incurable” by the medical establishment; in fact, over the past few decades there has been very little progress in the management of asthma. The standard approach is still indefinite reliance on one or two inhalers to be used daily, or as needed. The etiology or cause of asthma remains a mystery; though, we do know it often goes hand-in-hand with environmental and food allergies. In fact, the wheezing, coughing, and tightening of the chest associated with asthma are often triggered by these allergies, which is why the condition is so difficult to manage.

To eliminate wheezing all together, a patient needs to be allergy-free of mold, dust mites, tobacco smoke, and pollen. The foods that typically trigger labored breathing are peanuts, MSG, and dairy. Individual triggers, such as allergies to chemicals, are yet another layer of the onion I must peel back when treating asthmatic patients. Time and time again, when I eliminate their allergies and release the virus inside them, I see dramatic improvement.

I once treated a young girl who had asthmatic attacks while swimming. This interfered with her training and almost made it impossible for her to compete. She was constantly using the inhaler, which did not always provide protection. When I eliminated her allergies naturally, including her allergy to chlorine in the pool, she was able to let go of the steroids and bronchodilator and eventually grew into her sport. Years later, she received a full scholarship to a superb university for swimming.

She is one of the lucky ones. Along with allergies, ADHD, and autism, asthma has been on the rise since the late 1980s. Today this respiratory condition afflicts about twenty-two million Americans, six million of them children; in fact, it is the most common chronic childhood disorder and the number one reason for sick days from school. According to the Asthma and Allergy Foundation of America, asthma costs a whopping \$89.1 billion annually in healthcare costs and lost wages. Worst of all, it is costly in lives, killing ten Americans each day.

As a society, we spend too much money treating symptoms and not enough time treating the cause of those symptoms. Of course, the symptoms of asthma must be treated in order to save lives. However, the large profit margin for inhalers has been a disincentive for Big Pharma to find a cure. Presently there are 235 million people who require inhalers, according to WHO.

There is no definitive scientific explanation for the natural healing of asthma; however, one need only visit Amazon.com to see the books containing countless testimonials and positive experiences of patients worldwide. There are several mind/body techniques, and current functional medicine doctors are focused on nutritional answers and the treatment of underlying factors. The techniques I use are utilized by acupuncturists, chiropractors,

and physicians. It is important to remember that medicine is also an art. Advances in medicine are a result of insight plus multiple experiences of trial and error.

Indeed, after witnessing the positive results of successfully treating asthma over and over again, I am confident that my simple approach can be relied on to eliminate asthma. As doctors know, patients let you know when something doesn't work. My experience is that asthma is not only manageable, but it is curable.

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