**Description of condition: When a person with asthma comes into contact with something that irritates their airways (an asthma trigger), the muscles around the walls of the airways tighten so that the airways become narrower and the lining of the airways becomes inflamed and starts to swell. Sometimes sticky mucus or phlegm builds up which can further narrow the airways. All these reactions cause the airways to become narrower and irritated - making it difficult to breathe and leading to symptoms of asthma.**

**Signs and symptoms: coughing, wheezing, shortness of breath and tightness in the chest. Not everyone will get all of these symptoms. Some people experience them from time to time; a few people may experience these symptoms all the time.**

**Triggers: Triggers are smoking, animals, moulds and fungi, air pollutants, emotions, food, house dust mites, colds and viral infections, pollen, exercise, sex, hormones and weather. It can be difficult to identify exactly what triggers asthma. Sometimes the link is obvious, for example when your symptoms start within minutes of coming into contact with a cat or dog. But some people can have a delayed reaction to an asthma trigger, so some extra detective work may be needed. It may be impossible to avoid all triggers but once you have identified them, there are things you can do to help reduce unnecessary symptoms and better control asthma.**

**Who it affects: Asthma can affect anyone. 5.4million people in the UK are currently receiving treatment for asthma. 1.1million of them are children. There is a person with asthma in one in five households in the UK.**

**Holistic overview to asthma: For a holistic overview of asthma one would have to try and identify the trigger or triggers. Once the trigger or triggers are identified we would recommend accordingly.**

**Firstly we would recommend including whole foods into the diet if not already included as we eliminate many foods known to stress the body. Eat more fruits and vegetables along with protein and whole grains and nuts (as long as you don’t have a nut allergy). Any products from cows such as milk, cheese and yoghurt are known to aggravate asthma as they are mucous forming. As an alternative, goats products are recommended as they are mucous neutralising and goat’s milk has been proven to be the closest alternative to women’s breast milk.**

**If the trigger is stress related we would recommend a yoga class or maybe light exercise or even a stroll in the outdoors. If it is allergens then remove carpets and replace with rugs that can be removed and washed regularly. Or use allergy mattress covers and pillow covers with proven dust mite casings. This will keep them clean and free from dust which attracts the dust mites.**

**Referral and support systems for asthma: Your first point of call should be your GP who should be able to identify whether you are suffering from asthma. Once you have been diagnosed, try and identify your trigger or triggers and eliminate them.**

**Asthma UK is a national charity offering help and advice with asthma. They have a comprehensive website and free phone number (Monday to Friday from 9am to 5pm). They can help with advice, allergy friendly products and health information.**

**See an accredited homeopath in your local area who will take time to listen to your emotional and physical symptoms and prescribe a remedy adapted to you as an individual. Homeopathy works on a principal known as ‘the law of similars’ or ‘like cures like’**

**Or you may want to consult an acupuncturist who again will have a comprehensive initial consultation with you. The therapy typically involves puncturing the skin with needles in defined points to relieve pain and reduce the symptoms.**

**Key reflex out of balance and key system out of balance : The key system out of balance would be the respiratory system. We would pay special attention to the following reflexes.**

**Lungs: Stimulation of the lung reflex could benefit the asthmatic condition through at least two mechanisms. Relaxation of the smooth muscle surrounding the bronchioles would help to relieve the bronchial constriction. Additionally, the reflex action may rebalance the cells lining the bronchioles reducing inflammation and sensitivity.**

**Pituitary: Since the production of cortisol by the adrenal gland is controlled by the pituitary gland it is reasonable to also stimulate the client’s pituitary gland reflex to invoke overall endocrine system balance.**

**Adrenal reflex: Cortisol is a natural steroid produced by the adrenal glands. It has many physiological effects, but a key effect for asthmatics is that it behaves as an anti-inflammatory. In fact, many of the drugs used as preventers are corticosteroids – synthetic compounds made to mimic cortisol. If production of cortisol could be stimulated via the adrenal reflexes then the anti- inflammatory effect could reduce inflammation and thus sensitivity of the bronchial airways.**

**Solar Plexus reflex: Stress and tension are a very common trigger for asthma. The stimulation of the solar plexus at the same time as deep breathing will help the client to reduce their overall stress levels.**