

## Asthma

### Description

# Bio-Resonance Therapy for Asthma

Asthma is a variable and reversible obstruction of the respiratory tract as a consequence of inflammation and hyper-reaction of the respiratory tract. This brief description describes asthma but does not explain anything about the underlying causes and triggers of this inflammatory disease.

## Asthma – an inflammatory disease

When we think of inflammation, we may imagine a health condition that causes visible swelling such as rheumatoid arthritis. However, a common example of a health problem involving chronic inflammation is asthma. For example, peer reviewed studies have found that in the blood tests of asthma patients, there are higher levels of a protein closely associated with inflammation called c reactive protein. The more severe a case of asthma, the greater the level of [this protein](#) in the blood.

## What causes chronic inflammation?

It is understood that at the onset of the disease each [asthma patient](#) has one, two, or multiple allergies. These allergies were the foundation of the condition that preceded all further pathological processes. To a certain extent, the tubes that carry air in the lungs, known as bronchioles, learn from the reaction to an allergen the processes leading to obstruction. They become increasingly hypersensitive. Eventually, a highly varied range of factors may prompt similar reactions even though no allergen is present. These influences are primarily viral infections and physical exertion.

## Common triggers

Other asthma triggers are mental stress and mechanical or chemical irritation such as dust mites, air pollutants, pollen and chemical vapours. Certain medications such as ibuprofen and aspirin, which are collectively called nonsteroidal anti inflammatory drugs, may exacerbate acute inflammation and other asthma symptoms.

## Therapy to fight inflammation

### Preventative measures

Avoiding known triggers can help to prevent an allergic condition from causing an unpleasant immune system response. Depending on a person's particular triggers, this could involve: cleaning regularly to reduce dust allergens; avoiding going out when the pollen count is high; not using certain harsh

chemicals and keeping away from smoke, including cigarette smoke. Those who struggle with exercise-induced asthma need to closely monitor their symptoms and build up physical exertion gradually to prevent the risk of an attack.

Given that inflammation is a significant part of asthma, some people try to enhance their health by switching to an anti-inflammatory diet and avoiding inflammation-causing foods such as fried foods, hot dogs and french fries.

## Common treatment methods

Child with asthma inhaler

A boy taking asthma symptom-relieving medication through an inhaler

Doctors will often prescribe inhalers that contain bronchodilator chemicals that help to expand the airway, and therefore make breathing easier. Different types of inhalers can be used both as a preventative measure to reduce the risk of an asthma attack occurring and as a reliever to help lessen breathing difficulties and severe asthma attacks, which could otherwise be life threatening.

To prevent viral diseases from causing further breathing complications, asthma sufferers may be encouraged by their doctor to get an annual flu vaccine. It is also beneficial to avoid close contact with people who have a cold or another infectious condition affecting the respiratory tract. Rather than being a short term treatment, allergy shots are designed to desensitise the patient to an allergen, so that they can gain lasting control over their symptoms.

## Combination treatment

Physicians and patients have a very difficult time recognising asthma for what it is. If a manifest bronchial hyper-reactivity has imposed itself onto the allergic situation, successful treatment of the allergy does not simultaneously eliminate the asthma symptoms. Complete and long-term healing of chronic [bronchial asthma](#), characterised by hyper-reactive bronchioles, therefore presupposes treatment of the allergies as well as the subsequent anti-inflammatory effects in the bronchioles. Treating only one of them would definitely be insufficient.

## Bioresonance treatment plan

Bioresonance therapy has proven to be very effective in treating asthma patients. In an acute condition, its effects provide noticeable relief and antispasmodic easement. In the interim, between attacks, it helps the body with detoxification and harmonises. Using the [BICOMÂ® device](#) for a basic therapy, its selection is dependent on the individual case, it is recommended to always add a second treatment. On the one hand, a pure allergy therapy tool frees the patient from all allergic stressors, those creating the condition for the eventual healing of their asthma. On the other hand, as therapy uses the patient's own oscillations, which aims at relief, detoxification, and classification of overreactions.

More information on this topic can be found in the book by Dr Peter Schumacher entitled ["Biophysical Therapy of Allergies"](#)

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