

## Suggestions for Lungs

**Indications** – difficulty breathing, coughing, asthma, chronic bronchitis, pneumonia, shortness of breath, respiratory infections, wheezing, emphysema

**Causes** – smoking, breathing polluted air, asbestos, viral infections, impaired immunity, emotional stress, poor diet, food allergies and sensitivities, dental problems, overuse of antibiotics, noxious fumes, climate factors, mold, dampness and cold, dust and dust mites, feathers, flower and grass pollens, protozoa, parasites. Emotional causes of asthma include separation, divorce, sadness, excess crying (hyperventilation from crying)

**Asthma** – asthma can be mild or severe and can be caused by emotions, parasites, allergies to dust and/or pollen, and food or animal allergy triggers. These can cause an obstruction to the bronchial airways, which inhibits breathing, causes coughing, wheezing and a feeling of tightness in the chest.

**Bronchitis** – inflammation or obstruction of the bronchial tubes which results in a buildup of mucus along with coughing, fever, pain in the chest, fatigue, sore throat, difficulty breathing and chills. Acute bronchitis is associated with some type of viral or bacterial infection. Chronic bronchitis results from frequent lung irritants such as fumes, smoke, air pollution or allergies.

**Emphysema** – a degenerative lung disease that develops after many years of exposure to smoke or other air pollutants. Symptoms include shortness of breath and feeling like one isn't getting enough air during any physical exertion.

**Recommendations** – for all lung disorders, avoid tobacco smoke, sulfites and other lung irritants. Eating a diet of 50% raw foods is highly recommended with the other 50% being mostly soups, chicken or turkey, fish, brown/wild rice, millet and whole grain cereals with the exception of wheat. Eat onions and garlic daily and drink lots of high quality water, have green drinks. Drink apple cider vinegar and honey for coughs. Avoid mucous forming foods such as dairy, fried and greasy foods, meat, eggs, white flour products, processed foods and junk foods.

**Alternative treatment for lung disorders** – chlorophyll, quercetin 500 mg 3 times daily, bromelain 100 mg 3 times daily, EFA's 2-3 grams daily, vitamin C 3-5 grams daily, vitamin b-complex 100-200 mg daily, vitamin A 15,000 IU daily, lobelia, nettle, boswellia, mullein, licorice root, ephedra, ginkgo biloba and juniper berries, yerba mansa, yerba santa

**Emotion linked to lungs** – grief, sadness, feeling suffocated or overwhelmed

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