

Bronchitis

What Is Bronchitis?

Bronchitis occurs when the mucous membranes that transport air to the lungs become inflamed. Cases of bronchitis may be acute or chronic.

Acute bronchitis can start out as a cough and may be related to an acute, viral illness, like influenza or the common cold. Viruses are responsible for roughly 90% of acute bronchitis cases, compared to bacteria at less than 10%.

Chronic bronchitis is a type of COPD, characterized by a cough that lasts from three months to a year, for at least two years. Chronic bronchitis may be the result of recurrent airway injury related to inhaled irritants. For example, cigarette smoking is a common cause of chronic bronchitis, next to occupational exposure and air pollution.

.....

“I have suffered with acute bronchitis for years. I felt certain that I was going to have it forever and the symptoms were so painful. Now I can see that Serrapeptase was the answer all along. Since taking it the inflammation is easing, and I’m no longer feeling so much mucous in my throat. The coughing is clearing, and finally I feel like I can breathe easy!”

- Janet, Cheshire

.....

What Causes Bronchitis?

The main cause of bronchitis is chronic inflammation related to:

- Eating too many starchy foods
- Dairy foods
- Weak immune system
- Air pollution
- Smoking

A diet that is deficient in vegetables and enzymes will also contribute to bronchitis and increase the likelihood of infection.

Bronchitis FAQ

Q: How can Serrapeptase help with Bronchitis?

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 and better lung function as a result.

Follow the Health Plan as recommended for the best results:



BRONCHITIS 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 the chest, arms and leg muscles 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 per day, 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.