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The 2 Herbs for Asthma, COPD, and Chronic Bronchitis Sufferers

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Posted on November 29, 2013

Asthma herbs

Asthma among children and even adults, COPD (chronic obstructive pulmonary disorder), and chronic bronchitis cases have surged over the past couple of decades. Unfortunately, mainstream solutions for respiratory issues are falling short, as usual. But natural solutions like khella and lobelia offer relief, with no side effects.

The mainstream medical solutions of inhaled steroids or calcium blockers offer short term relief with long term health hazards. Their usefulness tends to diminish in effectiveness or duration, promoting increased use that causes those other health issues to come on more quickly. Asthma drugs even [kill more people than the condition itself](#).

It's a vicious cycle that can lead to diabetes, high blood pressure, obesity, mental disorders, cardiac arrest and premature death. That's why both [herbal remedies for lung issues, khella](#) and lobelia, should be primary choices for chronic bronchial problems.

About Khella

Khella, commonly called bishop's weed, is both a vasodilator (dilates blood vessels), and a bronchial dilator. It accomplishes both



and helps eliminate urinary tract stones. In other words, unlike pharmaceuticals designated for asthma that destroy health, khella "side effects" promote good health.

Though not recommended for use *during* an asthma attack, using khella daily as recommended is useful for preventing or minimizing acute attacks. This will at least minimize the use of asthma pharmaceuticals for acute attacks. But khella can be used during a bout of *bronchitis* to ease up congestion and open bronchial passages and airways.

Khella or bishop's weed is available wherever you can find over-the-counter natural herbal remedies. It can come in extracts or tinctures, tablets, or it can be used as a tea. The extracts and tablets are recommended for daily use as a preventative.

Dosage varies slightly, depending on the delivery type, but taking one of those doses just before going to bed is important for asthmatics. It is common for asthmatics to endure asthma attacks that interrupt sleep patterns needed for restoring immune system energy.

Read: [How to Prevent Asthma](#)

Khella can be an issue for those with liver problems. So follow instructions from an herbalist or holistic practitioner.

Lobelia: Immediate Relief Solution for Acute Asthma or Other Bronchial Attacks

Lobelia, also known as Indian tobacco, was actually banned by the FDA a couple of decades ago, but it's available again from almost any herbal source now. Maybe it was banned because it was effective and natural?

The FDA used the alkaloid toxic angle, but the toxic effects happen only if you take an impossible amount of lobelia in a short time period. There were no adverse events reported to the FDA; the FDA's decision was academic or business related to Big Pharma's whims.

Deeming lobelia one of the world's most powerful healing herbs, famed Master Herbalist Dr. John Christopher used it often for relieving acute asthma attacks. His [Herbal Legacy site notes](#) that there hasn't been one proven death from [lobelia](#). Even the FDA realized you'd have to consume four pounds in one sitting to invite the grim reaper.

Lobelia actually offers almost immediate relief during those periods of excess congestion and breathing difficulties often associated with asthma, COPD and bronchitis. In addition to consuming it in tincture form, it's chopped up weed can be inhaled from a vaporizer.

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