

Bronchitis

Bronchitis is commonly known as an inflammation of the trachea and the bronchial tree (acute or chronic). Acute bronchitis may be caused by viral or bacterial infections. These are the main causes; however, environmental conditions, such as pollutions, fumes, solvents, etc. also contribute to this health issue. This type of bronchitis is often preceded by an upper respiratory tract infection.

The second type of bronchitis is known as chronic bronchitis. This ailment may result from prolonged exposure to irritants to the bronchial. Among these are the following: cigarette smoking (second hand smoke is just as harmful), environmental toxins and poisonous fumes, etc. The cells lining the bronchi produce excess mucus in response to the chronic irritation. This lifestyle can lead to many other health issues.

Possible Causes and Contributing Factors:

- Acute – food or environmental allergens causing excess mucus
- In the chronic phase, iodine deficiency should be considered
- In the chronic phase, food and environmental sensitivity should be considered
- In the acute phase, the problem generally develops after a cold or flu. If fever is present or mucous production is significant, a bacterial infection is probable, with need for anti-biotics ruled out
- Diet high in refined carbohydrates and processed foods
- Fatigue with subsequent adrenal dysfunction

Suggested Dietary Changes:

- 8 full glasses of pure water daily
- Eliminate mucous producing foods such as dairy, gluten, gelatin

**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.*