

DISEASE DISCUSSION

ASTHMA

Slide 1 — Introduction

Introduction to Asthma

Slide 2 — Ray Strand

- Dr. Ray Strand, a medical doctor with 35 years of clinical experience, who now specializes in the field of nutritional medicine
- Published author with several best sellers in the field of nutritional medicine
- Internationally renowned speaker on the subject of nutritional medicine
- ***What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You***

Slide 3 — Lyle MacWilliam

- President and founder of NutriSearch
- Author of the ***NutriSearch Comparative Guide to Nutritional Supplements***

Slide 4: What is Asthma?

- Doctors define asthma as a "chronic inflammatory disease of the airways" that can cause shortness of breath, tightness in the chest, coughing and wheezing.

Slide 5: What is an Asthma Attack?

- Muscles tighten, causing the airways to narrow.
- Mucus further restricts air flow

Slide 6: Asthma Statistics

- 300 million cases worldwide
- 250,000 deaths
- 11 million asthma attacks
- 500,000 hospitalizations
- 217,000 emergency room visits
- 10.5 million doctors' office visits
- 12.8 million school days missed
- 10.1 million work days missed
- 80% could be prevented
- Remove triggers to prevent attacks

Slide 7: Asthma Reality

- It's time to rethink our attitudes towards asthma education and triggers, so that asthma sufferers can all breathe easier. Or else we need to give people some new, more effective tools.

Slide 8: Old Beliefs

- Early 1970's, doctors believed the underlying problem was bronchospasm.
- Circular muscles surrounding airway tubes go into spasm
- Narrow the passageways of our lungs, restricting breathing.
- Treated with bronchodilators, like salbutamol.

Slide 9: As time went on...

- Asthma was a chronic inflammatory response.
- Inflammation was actually causing the bronchospasm
- Treated with anti-inflammatory drugs such as steroids.

Slide 10: New Knowledge

- It's now known that the underlying cause of asthma, and most, if not all chronic lung disease, is oxidative stress caused by free radicals.
- Treatment should be antioxidants.

Slide 11: Inflammatory Disease

- Asthma, like many chronic degenerative diseases, is a disease of inflammation.
- Inflammation is now believed to be a secret killer.
- Drug companies are madly making products to reverse damage from inflammation.
- Wouldn't it be better to prevent it in the first place?

Slide 12: Inflammation is Good

- Inflammation is needed when you are injured
- It's a survival mechanism in the body
- Body inflames the damaged area to protect it from further harm
- Omega 6 Fatty Acids create inflammation
- Pro-inflammatory

Slide 13: Inflammation is Bad

- Too much inflammation or prolonged inflammation is bad
- Once threat is gone, it must get rid of excess inflammation
- Omega 3 Fatty Acids remove inflammation
- Anti-inflammatory

Slide 14: Inflammation out of Balance

- NA diet way out of balance.
- Need 1 Omega 3 to 1 Omega 6 or at worst, we need 2 Omega 6's to 1 Omega 3.
- Our diets are 40 Omega 6's to 1 Omega 3 – very, very bad.

Slide 15: Free Radicals and Oxidative Stress

- Constant inflammation creates lots of free radicals.
- Body can't handle it.
- Free radicals cause oxidative stress
- Long-term oxidative stress damages cells
- With asthmatics, the lungs are weakest, so they wear out first

Slide 16: Antioxidants To The Rescue

- Antioxidants can neutralize free radicals
- Antioxidants can strengthen immune system
- 200 articles showing links between antioxidants & asthma

Slide 17: Antioxidants That Can Help

- Magnesium
- Resveratrol
- Vitamin C
- CoQ10
- Omega 3's
- Vitamin E
- Vitamin D3
- Quercetin
- Selenium
- Sulforaphane
- Glutathione

Slide 18: Treatment Not Keeping Pace

- Even with new knowledge, treatment has not kept pace.
- Western medicine is based on drugs
- Benefit plans reimburse drugs not supplements
- Asthma treatment is still drug-based

Slide 19: Dr. Strand's Recommendation for Supplements

Nutritional Supplement	Breakfast	Lunch	Dinner
Antioxidant Tablet	2		2
Mineral Tablet	2		2
Calcium/Magnesium Tablet	3		3
Grape Seed Extract	1		1
Flax Seed Oil	2 tsps		
Fish Oil Capsule (may substitute for Flax Seed Oil)	1		1
Vitamin C (additional)	2		2