

The Chiropractic Approach to Asthma & Emphysema



Your trachea separates into the left and right bronchi that enter the lungs, where they divide over and over to form branches. The tiniest ones are bronchioles and these actually touch the lungs. Here oxygen enters your blood and carbon dioxide and water vapor leave it. The bronchi and bronchioles must remain fully open and clear at all times. That does not happen to these suffering from bronchial asthma.

Asthmatic Attack

During an asthmatic attack the bronchioles become swollen, go into spasm and fill with mucus. Asthmatics struggle for every breath, literally gasping and wheezing for life during an attack. In some, the gasping, wheezing and struggling go on continuously and long-time sufferers may develop a barrel chest. Attacks may be triggered by allergic reactions, emotional stress, physical exertion or irritants like cigarette smoke. In the most dangerous form of asthma, status asthmaticus, the attacks last for days and can result in death.

Asthma was rarely a fatal disease; medical folk-wisdom held that no child ever died from asthma. Today asthma kills about 5000 a year. It's the most common chronic condition in children. Childhood vaccination is increasingly implicated as the reason asthma is increasing.

Is a lifetime of drugs the only answer?

In bronchitis there is increased mucus in the trachea and bronchial tubes. It's sometimes called "smokers cough" because cigarette smoking is the most common cause. Bronchitis is rare in non-smokers but it is sometimes seen among the children of smokers.

Emphysema is usually associated with long-term smoking – many bronchioles are blocked and the lung itself is destroyed. With less lung tissue the blood gets less oxygen, causing high blood pressure and heart trouble. People with chronic emphysema can suffer for years from severe “air hunger” causing lethargy, muscle weakness, impairment of mental function and, in severe cases, a slow death.

The standard medical approach

Medicine offers no cure for asthma, bronchitis or emphysema. Patients are told to avoid physical or emotional irritants and are given temporary relief with cortisone, inhaled corticosteroids or bronchodilators that prevent or reduce swelling inside the bronchi. These drugs may cause severe side effects including addiction. Heavy use of common asthma drugs has been linked to greater risk of dying from the disease.

The chiropractic approach

For over hundred years sufferers of all types of respiratory conditions have sung the praises of chiropractic care. Typical among case histories is that of an 8-year-old diagnosed with asthma at age 5 who was using Beclovent and Albuterol one to three times a day. After 8 chiropractic adjustments over a period of 2.5 weeks, the child had stopped inhaler use, could run without gasping and was free of asthmatic attacks without medication.

A 34-month old boy with asthma and enuresis (bed-wetting) who had not responded to medical care had more than 20 emergency hospital visits for asthma attacks in the past 12 months. 3 chiropractic adjustments were administered. At a 2-year follow up the mother reported no recurrence of asthma or enuresis.

Anyone with a chronic lung condition needs to ensure their lungs and bronchi are receiving uninterrupted nerve communication.

Chiropractic is a healing art dedicated to keeping the nerve passages in the body open and unobstructed. This will help the entire body, including the lungs, bronchi and other structures of the respiratory system, heal and function at its best.

Lung volume has been reported to increase after chiropractic adjustments.

Welcome to Nachmias Chiropractic and start treating your asthma, bronchitis or emphysema!

Wouldn't it be great to not have to use all kinds of drugs that only remove the symptoms for a while? Dr. Adam will help your lungs and bronchi to receive uninterrupted nerve communication and increase lung volume, so you can live a life without chemical drugs and asthma attacks.

Book your appointment by calling any of our offices:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700