



## What is Emphysema?

**Emphysema** is a **long-term and progressive respiratory disease** that causes shortness of breath and difficulty breathing. Damage to the small air sacs and airways within the lungs causes the lungs to lose elasticity, making it impossible to completely exhale air.

So while lungs with normal elasticity will stretch to capacity to take in fresh air and then easily exhale carbon dioxide (like a balloon), **lungs with emphysema have become less elastic** and so have to work extra hard to exhale. The more CO<sub>2</sub> that remains in the lung sacs after exhaling means less oxygen can be inhaled with each breath. As **emphysema** progresses, breathing becomes effortful and energy - consuming, and it slowly begins to interfere with certain physical activities.

It is important to remember that while **emphysema** is a serious and frustrating condition, it **develops slowly (usually over years)** and there are a number of treatment options that can further slow down its progression.

## What are the Symptoms of Emphysema?

As emphysema progresses so slowly, most people do not notice any symptoms or slight changes in breathing during the early stages of the illness. Unfortunately, this means that most people are only diagnosed when symptoms are severe, by which time the disease is in advanced stages and serious irreversible damage has already occurred. Symptoms may include:

- Shortness of breath or dyspnea
- A persistent cough (with or without phlegm)
- Wheezing
- A feeling of tightness in the chest
- A barrel-like distended chest
- Lowered oxygen levels may result in fatigue, irritability and difficulty concentrating
- Frequent headaches

## Diagnosing Emphysema

**Diagnosing emphysema** will begin with a detailed medical history and a physical examination. Your physician will need to know the **details of your smoking history** and as much information as you can give regarding all your symptoms. Further tests such as a lung function test, blood tests, chest X-rays, and a CT-scan may also be recommended to make an accurate diagnosis and to determine the full extent of the damage to lung tissue.



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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

# What Causes Emphysema?

The **main cause of emphysema is smoking**. By smoking, the lungs are continuously exposed to harsh chemicals and irritants. It is the body's reactions to these irritants entering the airways and alveoli that cause much of the damage associated with [emphysema](#).

As foreign particles enter the lungs, defensive cells called macrophages are released which help to attack and destroy these foreign inhaled particles. Unfortunately, these macrophages also **destroy certain proteins that are involved in keeping the lung's elasticity**. In addition, the chemicals in cigarettes destroy and paralyze the delicate cilia in the bronchial tubes, which are responsible for sweeping irritants and germs out of the lungs. As these cilia no longer perform, germs and foreign particles remain in the airways, causing inflammation and permanent damage to lung tissue.

Another [cause of emphysema](#) is a **deficiency of the protein called alpha-1-antitrypsin (AAt)** which is responsible for protecting the elastic structures of the lungs. This hereditary deficiency is the main cause of early onset [emphysema](#) or emphysema in people that have never smoked.

## Help for Emphysema

### Conventional Treatment

Conventional [treatments for emphysema](#) focus predominantly on relieving symptoms and avoiding further respiratory complications such as bronchitis and pneumonia. Treatment may include:

**Medications:** There are a number of different medications that may be prescribed to help reduce symptoms and assist with easier breathing. These may include bronchodilators, diuretics, and corticosteroids. Many physicians will also recommend antibiotics and [flu](#) or pneumonia vaccines to prevent further lung complications. Ask your health care provider to inform you of all side-effects of any medication prescribed and be wary of prolonged use of antibiotics as these have a detrimental effect on the immune system.

**Oxygen Therapy:** Many people with severe [emphysema](#) find great relief with continued or transient oxygen use. This will increase the amount of oxygen available to the lungs and blood stream and may relieve some of the debilitating symptoms. There are different types of oxygen therapy and different methods of administration so speak to your health care provider about what options would best suit you should oxygen therapy be necessary.

**Surgery:** Two surgical options are available for those with advanced [emphysema](#). The first is called lung volume reduction surgery (LVRS), in which surgeons remove small pieces of damaged lung tissue. This creates extra space within the lung cavity allowing the healthy tissue and diaphragm to work more efficiently. The [emphysema](#) still progresses slowly so this is not a permanent solution. The effects of this procedure are usually felt for about two years. The second option is a lung transplant in which either one or both lungs are replaced with a lung from a donor. This option is limited as there is a long waiting list and a scarcity of donor



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### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

lungs.

## Natural Remedies

Herbal and homeopathic remedies have been used with great effectiveness in alleviating the symptoms of respiratory illnesses including [Emphysema](#). Used in conjunction with conventional medications or as a part of a holistic treatment plan, herbal medicines can be used to support [respiratory health](#), **maintain open airways and assist with easier breathing**. Examples of such herbs include Matricaria recutita and Astragalus which are known for their antispasmodic and anti-inflammatory properties.

In addition homeopathic ingredients such as Mag Phos and Nat Sulph help to ease chest and throat constriction while soothing irritated mucous membranes and reducing the presence of phlegm in the chest. Used on a regular basis, natural remedies can help **improve overall [respiratory health](#), open up bronchioles**, loosen constricted chests and ensure strong immune system functioning.

## Tips on Slowing the Progression of Emphysema

- If you do smoke, now is the perfect time to quit smoking naturally. This is the most important thing that you can do for your health at this point. It is also important that you avoid second-hand smoke, so ask family and friends not to smoke in your presence and sit in the non-smoking areas when going out.
- Practice regular diaphragmatic breathing exercises that help you control your breathing with your abdominal muscles.
- Avoid other respiratory irritants such as paint fumes, dust, air pollutants, perfumes and incense.
- Keep healthy with a balanced diet and regular exercise.
- Avoid respiratory infections where possible! Protect yourself against developing colds and flu and if they do appear, treat them as soon as possible so that they do not have time to develop into chest infections.
- Drink plenty of water!
- Avoid cold air. When you do go out in cold weather, wear a scarf over your nose and mouth to warm the air before it reaches your lungs.

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play

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in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by



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producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

## **Related Natural Remedies:**

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**Triple Complex BronchoSoothe** is a safe, non-addictive, natural remedy

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2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

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This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

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containing *100% homeopathic ingredients* especially selected to temporarily **relieve tightening of the chest to open airways and improve respiratory health.**

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Due to its unique homeopathic formula, Triple Complex BronchoSoothe is *safe for all ages, as well as during pregnancy and nursing.*

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