The Remarkable Respiratory System

- The respiratory system is designed to allow gas exchange throughout the body.
  - Takes in oxygen from the air.
  - Releases carbon dioxide into the air.
- You can live a few days without water and a few weeks without food, but you can survive only a few minutes without air … i.e. Oxygen.

An optimally-functioning respiratory system is critical to good health.

Did You Know?

- A single sneeze can send more than 5,000 respiratory droplets into the air at a speed of 47 mph.
- Covering your mouth when you sneeze and washing your hands afterward helps prevent the spread of respiratory diseases.
Did You Know?

- Drinking plenty of water is critical to good respiratory health and immunity
- Moist mucous membranes serve as a first line of defense, trapping invading organisms
- Air is 95% saturated by the time it reaches the alveoli
- More than half a liter of water is lost daily through respiration
- Moisten the air you breathe
- Using a Qtip paint the inside of your nose with jojoba or olive oil

Respiratory Diseases

- The respiratory system is susceptible to many debilitating diseases
- One in four Americans suffers from allergies or asthma
- Lung disease is the 3rd leading cause of death in the US
- 400,000 Americans die of lung disease in the US annually
- Adults catch an average of 2-4 colds annually and children have 6-10 colds per year

Anatomy of the Respiratory Tract

Upper Respiratory Tract

- Nasal cavity
- Throat (pharynx)
- Voice box (larynx)

Respiratory System

Medulla – Sleep Apnea, Snoring

- Fatty Acids
- Mullein
- Lady’s Slipper
- Breath Enhance
- Snorease

Atrophy of the Diaphragm

Tongue, Uvula, Larynx

- Trachea:
  - Medulla Oblongata
  - Collapses usually because of drying out or lack of minerals
- Uvula:
  - Swollen or Laxed obstructing airwave

Smoking is the leading cause of lung disease in the US
Mucosal Lining

Vitamin A

Sodium

Respiratory System

Other Insults to Lungs:
- Black mold
- Chemicals
- Paint/Thinner
- Coal/Dust
- Lint
- Talc-Algin
- Flour

Position of the Lesion or Weakness Indicates the Cause

Not Breathing In

Noninfectious Diseases of the Respiratory Tract

Smoking
Deep breathing exercise

**8**

**10**

15 sets 2 times a day

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**Postnasal Drip**

- Postnasal drip is caused by mucus running down the back of the nose and throat
- Inflamed tissues in the nasal and sinus cavities prevents mucus from draining from nose

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**Neti Pot**

- Use Distilled Water and salt
- OR Silver Shield ONLY
- OR Bayberry & Slippery Elm tea (let cool to room temp) for nose polyps
- Make sure to keep everything sterile!!!

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**Silver Shield**

- Has proven antibacterial and antiviral properties
- Does not harm the beneficial probiotic population in the gut
- Does not contribute to antibiotic resistance
- Supports the immune system
- Do not use with Salt

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**Sinusitis**

- Infection or inflammation of sinuses
- Caused by bacteria, viruses, yeast, mold parasites or fungi
- Symptoms
  - Sinus pain and pressure, swollen nasal passages, fever, cough, post nasal drip

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**Sneezing**

- Sneezing is a convulsive explosion of air from the lungs through the nose and mouth
- It is a protective reflex that clears the upper airway of germs, irritants, and mucus
The Common Cold

• One of the most common "illnesses" worldwide
• Caused by infection with one of more than 200 types of viruses
• Symptoms
  – Sore throat, low-grade fever, stuffy or runny nose, body aches, coughing, sneezing

Sinus

The Role of Antibiotics

• Life-saving in some cases, but definitely overused in the U.S.
• Overuse produces antibiotic-resistant "superbugs"
• Antibiotic resistances is a worldwide public health problem
• Effective only for bacterial infections—not viral or fungal infections
• Antibiotics kill bad bacteria and good bacteria: probiotics in the gut
Yeast in Body (In Sinus?)

- Stimulate the Immune
  - Silver Shield
  - Tea tree oil
  - Yeast Fungal
- Add Yeast predators
  - Probiotic
  - Caprylic Acid
  - Fermented foods
- Starve out
  - No Sugar
  - No Simple carbs
  - No non organic meat

- Avoid Antibiotics
- Avoid the pill
- Avoid Commercially raised meat

Yeast Symptoms

- Nervous system: Headaches, depression, lethargy, irritability, lack of concentration or memory loss.
- Genito-Urinary tract: Vaginal, Bladder, Jock itch
- Systemic: Fatigue, joint pain, cold hands and feet, food allergies, increased body hair, numbness and tingling, loss of libido, chemical sensitivities, food cravings, sugar craving or mitral valve prolapse.
- Respiratory: sinusitis, bronchitis, hay fever, earaches, allergies or asthma.
- Skin: Hives, fungal infections, eczema, athlete’s foot or dermatitis

So if you don’t use antibiotics what can you do?

How are most respiratory tract infections commonly treated?
A. Poultices
B. Rest and fluids
C. Natural Antibiotics
D. Lung Healers
E. Aromatic Herbs
F. Mucosal Moisturizers
G. Patches

Sinus Infections

- Sinus Support
- CBG Extract
- Tei Fu
- ALJ
- Lobelia
- Silver Shield
Black Mold

Nature’s Sunshine Product

• Sinus Support EF
  – Supports clear nasal passages
  – Supplies nutrients that enhance proper respiratory function
    – Ephedra free

The pH Factor

• Almost all health problems begin in an acid environment
• If your pH is below 6.5
• You body will try to eliminate some of the acid out through the lungs.
  • This acid can irritate the membranes and tissue in the respiratory system effecting the lungs and bronchials and sinus causing inflammation
• The body often produces mucus in response to acid and inflammation

pH recording will be included your CD’s

pH Imbalance

The respiratory system has to compensate in the following ways:
1. It first robs minerals from the Mucosal lining of the respiratory tract which can expose the tissue of the sinus, bronchials and lungs causing damage and loss of elasticity
2. Eliminating acid through the lungs (lower respiratory system) can cause asthma, emphysema or respiratory allergies
3. If acid settles in the sinuses (upper respiratory system), the body will try to dilute it with mucus, which can result in post nasal drip or sinus problems
5. Una De Gato tends to help pull the acid out of the respiratory system

The mucus in the respiratory tract can back up causing problems with sinus and ears. Milk produces mucus and thickens it.

Balanced Acid

• Water
• Diet
• Liquid Chlorophyll
• Liquid Calcium
• Calcium

NO MILK PRODUCTS

• Acid causes inflammation
• Inflammation causes cancer

http://www.marysherbs.com/Miscellaneous/pHfoods.shtml

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More Balanced pH

Acid

Catarrh – Acid, Mucus and Debris

More Balanced pH

Catarrh of the Head Estuation Tube

Catarrh of the Lower Lung
Catarrh of the Head & Kidney

Croup
- Viral infection causing swelling of vocal cords
- Most common in children younger than six years of age
- Symptoms include barking cough and trouble breathing
- Narrowing of airways may necessitate emergency intervention
- Moist air
- Lobelia topically

Respiratory System

Idiopathic Pulmonary Fibrosis

IPF is scarring or thickening of the lungs without a known cause.
Nature's Sunshine Products

- **Chinese Lung Support**
  - Acts as a tonic to moisten and nourish tissues of the respiratory tract, especially the lungs, making it useful for dry, irritating coughs

- **Lobelia**
  - Helps relax bronchial spasms and coughing

**Castor Oil Packs**

MarysHerbs.com

Anatomy of the Respiratory Tract

Lower Respiratory Tract

MarysHerbs.com

Noninfectious Diseases of the Respiratory Tract

- **Asthma**
  - Chronic lung disease characterized by inflammation and narrowing of the airways
  - Caused by hyper-reactivity of airways to
    - Allergens in the environment
      - Pet dander, mold, dust, pollen
    - Allergens in food
      - Proteins in milk, nuts, soy
  - Can be triggered by
    - Emotions, pH imbalance, exercise, temperature change

Asthma Symptoms

- Wheezing
- Coughing
- Chest tightness
- Trouble breathing

An asthmatic attack can be a life-threatening emergency

Herbal Trace Minerals Help lessen Pet Dander

MarysHerbs.com

Noninfectious Respiratory Conditions

- **Hay Fever (Allergic Rhinitis)**
  - Inflammation of the nasal passages
  - Allergy to pollen, mold, chemicals, dust mites, animal hair or dander

- Prompt white blood cells to release histamine and other inflammatory and irritating agents in the body

- Check Adrenals
- Check pH

Call 911 and then.....

**Stopping an Asthma Attack Using Acupressure**

Sometimes when a person is having an asthma attack it is due to too much chi (energy) or stuck chi in the lungs and bronchials. Excess energy (Qi) can sometimes be drained from the lungs and bronchials by using this technique.

The Acupressurist stands (or preferably sits) next to the sitting victim of the asthma attack.

The acupressurist holds both of the asthma sufferer's middle fingers with their left hand thumbs away from the base of the fingers.

The acupressurist then lays his right hand over the 3rd Thoracic vertebrae usually at the base of a neck.

Ki Method
King Institute

MarysHerbs.com
Help for an Over-Active Immune System

- The goal is to soothe and nourish the tissues of the respiratory tract and calm the immune system to provide symptom relief

Correct pH

Nature’s Sunshine Products

- **ALJ**
  - Soothes irritated tissues, neutralizes allergens, promotes expulsion of mucus

- **HistaBlock**
  - Supports the respiratory system in its battle against allergens, pollutants, and toxins, especially during the changing seasons. Stabilizes immune cells and soothes inflamed mucous membranes

Noninfectious Respiratory Conditions

- Chronic Obstructive Pulmonary Disease (also known as Emphysema)
  - Usually caused by long-term smoking
  - Lung alveoli loses elasticity and becomes floppy

COPD (Chronic Obstructive Pulmonary Disease)

- Shortness of breath
- Coughing
- Copious mucus production
- Exercise intolerance
- Wheezing

Equal Parts of Liquid Lobelia & Liquid Capsicum until projectile vomiting (CAUTIONS)

Clubbing of Fingers

- Clubbing of fingers is a common sign of COPD

Lung

Blue Lips indicates lack of oxygen to extremities
Emphysema

Emphysema occurs when the air sacs in the lungs are gradually destroyed, making you progressively more short of breath decreasing the amount of oxygen available to the cells of the body. Emphysema destroys the elasticity of the opening of the air sacs which causes them to collapse so the air in the lungs can not escape.

Nature’s Sunshine Products

- Breathe EZ Concentrate combines 14 Chinese herbs that
  - provide nutritional support for the lungs
  - increase the flow and expulsion of mucus to remove toxins from the respiratory tract, especially the lungs

There is no cure for the common cold because the common cold IS the cure!

My lecture to Lung Cancer Survivors... Out of 100 people I asked.... How many have had:

- A good productive cold within the last year — 0
- A good productive cold within the last 2 years — 0
- A good productive cold within the last 3 years — 0
- A good productive cold within the last 4 years — 2 or 3

Not until after 5 years did people report having a good productive cold.

A Cold Serves a Purpose... It is a VERY Effective Respiratory Cleanse

Infectious Diseases of the Respiratory Tract: Viral Illnesses

Acute Bronchitis

- Short-lived inflammation of bronchi
- Caused by viral or bacterial infection
- Often follows cold or flu
- Symptoms
  - Dry or wet cough, hoarseness, fever, wheezing, dull chest pain

Emotion of the Lung

Release It (Vented Grief Formula)

- Color: White
- Emotion: Protective
- Music: Marching Band
- Organs: Colon, Lungs
- Personality: Organized
Influenza or Flu

- Respiratory infection caused by a number of viruses
- Symptoms similar to those of common cold but typically have sudden onset and are more severe
- Can be life-threatening in the ill, the elderly, and the very young

Nature’s Sunshine Products

Elderberry D3fense and Chewable Elderberry Plus
- Stimulate and support the immune system
- Provide essential nutrients for the respiratory system
- Create an unfavorable environment for infection-causing organisms

Nature’s Sunshine Products

VS-C
- Creates a favorable environment for microbial balance and promotes a healthy respiratory tract
- Supports the immune system as it works to overcome viral illnesses, including the common cold, flu, and croup

Echinacea/Goldenseal
- Includes two powerful herbs known to support the immune system
- Helps overcome viral and bacterial infections
- Tones the membranes of the respiratory tract
- Reduces inflammation

Pneumonia

Inflammation of the lung or lungs caused by infection with bacteria, viruses, or fungi
- Symptoms include fever, chest tightness and discomfort, difficulty breathing, coughing, and wheezing

Immune System Defenses

- The immune system's job is to defend the body
- It is activated by invading organisms
- Most respiratory symptoms are caused by the immune system
- These symptoms are helpful—even essential—in overcoming the illness

Immune System Defenses

- Coughing is a natural reflex that expels disease-causing germs from the lower respiratory tract
- Clears the lungs and bronchi of excess mucus, helping prevent pneumonia
Castor Oil Packs
Soak White unbleached flannel in castor oil
Apply to lungs
Tape on wax paper
Leave on overnight

Onion Poultice
Grate onion
Apply to lungs
Tape on wax paper
Leave on overnight

Mustard Plasters
Mix together:
• 1 egg
• 4 tablespoon flour
• 1 tablespoon of ginger
• 1 tablespoon dry mustard
Add water until paste
First apply lard to skin, then apply the paste on cloth and apply to chest. Leave on until skin is pink or for no longer than 20 minutes.

Wheezing
• Wheezing is an abnormal whistling sound made while breathing
• It is commonly heard in the lungs of individuals with asthma, croup, pneumonia, and bronchitis

Fever
• Fever kills invading organisms
• “Pasteurizes” the blood
• Speeds metabolism
• Enhances delivery of oxygen and nutrients to sites of infection
• Hastens removal of cellular debris and toxins
• Glutathione patches and Onion in socks

Nature’s Sunshine Products
• High Potency Garlic
  – Garlic has potent anti-viral, antibacterial, and anti-fungal properties
  – Helps the immune system overcome respiratory tract infections
  – Aids in expulsion of mucus
  – Increases circulation to promote healing

Respiratory System Solutions
• Lung Support TCM: is a Chinese herbal combination that acts as a tonic to moisten and nourish the tissues of the respiratory tract, particularly the lungs.
• Bronchial Formula: is an Ayurvedic herbal formula designed to nourish the lungs and bronchi and to offer general protection to the respiratory tract.
• ALJ: helps to soothe tissues and acts as an expectorant. This herbal combination supports healthy lung function, especially during seasonal changes.
What happens when you….

- Take cough suppressants?
- Take fever reducers?
- Take antihistamines to "dry up" mucus production?

Cystic fibrosis is a genetic condition which causes the build up of thick, sticky mucus in the lungs, digestive tract, and other areas of the body.

- Alpha I AntiTripsin Deficiency Disease is a condition caused by a lack of the enzyme tripsin which is produced by the pancreas.

- Whooping cough aka Pertussis is caused by a bacteria.

- Severe acute respiratory syndrome (SARS) is a serious form of pneumonia which is caused by a virus.

Other Respiratory Conditions

Questions???

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