

# Asthma

Asthma is an overreaction of the body's own immune system resulting in broncho-spasms which are spasms in the muscles surrounding the bronchi. When the airways come in contact with an asthma trigger, the muscles around the airways tighten and the lining of their airways become inflamed, swollen and extra mucus is secreted. This combination makes the air passages narrower and breathing becomes difficult resulting in wheezing, coughing, tightness in the chest and shortness of breath. When these muscles spasm, the air gets trapped in the lungs, making it difficult to get more air into the lungs, thus creating a starvation of air.

As a result of extra mucous production, asthma becomes an extension of those most common symptoms of allergy that occurs further up in the windpipe: hayfever, rhinitis, sinusitis, stuffy nose and post-nasal drip.

Asthma is a classic example of a “migrating” allergy – at least half of all infants born with allergic eczema will later develop asthma as the allergies migrate from the skin to the windpipe. Sometimes the skin clears up, but more often it doesn't. Sometimes the allergy moves up from the lungs, but then these kids suffer repeated sore throats, inflamed tonsils, hayfever and brain allergies (behavioural) that is never linked to asthma.

Asthma is primarily caused by an allergen or a foreign substance that the body perceives as dangerous. The major culprits are the *primary food allergies* (gluten, wheat, milk etc) and *inhalation allergies*. Other stressors such as *vaccinations* can contribute to the total body load. *Milk* is often a masked allergen, and is the most common stressor. *Increased levels of mucous formation indicates a milk allergy, while dry mucous membranes with a chesty cough indicate a wheat allergy.*

In addition to primary food allergies, other common strains in people with asthma are:

- animals
- dust and dust mites
- environmental chemicals such as smoke and formaldehyde metals
- food additives and colourings (in particular the sulphates and colours such as tartrazine)
- moulds and Candida: chlamydia and mould are some of the main contributors to broncho-pulmonary disease infections
- pollens and grasses
- chemicals such as chlorine, phenol, trichlorethylene, burning fat in kitchens, toluene, cigarette smoke, and nitrogen dioxide (from burned gas, oil and petrol), are all potential stressors on the respiratory system.
- medications: steroid puffers, ventolin inhalers and nebulisers, and prednisone, while a dry hacking cough can be attributed to medications such as aspirin or beta blockers.
- Other non-allergic triggers are stress, changes in temperature, exercise, fear and laughing.

Asthma represents a condition where the body is in a perpetual state of overload. Any additional trigger means that the body cannot cope, and will give off a reaction.

There is overwhelming evidence that some nutritional deficiencies play a role in the development and maintenance of asthma, particularly deficiencies of magnesium and some B-vitamins.

## How can we assist?

Using BICOM Bioresonance, we can determine what is blocking your body (ie: metals, scars, emotions, teeth etc), what is putting strain on your system (food, chemicals, inhaled, additives, medications, infections, vaccinations etc) and what deficiencies you have.

Then we treat these identified blocks, strains and deficiencies using individualised BICOM Therapy Programs to detoxify your body and give it the information it requires to heal itself.

BICOM Bioresonance is used extensively in children's hospitals and private practice overseas for allergy treatment.

If you have asthma, BICOM Bioresonance can make a difference.