

Healing by Design

Asthma

10 STEPS (Products highlighted)

1. Oxygenate the body.
 - Lung detox. ***Oxylife Detox MSM Liquid***
 - To breathe instead of needing inhaler - ***Oxylife Second Wind Oxygen***
2. To cleanse lungs and open lung capacity - ***Ridgecrest, Clear Lungs Extra Strength***
3. Coffee enemas to remove toxins and open up lungs
4. Research Samuel Thomson and his use of Cayenne and Lobelia for asthma
5. Living Green Calcium Bentonite Clay. This will detox the body and absorb allergens, allowing you to get outside and breathe. 1 teaspoon (liquid clay) in hot water before bed. Can increase up to 2oz daily, empty stomach. Watch for constipation. Increase water and fiber, herbs if necessary to prevent constipation. ***Liquid or Detox Powder by Living Clay.***
6. ***Adren-all by OrthoMolecular*** to boost adrenals and produce natural steroids
7. ***Inner Vitality plant minerals by Morningstar.*** 2-4 ounces daily.
8. Quality sea salt in water daily for hydration. Can stop an asthma attack with 2nd wind spray, lobelia under tongue or sea salt with a big glass of water. 1 teaspoon sea salt per gallon of water. Look into the SOLE method using Himalayan pink salt.
9. ***Oreganol by North American Herb and Spice*** and ***Hulda Clark ZAPPER*** for bad infections. Oreganol works on mainly bacteria and fungus. Zapper works on everything, many people with asthma have parasites, bacteria, fungus or other infections in lungs.
10. SUNSHINE. Get outside, breathe fresh air. Sunshine builds the immune system and eliminates infections. Don't use sunscreen, but don't get burned. Don't wear sunglasses.