

Bronchiectasis

What Is Bronchiectasis?

Bronchiectasis (brong-kee-ECK-tah-sis) is a rare lung condition that can occur in infants and older children; adults can get bronchiectasis in some cases. Without any related complications, bronchiectasis isn't considered serious, but it can become a lifestyle issue when other health problems are present. Bronchiectasis does not have a cure and can inhibit a normal lifestyle without the proper treatment.

In bronchiectasis, bronchial tubes will become distended and enlarged to form pockets of infection. When the walls become damaged, it will impair the lungs' cleaning system. Tiny hairs (cilia) that line the bronchial tubes and filter germs, dust, and excess mucus are affected. When the cleaning system of the lungs is compromised, bacteria, mucus, and dust will build up. This breeds infection that is difficult to treat.

What Causes Bronchiectasis?

Bronchiectasis is the result of a number of infections that cause damage to the bronchial walls and cilia. Some people may be predisposed to the health condition due to a number of inherited or congenital deficiencies, including cystic fibrosis and immunological deficiency.

In rare cases, a genetic abnormality of the cilia may make a person more susceptible to bronchiectasis. Pneumonias caused by whooping cough and childhood measles may also trigger a predisposition to the condition by breaking down the walls of the bronchial tubes to allow pockets of infection to form.

If an obstruction presses on the inner bronchial tubes or blocks the outside of the bronchial tubes, it can also trigger bronchiectasis. In children, choking on a small object like a nut that gets lodged in the windpipe may block off an air tube. If this occurs, it will injure the wall of the tube and prevent air from passing. The bronchial tube below the obstruction will balloon out and collect infection and pus.

Bronchiectasis FAQ

Q: Our 2-year-old son has bronchiectasis, as a result of post-infection damage from pneumonia. This happened a year ago, and he has been treated with antibiotics (azithromycin) prophylactically last winter and for 2 weeks whenever he has cough (ongoing). We would like to start giving him Serrapeptase and have bought Good Health Naturally 80,000 IU strength tablets. However, these might be difficult for him to take. Please can you advise me on the dosage we should give him?

Also, can we give him a day's dosage in one go, rather than 3 times a day? We could give it to him in the morning, on an empty stomach. Also, might capsules be easier? And can you recommend a brand?

A: I feel you are jumping the gun as to what is needed to completely clear up his problems. A relief for Bronchiectasis based upon my book Bronchiectasis Rehabilitation in 30 Days is all in here. Please have a good read through the Bronchiectasis Health Plan.

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“Dear Robert, Thank you for your Serrapeptase. It's the best route to take in helping the prevention of Pleurisy and Bronchiectasis. I have just ordered the SerraEzyme 80,000 as you advised in your email. Thank you for the time and help you have already afforded to me, and I shall most certainly heed the advice you have already given me. With many thanks again.”

- Sue W.

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Follow the Health Plan as recommended for the best results:

Click
for more
details

BRONCHIECTASIS HEALTH PLAN

The plan to help your bronchiectasis includes: 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 the chest, arms and legs to cover a wide range of absorption.
- **D.I.P. Daily Immune Protection** - Take 1 capsule, twice daily with food. Protects against infection and maintains a balanced immune system.
- **OxySorb** - Promotes oxygen absorption. Take OxySorb formulation if you have breathing problems. Take about 20 drops in the mouth, swish around for at least 30 seconds and then swallow. Use as needed.
- **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.

Other Recommended Products

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- **Essential Digestive Plus** - For healthy digestion and nutrient absorption. Take 1 capsule as you start your meals, 3 times per day.
- **Naturally Better Vitamin E** - Protects healthy fats from oxidising and causing free radical damage. Take 1 capsule, 2 times daily.
- **The Krill Miracle** - Krill oil replaces missing essential nutrients. Take 1 capsule, 2 times per day with food.

As A Vegetarian Alternative To Krill Oil...

- **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.