

Smoking-Emphysema

Fall is upon us, and winter is to come, and if you have Emphysema you know it will be come for difficult to breathe.

Emphysema is a kind of chronic obstructive pulmonary disease. The elasticity and dilatation of the lung tissue is lost. The lungs can't exchange oxygen and carbon dioxide well and the state air remains trapped in the lungs. The most common symptoms of emphysema are difficulty breathing, frequent coughing, tiredness, and difficulty relaxing and feeling like you are in a fog.

The majority of people diagnosed with emphysema have a history of long time smoking of cigarettes. Smoking may cause a chronic low-level inflammation of the lungs. Since it's a progressive disease, the symptoms may not show up immediately. In most cases the symptoms begin occurring at middle age or older. It usually appears when the smoker engages in exercise, or heavy work. It may start as a productive cough. Smoking cigarettes, brings about inflammation in the lungs, and makes the lungs lose their ability to function. In my holistic healthcare practice I use the lung fork and the oxygen fork along the lung meridian, which usually brings relief. Some clients need more treatments than others since each client is different, acupoints are selected differently.

In clients with digestive problems as well, acupoints are selected from the stomach, spleen and the intestine meridians. In the case of water retention or swollen legs or ankles, I use the tuning forks on the acupoints governing the kidneys and bladder meridians.

Breathing exercises are also good for the healing process, as well as singing, which can improve lung function.

I also suggest that the client take a vibrational yoga class, tai chi, or qi gong class regularly.

It is very beneficial to receive tuning fork treatments, the frequency of these treatments on the individuals condition.

Choose health, choose to replace smoking with good habits that give you life.

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