

# 3Fold Homeopathy

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More information available at the reception of  
Green Street Medical Centre, Castlepollard or  
[www.homeopathy3fold.com](http://www.homeopathy3fold.com)  
Phone: 044-9662779

## Asthma

Ireland is now ranked among the top four countries in the world with the highest prevalence rates for asthma. The Asthma Society of Ireland has estimated that 274,000 people suffer from asthma in Ireland. Asthma affects at least 1 in 7 Irish children, and 1 in 20 adults.<sup>1</sup>



Throughout my 8 years in practise I have cured many patients with asthma and other diseases of the airways. Seventy to eighty percent of all patients,

including people suffering from asthma, made a full recovery. Especially children have a good chance to fully recover. Homeopathy gently restores health and has no side-effects.

### Contents

- **What is Asthma?**
- **Homeopathic approach to asthma.**
- **Homeopathic treatment of asthma.**

Enjoy this newsletter. Regards,  
**Jeroen Holtkamp, I.S.Hom.**

### What is Asthma?

The air that we breathe moves through tubes to the lungs. In cases of asthma the lining of those tubes is over-sensitive to cold air, dust

and/or allergens which can trigger an asthma attack. During these so called episodes the lining is inflamed and produces a thick mucous. At the same time the muscles in the walls of those tubes start to contract and the tubes themselves get swollen.

### The major symptoms of asthma are:

- Wheezing; louder at breathing out.
- Difficulty in breathing/Shortness of breath.
- A tight feeling in the chest.
- Coughing/hoarseness, particularly at night.

Although wheezing is regarded as a key symptom for asthma, not everyone who wheezes has asthma. The more of the above mentioned symptoms one



has, the more likely the diagnosis is asthma.

Beside two or three of the major symptoms **Infants and toddlers** might not be interested in normal favourite activities, difficulty in sucking or eating. Also the crying might sound softer or different.

### Homeopathic approach to asthma.

Conventional treatments for asthma are largely focused on symptomatic control. However, because asthma is generally associated with depression, anxiety disorders and panic attacks, some researchers are attempting to discover whether the treatment of the mental and emotional states associated with asthma will result in less dependence on medication and improved quality of life.

Ever since the discovery of homeopathy 230 years ago, homeopaths always included the mental and emotional state of a patient in the treatment. Homeopathy is by nature a complementary therapy in which natural remedies are applied to stimulate your own

recovery power. It stimulates our body and mind to get rid of asthma and other complaints of its own accord. Our body and mind are one and the homeopath acknowledges that they influence one another in a profound way.

### Homeopathic treatment of asthma

Our mind and body are one and that is why we can experience that physical complaints go hand in hand with anger, stress, grief, trauma, etc. So during a homeopathic consultation not only will you be asked for the chief complaints but you can also expect questions about your sleeping pattern, the situations in which you feel emotionally uncomfortable, eating habits, etc. In this way the homeopath tries to establish how you personally experience your asthma and what homeopathic remedy suits your individual case best. No wonder that there are many possible remedies for asthma in homeopathy. Here are a few examples.

**Antimonium Tartaricum** is indicated when anger easily alternates with cheerfulness and/or there is a great irritability particularly during attacks of asthma. The child might have an aversion to being touched and noise is intolerable. One might complain of an overwhelming sleepiness. There is a coarse rattling sound in the chest or larynx. Although the cough sounds wet and rattling, only a little mucous comes up. We see the person struggling with a gasping inhalation and a long and slow exhalation.

**Sambucus Nigra** brings great relief when the asthma attacks come when falling asleep. There is profuse sweating at wakening up. The patient may see frightful images on closing the eyes. The asthma is accompanied by edematous swelling of various parts of the body. Particularly there is a bluish swelling of the forearms. Also hands and feet can be bloated and blue.

For more information call Jeroen at 3Fold  
Phone: 044-9662779

<sup>1</sup> [www.asthma-uk.co.uk/asthma4.htm](http://www.asthma-uk.co.uk/asthma4.htm)