

# Asthma



*"There are possibly millions of asthmatic children who are destined to a life dependence on medication; these children may never have the chance to see if chiropractic spinal adjustments can help their asthma and provide them with a better quality of life." - Peter Fysh, D.C.*

Mary (not her real name), a beautiful 18-month baby girl, was brought to our office by her mother ten years ago. She was referred by another patient who told them that we could help with Mary's chronic ear infections, insomnia, and hyperactivity. During the consultation, it was revealed that Mary also had asthma. Her asthma was so bad, in fact, that she required three inhalations of three different asthma medications per day: that's nine puffs of corticosteroids in a small, 20 pound body, every day! Upon

examination, it was found that Mary had several subluxations in her spine, blocking the normal flow of nerve information to her immune system, her ears, and her lungs. After a few corrective adjustments, her earaches stopped and never came back, and her sleep started improving, as did her hyperactivity. It took a little longer for her asthma to improve, but after about one month of regular adjustments, her asthma had improved to the point that she did not need any more medication at all! Some of you might think that the above story is exceptional - however, stories like this one are commonplace in our office and in offices of thousands of chiropractors across the country. We specifically chose a ten-year-old case because even to this day, Mary has been asthma-free, completely.

Dozens of studies have been published, demonstrating the efficiency of chiropractic in treating asthma. For example, a study of 81 children, published in the Journal of Vertebral Subluxation Research, showed an improvement in over 90% of subjects treated chiropractically. Another study that rated quality of life also showed great results. Yet another showed peak flow rate and vital capacity improve after only a few treatments. (For references and more studies, check [www.icpa4kids.org/research/chiropractic/asthma.htm](http://www.icpa4kids.org/research/chiropractic/asthma.htm).)

Other recommendations for asthma include:

- \* Fish oils, one tbsp per day
- Vitamin C, 250 mg x age in years, per day (up to 2000 mg)
- Magnesium, 100 mg x age in years, per day (up to 1000 mg)

If someone you know suffers from asthma, or if you have any questions, give us a call; we can help!

***Please call our office to register for our lecture on childhood conditions: colic, ear infections, and asthma. The lecture will be held at the Lethbridge Public Library, on Tuesday, January 16, at 7 p.m. Please call early as space is limited.***

*Dr. Liana Harper and Dr. Pierre Gaulin are in private practice in Coaldale, and are the proud parents of two healthy children. They can be reached at*

**Harper Chiropractic Health Centre at 345-2266**

*or their website at*

**[www.harperchiro.ca](http://www.harperchiro.ca)**

*Disclaimer: The above represents the opinion of the authors, based on extensive research and years of clinical practice. It is not intended for self-diagnosis and treatment. Please consult a health care professional as your specific condition might require different recommendations.*