



## Asthma

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### Managing asthma with the help of the body's resources

In the absence of other physical impediments, generally, asthma could be regarded a muscular malfunction caused by a number of external factors such as pollens, air impurities, environmental conditions, moulds, spores, bed bugs, animal fur etc. as well as internal ones like anxiety and mental stress. Any of these circumstances or their combination, causes irritation, swelling and restriction of the muscles controlling the flow of air to the lungs. Therefore the amount of oxygen needed by the body as a whole and necessary for its smooth functioning is reduced. As a reaction to such conditions the brain sends an urgent signal to the breathing muscles to increase their functioning in order to balance the oxygen supply. An external manifestation could be sneezing, watery eyes, redness of the face and many others varying from person to person. In my opinion an asthmatic can live a normal life, provided he or she learns to control and relax the functioning of the muscles involved with breathing **in the manner nature intended us to do; essentially get acquainted with the natural mechanism of breathing**. When nature assembled the human body, through thousands of years, has assigned a specific use and a particular purpose to every one of its components down to the smallest molecule. That is why we are provided with legs for walking, eyes for seeing and so forth including the nose for breathing which, in this particular case, must be heeded as plan "A" while the mouth as plan "B", to be used when necessary.

The inhaled air, **through the nostrils**, reaches the nasal **cavity**, where is cleared of the harmful substances (including **the different kind viruses**), humidified and warmed ready to be safely used. The importance of the nasal cavity is greatly overlooked and under estimated (**the natural mask**) since this is the air conditioning centre of the breathing system. Its configuration and purpose, as

assembled by nature during thousands of years, together with all the different components whose technical names are often hard to read, hard to pronounce and even harder to remember, are of limited importance to the individual affected by asthma, provided they function according to nature's rules which is to circulate the air humidify and clear it of harmful impurities before sending it to the lungs.

For instance, in a passive smoke situation, to my knowledge not yet scientifically verified, the nasal cavity could very well also contribute towards the removal of the poisonous components present in the cigarettes smoke. Before the air reaches the lungs, all these unwanted particles, following a sneezing sensation, can be eliminated into a handkerchief or tissue by a simple blow of the nasal cavity's mucus. (we sneeze to clear the nose and cough to clear the throat).

Subsequent to this consideration, the problem of asthma can be viewed under a different aspect because, on normal conditions, it is not a sickness; the impurities stopped within the nasal cavity no longer reach the throat irritating it; this will therefore renders unnecessary the need for the so called puffers which are recognised as small pumps injecting into the mouth a muscles relaxing air intended to clear the airways. Consequently it becomes admissible that such medical aids are no longer required eliminating the stressful necessity to carry them all the time; should their use, still be considered, the pumping, would have to be executed through the nose and not the mouth. Clearly nature has provided the body with all the necessary components to ensure its smooth functioning but they have to be used properly according to its rules. To achieve the habit of breathing mostly with the nose, even if at first might appear to be difficult, involves simply a change of attitude "**inhaling with nose**" and, if necessary, exhaling with the mouth. All this can be done by regularly and constantly blocking the back of the mouth with the tongue until it becomes as normal as blinking. (**train the brain**)

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It must be remembered that the body, very often, has the answers to a health problem “**if asked**” and attention is paid to what is saying! The rules of nature are always, valid, relevant, and lasting; children should be encouraged at a very young age to breath with nose in preference of the mouth, it will serve

them well for the rest of their life. The medical profession has made many incredible progresses but, on close consideration, frequently is a case of coping, duplicating and imitating what the body has been doing for a long time. The human body is one of the most perfect nature’s creations.