Ease Asthma Symptoms Naturally With Herbal Remedies

by PATRICIA BRATIANU

Herbal Remedies for Asthma

Herbal remedies have a solid place in the treatment of asthma. Unfortunately, some research studies indicate that people who use herbs to treat their asthma symptoms are more likely to require hospitalization than those who do not. Experts believe that this is because people are using the herbs incorrectly.

If you decide to use herbal therapies to treat your asthma, you must learn how to correctly use them. You may want to consider consulting with an herbalist, naturopathic physician, or doctor of oriental medicine. Check with your physician or pharmacist to be sure that the herbs do not interact with any pharmaceutical medications that you may be using.

Benefits of Using Herbs to Treat Asthma

Unlike most pharmaceuticals, herbs gently, but powerfully work with your body to optimize your health and wellbeing. Herbal remedies support the health of your entire body. They can make your immune system stronger so that you do not contract respiratory infections as easily, they can be used to treat infections should they occur, they can thin mucus and help you to get rid of phlegm, and they can help you to relax.

You can also use herbs to relieve coughing and open up your air passages. They may reduce inflammation, increase your comfort, and make breathing easier. Some herbs will provide you with rapid relief of symptoms. And generally speaking, herbs are much safer than pharmaceuticals.

One aspect of asthma treatment that is usually overlooked by conventional practitioners is the need to support the health of your liver. Your liver breaks down and eliminates toxins that may cause asthma flare-ups. Herbal remedies provide exceptional benefits that ensure your body is able to detoxify irritating substances efficiently.

If your asthma is mild, you may discover that by incorporating treatment with herbal remedies and adopting a healthy lifestyle, your asthma symptoms may be completely resolved. Many individuals take multiple medications to control asthma symptoms. If you are among them, you may opt to use herbs to support your health. In time it may be possible to reduce dependence upon rescue medications.

I have had excellent success using herbs to relieve asthma symptoms and enhance the health of people who suffer from this condition. Herbs are very effective; however, like all therapies, they must be used as part of a holistic wellness plan which incorporates diet, exercise, stress management, and other aspects of living a healthy lifestyle. Herbs may be used for people of all ages who suffer from asthma.

The results of herbal therapy may be dramatic. For example, I worked with an eight-year-old girl who had severe asthma. She was unable to attend public school because she was so debilitated. Over a period of several months, she gained much needed weight, had fewer, less intense asthmatic episodes, and began to participate in a swimming program. I watched her transform from a pale, thin, frightened child to a vibrant young girl who no

longer dreaded going to bed at night for fear of waking up unable to breathe.

Herbs alone did not make this possible. Her mom made sure that she received healthy meals and vitamin supplements. She employed energy conserving strategies balanced with gentle exercises. I taught her breathing and relaxation techniques. She would draw and play the guitar as a means to cope with stress. This holistic approach worked for her, and it can for you.

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Herbal Remedies for Asthma

Let's take a look at some of the most valuable herbs you can use to relieve your asthma. Keep in mind that herbs, like all other substances, may cause allergic reactions in some people. Try a minute amount for a day or so and see how you respond.

- **Eleuthero:** This herb is classified as an adaptogen. It works slowly, over a period of weeks or months. Eleuthero will enhance your energy levels and immunity to infections. Adaptogens help your body and mind to cope with physical, emotional, and mental stressors. The herb comes in many forms. I recommend the tincture form. If using a 1:5, 30% alcohol tincture, take five milliliters three times daily. This herb is safe for long term use.
- **Nettle:** This weedy wonder is packed with nutrients which build up your resistance to illness and balance all of the activities within your entire body. Nettle contains vitamin C and many other vitamins and minerals. Vitamin C is a potent antioxidant which fights infection and reduces inflammation. Nettle can reduce histamine levels within your body, and open up your air passages. After taking nettles for several months, you will experience fewer reactions to allergens. Make an infusion by covering four teaspoonful of dried nettle with four cups of boiling water. Place a cover on the container. After twenty minutes, discard the herb. Drink three to four cups of nettle tea each day.
- **Licorice root:** Licorice is sweet tasting. It reduces inflammation, and thins mucus, making it easier to expectorate. This leads to fewer infections due to less pooling of secretions within your airways. If you have high blood pressure, look for products which contain the deglycyrrhizinated form. Licorice has an action which is similar to steroidal medications which are often used to treat asthma. The herb may interact with several medications, so check with your doctor or pharmacist prior to using it. Licorice will soothe your airways and relieve coughing. It supports the health of your liver, which detoxifies allergens and other compounds that cause asthma to flare up. Use one to two grams of the powdered root daily. I recommend using licorice as a decoction. To make a decoction, simmer one teaspoonful of the dried root in one cup of water for twenty minutes. Keep it covered while simmering. Strain out the root and drink the warm tea.

- **Garlic:** The simplest and least expensive way to use garlic is to eat a raw, or lightly cooked clove each day as part of a meal. However, if you opt for tablets, purchase ones that provide a minimum of 5000 milligrams of allicin daily. Garlic and the onions contain quercetin, which offers many benfits, including an antihistamine effect. Garlic prevents infections and opens up air passages. Check with your health care provider prior to using garlic supplements or eating it in large amounts if you take anticoagulant, blood thinning medications. You may opt to make a garlic and onion syrup for healing purposes. If you do, include the skins of the onions in your syrup preparation, as they contain the highest concentrations of quercetin. Use local honey, if you are not allergic to it, as the sweetener in your syrup so that you will develop an immunity to local airborne allergens. If you cannot take garlic, or do not like it, try obtaining quercetin from grape seed or pine bark extracts.
- **Coleus forskolii:** One of the best herbs to relax tight chest muscles and open up air passages is coleus forskolii. Taking 50 milligrams of an extract which is standardized to contain 18% forskolin is recommended by top herbalists and naturopaths.
- **Mullein:** One of the most common herbs which I recommend to people who have a diagnosis of asthma is mullein. It is available in many forms. If you choose to make an infusion, follow the instructions which are provided above for nettle. It is rather biter, so you may prefer an extract or capsules. Mullein is a very

gentle relaxant. It may soothe your entire body. Mullein reduces inflammation because it possesses astringent qualities. The herb moistens and comforts irritated respiratory tissues. It may make expectoration of mucus easier.

Herbal Remedies for Asthma Are Safe and Effective

These are just a few of the many herbal remedies for asthma which are available. In addition to relieving asthma symptoms, the herbs are likely to help you achieve a higher level of wellness throughout your body.