

ASTHMA PROGRAM

For an Attack:

4 = Zinc It!
2 = Cataplex E
2 = Cal-Mag Plus
4 = Emphaplex
3-5 = Drenatrophin
2-10 = Betaine Hydrochloride

For Maintenance:

30 minutes before breakfast and dinner:

2 = Hempseed oil softgels
1 = Cal-Mag Plus
2 = Probizyme

Before each meal:

2-6 = Betaine Hydrochloride

Daily:

1 dropper- 3x/day = BioVitale Water
3x/day = Bio Code # 8
10-15 daily = Allerplex
1 scoop = Greenergy

Other Helpful Notes:

- Eliminate dairy and wheat for at least 30 days
- Use the **Dry Brush Massage** technique daily
- Do not take aspirin or aspirin-containing drugs
- Drink **fenugreek and comfrey leaf teas** daily
- Soured **raw goat's milk** products are an excellent protein food
- Eat **spouted seeds and nuts** frequently
- **Turnip/ pineapple juice**, freshly made is, is excellent to dissolve mucous
- Eat **Manganese foods** frequently:

pineapple	wheat	navy beans	blueberries
tangerines	English walnuts	kidney beans	beets/greens
apples	liver	lima beans	bananas
gooseberries	spinach	peaches	blackberries