

Paulina Medical Clinic

Asthma

Please read the [Introduction to the Therapeutic Pages](#)

Useful OTC remedies:

Alumina 30x	Dry mucous membranes (the pathology of clay is that it dries)
Antimonium crudum 30x	Wheezing and hacking cough after scare, shock as a sign that the Ego (Ego structure) is weak and easily impressionable
Argentum nitricum 6x	Nitrogen governs the astral body. Remedy helps when claustrophobic feelings of many types are present
Arsenicum 6x, 30x	R. Steiner: stimulates the activity of the astral body in the bronchi and thus removes hindrances to expiration
Belladonna 30x	Inflammations but especially when the soul can't let go of "Hurts"
Berberis vulgaris 30x	Anti-inflammatory and astringent to mucous membranes especially when the pathology sits below the diaphragm and causes swollen mucous membranes in the respiratory tract
Bryonia 6x	Dry cough
Bryophyllum 6x	Calming for the entire constitution. Helpful for both mother and child when they arrive agitated to the doctor
Calc carb 30x	Allows the astral body to enter appropriately into the etheric body; helpful in out-breathing
Carbo betulae 30x	R. Steiner: when air hunger is present
Cinis Radix Comp 30x	R. Steiner: ashes are important in normalizing breathing
Cinnabar Pyrite 6x	Inflammations of the respiratory tract, especially pharyngitis, laryngitis, tracheitis
Cuprum Cream	On the kidney area to both help the kidney and lessen spasms
Cuprum met 6x, 30x	Anti-spasmodic, renal help
Drosera 6x	Whooping cough like symptoms
Elderberry Thyme Syrup	Flus and colds remedy
Formica acidum 6x	Allows the astral body to connect more appropriately to the lungs
Gelsemium 6x	During flus, colds helps expectoration
Gentian Tincture	R. Steiner: gentian helps with all breathing processes. New findings reveal that the trachea contains bitter substances receptors that when activated relieve asthma
Glandula Suprarenalis (Adrenal) 6x	The adrenal needs some help in most asthmatics, no comments needed
Juglans regia 30x	R. Steiner: the walnut forms a perfect similarity to the astral body of the lungs
Lobelia inflata 6x	Painful breathing
Lung Root Menthol/Lemon	Indispensable for mucous clearing, fighting infections that lead to an asthmatic attack
Mercurius 30x	Regulates the amount of mucous secretions

Phosphorus 6x, 30x	Governs all in breathing processes
Sinus Relief	Anti allergy: contains quince, lemon, berberis, oak bark
Stannum met 30x	Governs all rhythmical processes in the body, especially the lungs, especially in children

Directions for Use (For potentized remedies, general principles):

Globules: For best results place globules under the tongue for 30 seconds. Adults-3-5 globules 3 times a day. Children 2-12 years-1-3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider. For acute use 3-5 globules can be taken every half hour several times (as directed or until symptoms resolved). If need to be taken chronically once a day is appropriate. For specific cases follow the instructions on the product label.

Liquids: instructions same as above; 1 globule=2 drops

Nutritional Supplements/Topical Remedies

Lung Root	Mucous clearing, bronchitis, colds
Boswellia 3K	Probably the most important asthma remedy. Proven to relieve both acute and chronic asthmatic problem. (R. Steiner: warming, anti –inflammatory; Mechanistically: like Singulair;)

Directions for use: follow instructions on the product label.

Ross Rentea MD

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