



Not Every Person with Asthma is the Same

So don't be treated like everyone else

By Ronda Behnke ND, CHomP, RN



Janet had asthma since she went through puberty at the age of 12. While other girls in school were getting used to womanhood, Janet had to learn how to use an inhaler the right way, when to take her medications, and what foods to avoid this week as the medical doctor checked for food sensitivities. She had been such a healthy, outgoing young lady until “the rash;” then she began to learn about doctors and drugs. The rash had gone away after the drugs; she was free to live again...until she started wheezing 3 months later. Now she needed to learn how to live with a chronic disease and accept that she would have to take drugs for the rest of her life.

Her friend Amy also had asthma, so Janet frequently talked with Amy to compare breathing stories. But Amy's asthma had started when she was 2 years old. Aside from that, both girls were treated with the same drugs, experienced the same symptoms, and, oddly enough, saw the same pediatrician. They were both diagnosed with Chronic Asthma and Allergies, even though all the allergy tests could not find an allergen for either girl. Still, along with inhalers and other oral drugs, both took an antihistamine every day because "allergies are always the cause of asthma," at least according to Dr. Jim.

Two girls, two diagnoses of chronic asthma. And both treated with the same drug regimen.

Is it that simple? Treat everyone with the same physical symptoms with the same drugs and give them the same diagnosis and prognosis? **In the medical field, all asthma symptoms are treated the same.** But it shouldn't be that way.

Alan was 56 when he went to the doctor with wheezing. The doctor quickly diagnosed him with asthma and prescribed several drugs for treatment. But none of the drugs helped Alan with his wheezing and shortness of breath

So the doctor subjected Alan to several allergy tests, x-rays and cardiac tests only to learn, after 6 months, that nothing could be found.

Alan was still diagnosed with asthma "as it couldn't be anything else" and sent home with the same asthma drugs that didn't work before.

The Medical Point of View

The Cause: As the general thinking is that only a response to an allergen could cause the inflammation of the airways of the lungs, most medical doctors search for an allergen or a combination of these as the causative factor to a child or adult having asthma.

The Diagnosis: Asthma symptoms are generally the same: bronchial inflammation, lung tightness, shortness of breath, coughing and congestion. Diagnosis is made by the symptoms as there is no lab test to determine if a person has asthma.

The Treatment: The standard treatment for disease management is:

- **a fast-acting bronchodilator** (such as Albuterol) to be used when a person starts wheezing or having shortness of breath; this usually works quickly.
- **a long-acting bronchodilator** (such as Serevent) to keep the lungs “open” so that the person doesn’t have to depend on the quick-acting bronchodilator.
- **an inhaled steroid** (such as Flovent) to keep the lungs from becoming inflamed and, subsequently, causing an attack. Sometimes the steroid inhaler and long-acting bronchodilator are combined in one inhaler, such as the commonly prescribed Advair inhaler.
- **an oral antihistamine** (such as Zyrtec) because most medical doctors believe only an allergy can cause asthma.



When a person is having difficulty, oral steroids (such as Prednisone) are often given, as well as a nebulizer of Albuterol. Sometimes a person will get an injection of epinephrine to speed the reduction of inflammation. If the person is experiencing asthma symptoms following a cold or the flu, then an antibiotic is often given as the belief is that the antibiotic will prevent pneumonia or bronchitis.

None of the medications, however, can heal the asthma. They are only for disease management—to keep the disease from presenting itself too often.

The Prognosis: In the medical system, asthma is incurable. The best a person with asthma can hope for is to have enough medications and medical management to allow the person to have a somewhat normal life. Most people who take medical drugs for asthma are overweight, inactive and struggle with shortness of breath and wheezing too often to have the level of activity they used to have prior

to developing asthma. As the person ages with asthma, the drugs are less-and-less effective and the person is hospitalized more often. As one Medical Doctor told an asthmatic: “You won’t live to see retirement.”

Generally, once you’re diagnosed with asthma, you will always have asthma and it will get worse.

“No medical drugs can heal asthma. When it’s time to heal, call a Classical Homeopath.”

The Homeopathic Point of View

The Cause: When medical doctors began to use chemical drugs to treat people, asthma was born. Samuel Hahnemann (the Founder of Homeopathy, 1755 - 1843), a medical doctor, noticed a strange occurrence: people who treated their skin rashes with chemical drugs developed asthma; whereas those who treated their rashes with herbs did not.

So Hahnemann checked with his colleagues and found that they knew the connection as well: that chemicals applied to the skin during a rash would later cause the person to have asthma (the connection had been taught in schools for years). Still, the medical doctors chose not to change their treatment plan for treating rashes. But Hahnemann did—he “created” homeopathy, a system of medicine that was natural and allowed the body to heal without chemicals; he felt it was the physician’s duty to cure his patient, not to make or keep them ill.

The Diagnosis: Although most Classical Homeopaths know the medical diagnoses of their patients, the Homeopath is more interested in the person, as the person holds the keys to healing. In most states of the United States, Homeopaths are not allowed to diagnose



diseases; but the best Homeopaths don't need a medical diagnosis to help people.

The Treatment: Classical Homeopaths use the same medicines (homeopathic medicines) that Samuel Hahnemann used in his time (although there are now over 4,000 to choose from). Homeopathic medicines are used to stimulate healing, not to manage a disease. In most states of the United States, Homeopaths are not allowed to “treat” diseases; but the best Homeopaths don't need to treat diseases—they just need to listen to the signs and symptoms of the body to learn how to assist its healing efforts.

The Prognosis: Samuel Hahnemann said it best: “The physician's high and only mission is to restore the sick to health, to cure, as it is termed. The highest ideal of cure is rapid, gentle and permanent restoration of health, or removal and annihilation of the disease in its whole extent, in the shortest, most reliable and most harmless way....” (The Organon of Medicine).

So...How is Asthma Healed?

As mentioned earlier, medical treatment of asthma does not heal—it only manages. If a person wants to heal asthma, they need to seek the care of a Classical Homeopath.

As most cases of asthma begin with a skin rash, the cause of that rash needs to be explored. The skin is the main part of the body where toxins are released, as the skin covers every part of the body except the body cavities (such as mouth, nose, anus). When there are excess toxins in the body, the skin can get overwhelmed and the skin shows an illness in the form of a rash. The actual imbalance is WITHIN the body, not on the skin. Still, most people who seek medical attention for the rash are told that the problem is with the skin and that a medicated cream applied to the skin should take care of it. But the drug does not take care of the imbalance within, the actual cause of the rash. With the application of the drug to

the skin, the skin now has toxins to release AND drugs to release, but the skin can't release them because the drug has acted like a cork in a bottle: the skin can no longer release the toxins because it is "stopped up".

So the toxins have to be dealt with another way. Most of the time, the person then develops an infection in the sinuses and/or ears. Soon, the average being 6 months, symptoms of asthma develop.

The cause of ALL the health issues was the suppression of the skin's ability to release toxins. The toxins were still produced, but now they had to find another way to be released—through other body cavities, then the lungs, if the cause was not fixed.

Some common causes of skin rashes are:

- **Emotions:** stresses of life, school and family. A child has a lot of changes when he/she goes to school. Peer pressures; pressures to perform, get good grades, learn; learning how to balance home, school and friends. Emotional

pressures can cause a rash that will help the child not interact with others, keep the child out of school, get attention from the parents, etc.

Randy was used to seeing a Classical Homeopath for all his care. But when he was on vacation in Florida last year, he was stung by a bee and developed mild shortness of breath and wheezing. Being so far from home, he decided to visit the ER as he had heard horror stories about how bee stings could kill people. So he went to the ER when his symptoms didn't improve after 3 days.

As he had been raised with Homeopathy, he expected the medical doctor to ask the same sort of questions. When he was asked about his symptoms, he began tell the doctor what made his pain worse, better, and what it felt like. He also told the doctor about his general temperament.

The doctor cut him off angrily, telling him all he (the doctor) wanted to know was when he was bit and by what.

Randy was confused and asked the doctor how he was going to find the best remedy for him if he (the doctor) didn't know anything about Randy.

The doctor's reply was that he didn't need to know Randy as all bee stings were treated the same. The doctor was just being polite in asking what caused the sting.

Randy was surprised and annoyed that he would not be given a treatment to heal HIM—he was given a treatment to heal anyone.

Randy opted not to take the chemical drug; he decided to seek out a local Homeopath—someone who cared about him, not his bee sting.

- **Physical Causes:** food and/or environmental sensitivities can also cause a rash. There are MANY chemicals in tap water that have to be removed from the skin after bathing. Personal care products are almost always chemicals. Genetically Modified foods, pesticides, etc. in foods are linked to skin rashes. Even living in an industrialized city can cause rashes as the air in these cities contains particulates such as mercury, lead and ozone.
- **Middle Child Syndrome:** the middle child of 3 children often is the most likely of the three to be unhealthy, especially if the middle child is a different gender than the other 2. The firstborn child is the first to experience everything and get all the new clothes; the youngest gets all the attention. The middle child often feels ignored.

To heal asthma, or any chronic illness, a Classical Homeopath has to know the PERSON, not the disease. As asthma has a certain set of symptoms that are common, working with the common symptoms will not heal the asthma, as the asthma is not what needs to be healed—the person does.

What is Unique to the Person?



A person who knows a lot about themselves can heal. Who are you? What makes you angry, sad or jealous? What time of day are you most happy or most upset? Do you dream at night? If so, what do you dream about?

Classical Homeopaths need to know the PERSON who has the asthma, not the asthma. The majority of people who have asthma have the same symptoms: wheezing, shortness of breath, etc. In

order to determine which of the 4,400 homeopathic medicines available will help each individual who has asthma, specifics need to be known. These are referred to as the “Strange, Rare and Peculiar Symptoms”—SRP.

Whenever Joan gets angry she wheezes. Joan has asthma and the usual symptoms of asthma is wheezing, but what is peculiar is that Joan wheezes when she gets angry. This is something unique to Joan, not to asthma.

What symptoms are unique to YOU, the person who has asthma? When is your asthma worse? When is it better? (The “better” does not include medical drugs.) Do you have odd dreams before you have difficulty breathing? Do you wake in the morning with shortness of breath? Does it wake you up?

And about you: What is the main emotion you feel when you are under stress? Are there any foods you crave or hate? Any foods you love but they give you gas? Do you love warm baths or do you prefer to run in the snow barefoot? Do you love or hate winter? Do you burn easily in the sun?

YOU are the person with the disease, so it is YOU that has to be considered when you want to heal. A Classical Homeopath may see 20 people with asthma; it would be very unusual for all 20 people to get the same homeopathic remedy.

A Few Common Questions Asked by a Classical Homeopath

- When you have difficulty breathing, how do you feel emotionally?
- How do you feel about your lungs?
- What emotions do you experience before you have difficulty breathing?
- What season is best for your breathing?
- If you didn't have trouble breathing any longer, how would you feel?
- What was going on in your life when you first developed asthma?
- Are there any foods that you crave when you have shortness of breath?
- What other symptoms do you feel in your body when you are having trouble breathing?
- Do you like cold or hot drinks and foods?
- What are the greatest joys in your life?
- Do you like your job (or school)?

The difference could be one thing, such as John coughs up a lot of thick, ropy white sputum with his wheezing where Bob always has a dry cough.

But most of the time, the answer lies in the person, not the SRP symptoms of the disease. For example: Jane gets very angry when her house is cluttered; Steve despises his neighbor's dog when he barks all night.

Yes, it is difficult to find the right remedy for the person, but it's worth it—every time.

Conclusion

Asthma is a set of symptoms that indicate your body is out of balance. The right homeopathic medicine/remedy has the ability to put the body back into balance. A body in balance has no disease.

So...When it's time to heal, call a Classical Homeopath.

Best wishes,

Dr. Ronda

Disclaimer: The information provided by Dr. Ronda is for educational purposes only. It is important that you not make health decisions or stop any medication without first consulting your personal physician or health care provider.



Dr. Ronda Behnke is a distinguished practitioner of Classical Homeopathy and Natural Healing methods. Amongst her clients, she is known for her exceptional insight and non-judgmental presence. You can contact Dr.

Ronda via the website www.HomeopathicCentersofAmerica.org or by calling 920-321-0008. "When it's time to heal, call me...I will listen to you." For a FREE guide to help you along your healing path, visit the HCA website noted above.

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