Tips on a Natural Substitute for an Asthma Remedy

Ask any successful person and they will tell you this truth, if one way of doing things seems not to work, the instinctive step is to find an alternative. This truth applies to even alleviating diseases and health challenges. Now, the accepted belief is that for asthma, there is no cure. Perhaps that applies in the medical fraternity, however, the pioneers and practitioners of Naturopathy believe that 99.9% OF ALL DISEASES ARE A RESULT OF CONSTIPATION, A CLOGGING UP OF THE BODILY TISSUES! This can manifest itself in a number of ways as the body attempts to rid itself of these encumbrances. Even healers of the Medical Fraternity have accepted that disease is a result of foreign matter in the body, brought about mostly by what we consume. "You are what you eat" is a radical statement that says so much in so little and thus should not be taken lightly especially in regards to seeking a drug-free, effective and inartificial substitute for an asthma remedy. With that in mind, make a change in your diet by eliminating all processed foods and animal products such as meat, milk, eggs and the like from your diet. Within weeks of adhering to this advice, many a chronic asthmatic has been able to give up the use of ventolin inhalers as is evidenced in the "Breath Retaining Program For Asthmatics" developed by the Russian, Dr. Buteyko You will do much better to look into eating a diet comprised mainly of fruits, fruit vegetables, roots, leafy-vegetables and the occasional use of whole grains such as Brown rice (soaked for 6-24 hours before cooking), quinoa, millet, amaranth etc. Moreover, from my own experience, DO NOT CONSUME LIQUIDS WITH YOUR MEALS AT ANY TIME; as this inhibits digestion by diluting the necessary juices in your stomach designated for that purpose. Furthermore, to correct problems and hindrances with breathing and respiration, you can look into breathing exercises as featured in Yoga classes and now with the presence of the internet, such practices are even available for free all over. Here's a sample you can practice with: 1. Inhalation-Exhalation -Either laying flat on a bed or sitting erect commence to breathing deeply (emphasis on the method outlined in Test #1) using a stop-watch or metronome to keep track of the time. The desired ratio here is 1:2. Minimum time for inhalation should be 4 seconds gradually building up to 16. (With the time for exhalation now being 8 seconds gradually building up to 32) consciously perform this exhilarating exercise for several weeks. 2. Inhalation-Retention-Exhalation -When you are properly established in exercise #1 the next stage included is retention. In ancient yogic texts, the required ratio would be 1:4:2 (inhalation, retention and exhalation) The minimum schedule again for this exercise is 4 seconds, gradually building up to a maximum of 16 seconds (inhalation that is) Practice this for several days or weeks till you master it and it becomes second nature. (Always perform this and any other exercises on an empty stomach.) As suggested in some other articles I've written on this subject, you could do well to look into simple bodyweight exercises like Yoga, Pilates, Mild Calisthenics and the like to re-build your endurance and also help with the detoxifying process of the afore-mentioned diet for handling asthma symptoms. No one is saying that things will change overnight or that you all of a sudden should forego medical attention to your health, but the point being driven herewith is that if you have been having little or no success in handling this respiratory disorder and are now seeking an alternative, then these steps above wouldn't hurt...and could possibly help a lot. To Health Aje

About the Author

Selection of calculators and advice on fitness, nutrition and weight loss. Includes information on healthy diets and low fat recipes.

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