

## **Asthma Attack\*\*\*Anaphylactic Shock\*\*\*Bronchitis Pneumonia\*\*\*Sinusitis/ Allergies**

### **ASTHMA**

Place a couple of drops each of Eucalyptus and Peppermint Oil into a pot of boiling water and stand over inhaling or place a couple drops of each in the HHN (Hand Held Nebulizer). Also do water treatments to chest/back area where lungs are. (10 minutes hot, 3 minutes cold...Do 3 rotations)... Also do deep breathing exercises in the open air. Rub Eucalyptus oil mixed with Olive Oil over chest/back lungs area. Another help: 1 drop of Propolis dropped in a Hand Held Nebulizer (HHN) will help zap the bacteria.

### **ANAPHYLACTIC SHOCK**

Lobelia Tincture with Cayenne Tincture dropped on the side inside of Mouth  
**(only in emergency as these herbs are considered poisons)**

1 dropperful Lobelia **(only for emergency as lobelia is considered a poison)**  
2 dropperfuls Mullein

Put those dropperfuls into 1 ¼ inches of warm water in a small cup. Stir in and drink. **This may be used for all breathing difficulties.**

**Anaphylaxis** is a serious allergic reaction that is rapid in onset and may cause death. It typically causes a number of symptoms including an itchy rash, throat swelling, and low blood pressure. Common causes include insect bites/stings, foods, and medications.

## **BRONCHITIS**

Do same as for Asthma (eat abundance of garlic as long as not taking any blood thinners)

## **PNEUMONIA**

Do same as for Asthma (eat plenty of raw garlic as long as not taking any blood thinners)

## **SINUSITIS/ ALLERGIES**

Use a Neti Pot per directions. Take Nettle and Astragalus Herbs in capsule or tea form.

## **Asthma Recipe**

- 1 pint of lemon juice (use fresh juice when possible)
- 1 pint of honey (best quality)
- 2 Tablespoons of vegetable glycerin
- 1 Tablespoon Eucalyptus Oil

Combine and Mix thoroughly.

Adults: Take 2 to 4 Tablespoons 3 times a day. Children: Take 1 to 2 tablespoons (depending on age) 3 times a day.

### **THINGS THAT CAN HELP REDUCE AND/OR ELIMINATE ASTHMA:**

Follow all the laws of Health (N.E.W. S. T. A. R. T. + 3)

No dairy products.

Eliminate food colorings, additives and preservatives from the diet.

Vacuum carpets regularly and well and/or put tile or wood floors.

Keep pets outdoors.

Do hot/cold alternate water fomentations to back and chest area.

Keep Head of Bed (HOB) elevated 30-45 degrees at night when sleeping.

Keep windows of bedroom cracked at least 1 inch for fresh air.

Rub back and chest area with mixture of 1/3 c. Olive oil to 6 drops of Eucalyptus and/or Peppermint Oil: Use these oils in a Hand Held Nebulizer (2 drops each oil mixed in a couple drops of water). Use HHN per directions. Go outside and do DEEP BREATHING EXERCISES  
PRAY

### **Herbs for Asthma**

Skullcap	3 capsules	3 times daily
Black Cohosh	1 capsule	2 times daily
Yarrow	3 capsules	2 times daily
Blessed Thistle	2 capsules	2 times daily
Peppermint tea	1 cup	2 times daily
Vitamin E	500 IU	2 times daily
Vitamin C	5,000 mg	3 times daily

Take NO ENEMA CLEANSER Bowel Cleanser 3 times daily

## **Asthma, Baby**

- Cayenne and water (weak solution) in eye dropper on tongue. (**only in extreme life-threatening emergency as cayenne is considered a poison**)
- Approximately 1000 mg. Vitamin C (see cold formula)
- Approximately ½ oz. laxative tea (weak) or give prune juice to drink
- Enema where fever is present

Herbs that are relaxing and calming to baby:

- Hops tea and honey, or Catnip tea and honey (if baby is under 1 ½ years, do not give honey)

To Induce Sleep:

- Chamomile tea and honey
- No milk- only fruit juice or Alfalfa mint tea or Peppermint teas while in state of attack.