

Kids First: Asthma Attacks by John Ferguson, DC

Most likely, someone you know well suffers from asthma or difficulty in breathing.

While breathing, your body takes in air which passes through the nose, the windpipe and the bronchi. It is then filtered, purified, cleansed, warmed and humidified before it enters your lungs. This all happens under the guidance of your nervous system. How amazing!

In children (and adults) who have asthma, the small tubes in the lungs, called bronchioles, become inflamed and irritated. They then contract and even spasm and produce mucus which can plug up the breathing passages. Children literally gasp for air. These “attacks” can last minutes or hours and can persist for a lifetime.

Allergies, stress, pollen or pollution (called “allergens”) can bring on life-threatening attacks when the body is susceptible. These children are condemned to a life of bronchodilators, drugs and cortisone – all of which have serious side effects. These can be immediate or develop over a lifetime of chronic drug use. Why? Anything artificial introduced into the body will have to be reckoned with, sometimes with negative reactions from the body – even fatal. For instance, the FDA finally admitted this year that asthma drugs can actually *cause* serious asthma attacks. New restrictions for four popular long-acting asthma drugs (Novartis AG's Foradil, GlaxoSmithKline's Serevent and Advair, and AstraZeneca's Symbicort) were made because all contain an ingredient that relaxes airway muscles in the lungs which can cause asthma-related death. These drugs have long contained a label that reads, “**increases risk of asthma-related death**”. If they are not accompanied by other asthma drugs to offset this life-threatening side effect, the consequences could be fatal.

Explain the logic here. A medication to treat asthma actually can cause asthma. It's important to take a closer look into the underlying causes of asthma if you truly want to cure yourself of this affliction.

Some authorities feel that asthma is really a reaction to a lack of water. They suggest drinking plenty of pure water to hydrate the body. I have not met many children who like to drink pure water and recommend that parents mix in a fruit concentrate (organic, if possible, and one that does not contain added sugars or artificial ones – corn syrup, high fructose corn syrup, aspartame, sucralose, etc.).

Many researchers, like Bart Classen, MD, of Classen Immunotherapies in Maryland, say asthma seems to be related to our current vaccination program. Vaccination alters the normal immune response and makes

a child's immune system overreact to something perfectly innocuous – like pollen, dust or your pet Fluffy. (Feel free to contact me for more information to better educate yourself on the vaccine topic).

As a Doctor of Chiropractic, I have been helping children (and adults) with asthma for years. The body is a self-healing, self-regulating organism. As long as the nervous system is allowed to function with no interference, the body should function normally. Often, however, some of the vertebrae of the spine become subluxated (moved out of place), affecting the way the nervous system controls body functions. By correcting these subluxations, I am able to eliminate interference to the nervous system, allowing normal function – drug and surgery free!

A number of natural supplements may help you and our child:

1. Vitamin B-complex plus C and Vitamin D₃ stimulate the immune system and reduces the effects of stress.
2. Quercetin and bromelain act together as an immunostimulant and anti-inflammatory.
3. Vitamin A helps in tissue repair.
4. Lobelia is helpful during an attack. It is an expectorant and relaxes the muscle walls of the bronchial tree.
5. Coenzyme Q10 helps to counteract the release of histamine.
6. Magnesium and calcium tend to cause some dilation of the muscle walls of the bronchi.
7. Probiotics (health-promoting bacteria) are part of your immune defenses to fend off allergens.

If you or your child suffers with asthma or other breathing problems, you owe it to yourself to have a nervous system professionally evaluated. I'm here to help.

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