

Bronchial Asthma

What Is Bronchial Asthma?

Asthma is a range of several related diseases with a number of causes. It is possible for asthma to be life-threatening if it is only medicated, and the condition should be taken seriously.

If you have asthma, it's critical to:

1. Take asthma seriously.
2. Start taking asthma medications.
3. Get help if asthma symptoms don't clear up.
4. Pay attention to asthma symptoms.
5. Come up with a plan to wean yourself off asthma medication and control the condition without the use of drugs; drugs have short and long-term side effects that can shorten your life.

What Causes Bronchial Asthma?

The pharmaceutical industry would love for you to believe that asthma is triggered by dust mites, pollution, genetics, and more. This leaves you without any answers, forced to continue using asthma medication. The alternative viewpoint is that panic attacks and diet can trigger allergies; anxiety and the absence of friendly bacteria are contributing factors. Some people may be genetically predisposed to asthma, but this is not a life sentence. Proper rehabilitation can help to clear up asthma, even in these cases.

Common triggers of asthma include:

- Allergies
- Infections
- Intense exercise
- Stress/anxiety/excitement
- Cold air
- Occupational dust/vapor
- Air pollution
- Cleaning products
- Drugs

All of these asthma triggers cause inflammation. As a result, the asthma drug of choice is an anti-inflammatory steroid.

Bronchial Asthma FAQ

Q: How can Serrapeptase help with Asthma, and how many should I take?

A: Serrapeptase helps immensely as it clears out all of the inflammation, mucus, and dead scar tissue. By clearing away this problem tissue, it enables the body's own healing system to replace it with healthy tissue, with better bronchial/lung function as a result. Start with 2 tablets of Serrapeptase x 3 times per day on an empty stomach and increase to 4 x 3 if no relief within 7 days. Then gradually reduce to 1 x 1.

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“I took Serrapeptase 1 capsule (80,000 iu) x 3 times per day for asthma which I have recently developed, but it didn't seem to make a great deal of difference. I have now doubled that dose and find it makes an enormous difference. I can breathe reasonably freely again though at my age (86), I am not playing soccer. I look forward to even better results shortly. Best wishes.”

- Reg W.

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“Many thanks for the Serrapeptase tablets and the OxySorb. I am amazed at the difference 20 drops can make to my breathing when I take my walk each day. Fantastic! As far as the tablets are concerned, I really have no way to measure their effect, but I feel much better. I see the consultant on November 2nd with a new lung test, so hopefully, I can report an improvement.”

- Alan Kirton

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Follow the Health Plan as recommended for the best results:

BRONCHIAL ASTHMA HEALTH PLAN

The plan intends to help your lungs in resolving the immune problems and clearing the inflammation, scarring, and dead tissue. By adding important nutrients such as Vitamin D3, the recovery should be apparent within 30 days.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy lungs - in order of priority:*

- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **Nascent Iodine** - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Ancient Minerals Magnesium Oil Ultra** - Increases absorption of magnesium and reduces pain. Apply liberally onto skin such as chest, arms and leg muscles to cover a wide area for absorption.
- **D.I.P. Daily Immune Protection** - Take 1 capsule, twice daily with food. Protects against infection and maintains a balanced immune system.
- **Liposomal Vitamin C** - Highly potent Vitamin C for maximum absorption, highly potent for cells. For best results, snip or tear the notched end off the packet, squeeze into one or more ounces of your favorite natural juice or water, drink on an empty stomach, and wait at least 15 minutes before eating.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days. **(See www.Probiotic29.com/studies)**
- **Active Life Capsules** - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.
- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.