

# Asthma

Asthma is a respiratory disorder in which spasms of the bronchial passages restrict the flow of air in and out of the lungs.

## **Possible Causes and Contributing Factors:**

- Intestinal parasites
- Low stomach acid
- Heavy metal body burden
- Food/environmental sensitivity
- Adrenal cortical hypo-function
- Adrenal cortical hyper-function

**NOTE:** *Critical for the adrenals to work properly in order to breathe adequately (adrenals control the sphincter muscles at each of the openings of the alveoli – alveoli are small air bags inside the lungs where the exchange of oxygen and carbon dioxide take place)*

## **Suggested Dietary Changes:**

- Eliminate all dairy
- Water Cure

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*