

## Supportive Remedies for Mild Asthma

*The same remedies can be used for MAINTENANCE, or for ACUTE SYMPTOMS, by dosing differently. They may be used in conjunction with conventional prescription remedies for asthma, and may allow the patient to use less of the conventional prescriptions.*

### **Petasites with Quercus**

Use in **morning**, one pellet per year of age up to 10 (10 is dose for this age through adulthood). If patient is STABLE, give one dose in morning is adequate. If patient has SYMPTOMS, give a dose hourly during the morning hours.

### **Prunus spinosa**

Use **midday**, one pellet or drop per year of age up to 10 (10 is the dose for this age through adulthood). Asthma is a disease of exhaustion. Prunus builds vitality, to carry the patient through the rest of the day. If patient is STABLE, give one dose midday is adequate. If patient has SYMPTOMS, give a dose hourly during the midday hours.

### **Petasites with Veronica**

Use in **evening**, one pellet per year of age up to 10 (10 is dose for this age through adulthood). If patient is STABLE, give one dose in evening is adequate. If patient has SYMPTOMS, give a dose hourly during the evening hours.

In addition, these and other remedies can be used in the nebulizer, or by injection with a medical provider's supervision..

Keep the patient WARM all over, especially feet. REST helps rebuilding, including mental and eye (avoid TV and reading) rest. HYDRATION is important. Avoid constipation. Some asthma patients respond well to inhalations, such as with thyme, or to mustard packs on calves or chest. Watch for individual variability when using herbs and steam, in case there is a sensitive reaction to them. Look for complicating factors: nasal congestion, ear infection, sinusitis, fever with rapid respiration and shortness of breath (need chest listened to b/c may indicate pneumonia); each of these requires its own treatment. ASTHMA CAN BE LIFE-THREATENING. ALWAYS WORK WITH A MEDICAL PROVIDER. CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM IF SYMPTOMS ARE SEVERE.

Mary Kelly Sutton, M.D.  
Raphael Medicine + Therapies  
(916) 671-1780