

## Asthma Checklist and Protocols

### Check list of factors to consider with asthma

We are looking for things that reduce or short circuit the cellular energetics of the cell or factors that may over stimulate the immune system causing systemic inflammation. Consider the following in your search for underlying causes:

**Food allergies**... Elimination diets appear to be the most accurate; however patient compliance is more difficult.

**Respiratory infections**... consider **A.D.P.®**

**Gastrointestinal reflux**... It has been noted that 20% of asthma patients may have silent reflux.. Therapeutic consideration.... Treat digestion in the early stages of therapy to assure foods and nutrients are absorbed and to assure adequate HCL is available to kill unknown bacteria that may be present in food.

**Obesity**... Adipose tissue secrete cytokines that increase inflammation.

**Reduce Exposure to irritants**... sulfites, food dyes, histamines found in wines, especially MSG. If perfumes, smells, chlorine are a major trigger... consider molybdenum as **MO-Zyme Forte™**.

**External Factors in the home**... animal dander, dust mites, etc.

**Mold and other fungi in the home** as well as systemic yeast overgrowth and or dysbiosis. Consider molybdenum, **A.D.P.®**, **Bio-HPF®**, **Dysbiocide®** and **FC-Cidal™**.

**Air pollution** which can cause free radicals. Consider **BioProtect™**.

**Heavy Metals**... consider **Lipoic Acid** and **Porphyra-Zyme™**.

**Drugs interactions**... Beta Blockers can aggravate asthma.

**Assess for borderline Hypothyroidism**... Dr. Alan Gaby reported 2 uncontrolled reports from the journal Asthma Res. 1980; 17:157-164 and 1977; 14:111-118 where authors Ismail AA, Badrawy HS and Hafez SI, used 20 mg of Triiodothyronine in euthyroid cases and resulted in subjective and objective improvement. His personal experience has been limited but promising.

**Assess Adrenal** checking for high cortisol (**ADHS®**), low cortisol (**ADB5-Plus™**) as well as **DHEA**...

**Bedroom concerns**... 1/4 to 1/3 of one's life is spent in the bedroom. Stuffy nose, cough, wheezing, puffiness or dark circles around the eyes are more prevalent in the morning are classic signs that there are environmental concerns in the bedroom. The detection process begins as you try to find the agents that are aggravating or sustaining the inflammation process which will result in constricted breathing. One easy suggestion is to never allow pets in bedrooms this will limit animal dander.

### Nutrients that enhance cellular energetics

Co Q 10, phosphorolated or activated forms of the B vitamins, **Acetyl-L-Carnitine, Lipoic Acid**, vitamin K and magnesium. **VasculoSirt™** can be used as a multiple to cover this area. Start aggressively and reduce the dose after 60 days. Dr. Mark Houston, the developer of this formula, uses 5 two times a day with all his patients.

**VasculoSirt™...** 2-5 capsules twice a day

### Nutrients that will reduce inflammation

Curcuminoids, Boswellia, Propolis, Green Tea, Ginger, Resveratrol, Alpha Lipoic Acid, etc.

**KappArest™...** 3 capsules twice a day

### Nutrients that will rebuild and support lung function

**Pneuma-Zyme™...** 2-3 tablets three times a day

**OOGanik-15™...** 2-3 tablets three times a day

### Other nutrients to consider supporting above concepts; test in the appropriate manner

**Mg-Zyme™...** to bowel tolerance. Start with 4 tablets at night and increase one each night until a loose but formed stool is present.

**Iodine...** in the liquid form as **Liquid Iodine Forte™** (30 drops) or in the tablet form as **Iodizyme-HP™...** (1 tablet)

**B12-2000™ Lozenges** ...use 3 lozenges per day for 30 days and evaluate.

**Bio-C Plus 1000™...** 1 tablet three times a day.

**B6 Phosphate...** (P-5-P form of B6) contains 20 mg of B6. Use 1-3 tablets three times a day until dreaming is consistent.

**Bio-D-Mulsion Forte®...** (2000 units per drop) check 25 hydroxy vitamin D3 levels and increase to 50-100 ng/ml. Some cases report the higher levels generated better results.

**Biomega-3™ Liquid...** 1-2 tablespoons per day. Each tablespoon yields 4200 mg of EPA and DHA