

# DR. CHRISTOPHER'S *Herbal Legacy Newsletter*

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## **Bronchitis**-Natural Herbal Treatment of Bronchitis Without the use of Steroids or Other Drugs- Jim Spalding M.H.

Have you ever been unable to breathe well? What a desperate feeling! What an equally helpless and panicky feeling to watch as a small child or other loved one struggles to get breath to sustain life.

If you know what I am talking about you probably have been through the conventional route of treatments. Antibiotics, possibly inhalers, maybe even oral steroids like Cortisone. Some people may wonder what is wrong with these conventional treatments.

Before getting into the natural herbal treatment of bronchitis, consider the regular drug treatments that are given. Medical textbooks say that you will find inflammation of the bronchial walls and/or spasm of the muscles surrounding the bronchioles when bronchitis is occurring. These can be brought about by infection or irritation to the area.

When we use antibiotics, we treat bacterial infection. If there is viral infection then antibiotics do no good at all. An antibiotic will not kill a virus. The antibiotic will also be useless if the bronchitis is due to an irritation – either chemical or allergic. Even if the condition starts with a bacterial infection, an antibiotic is not effective in getting rid of the inflammation or bronchial constriction. The only positive action of an antibiotic is to kill bacteria. Their side effects can range from mild digestive distress such a diarrhea, nausea, and vomiting to fungal infections, kidney damage, deafness, and even fatal anaphylactic shock. They are Russian roulette in a pill. I personally will not take them unless there is absolutely no other effective remedy for a situation. I have not found that situation yet.



Inhalers can be helpful as a temporary crutch in some types of bronchitis. They can contain a drug that relaxes the muscles surrounding the bronchial tubes or a drug that reduces the swelling in the wall in the bronchial tubes. They also have side effects including increased blood pressure, nervousness, tremors, headache, bronchospasm, anaphylactic shock, oral thrush infection, and weakening of the muscles of the larynx. These are only a few of the problems reported. Among all drug treatments for bronchitis, these are the least harmful.

Oral steroids such as Cortisone are drugs that treat only the inflammation (swelling) in the walls of the bronchial tubes. They do not do away with the cause of the swelling. The side effects of these drugs would take a couple of pages. Among them are suppression of our own natural steroid production, disruption of the menstrual cycle, worsening of diabetes, acne, weight gain, fragile skin, depression, insomnia, osteoporosis leading to bone fractures, and so forth. In short, they can possibly ruin your health. There must be a better way!

I am so relieved that there is a better way. One of the best remedies of which I am aware is a tea made from a combination of Mullein and Lobelia in a 3:1 ratio. When you hear this story, you will be able to understand my gratitude to our Creator for these herbs.

A few months ago I found out that my little grandson – going on three – had been sick with bronchitis for at least three weeks. Two rounds of antibiotics later he was still suffering. Mama and Papa were getting very little sleep as he struggled to get his breath. Brothers and sisters were irritable because they weren't sleeping well either. My grandson looked bad. When I found out about this, I immediately went out to the farm and educated Mama on how to use these herbs. She did it. A tea of these herbs was made and applied to the chest. When I followed up with a phone call the next day I was told that he was breathing easily and all had slept better!

I hope that this makes life better for someone you love.

*Jim Spalding is a Master Herbalist graduate of The School of Natural. Speaking, writing, and individually teaching have become his way of advancing the health of this country. For questions and other help, contact can be made through his web site at <http://natural-healingwithherbs.com/>.*