



# Health Digest

VOLUME 1:

# BREATHE EASY

Don't let Allergies or Asthma  
take your *breath away*

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# DID YOU KNOW?



The **real** reason for allergies, including asthma, is an **overreacting immune system**. The job of our immune system is to protect us from bacteria, viruses, etc. In people with allergies/asthma, part of their immune system is too vigilant, i.e., it treats harmless substances like dust, pollen, dander, nuts, etc., as if they were enemy invaders and attacks them.

**Why?** Science is still finding out. But for now, 2 major contributors are:

1

**GENETICS:** e.g., if your parents had asthma, you could too.

2

**ENVIRONMENT:** Air pollution, increased dust/pollen levels, etc.

## OTHER POSSIBLE REASONS?

- Over hygiene/hyper cleanliness, especially in childhood
- Over medication

*Like any muscle, our **immune system develops through exercise**. It exercises by facing 'dangers' without constant aid (medication) and by being exposed to naturally 'toughening' environments, such as the mud and dirt of outdoors.*



## TRIGGERS:



DUST

DANDER



POLLEN

CHANGE  
OF SEASON

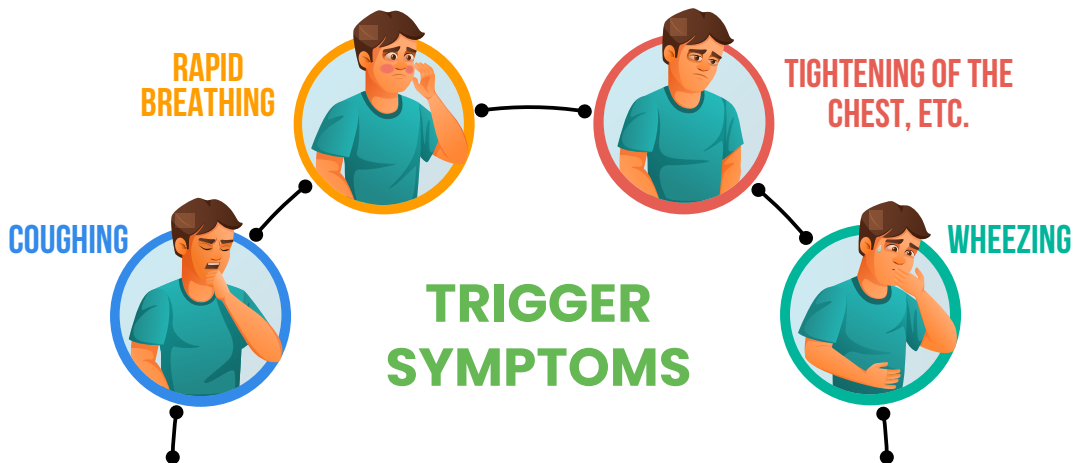


SPECIFIC  
FOODS

MOLD



TOBACCO  
SMOKE



When the immune system overreacts to triggers, the muscles around the airways tighten, it's called **bronchospasm** – and the airways get inflamed and flooded with thick mucus, causing symptoms.

## TEMPORARY SOLUTIONS:



INHALERS



ANY MEDICATION THAT  
TREATS THE SYMPTOMS



ANTIHISTAMINES

Such treatments cause the allergic reaction or asthmatic attack to constantly recur.

## CURE THE CAUSE:

- Poor resistance to allergens
- Genetic predisposition
- Lowered immunity
- Recurrent infections, colds, etc

Holistic treatments such as Homeopathy are capable of curing allergies and asthma because they address the underlining cause/s of the illness.



# HOW HOMEOPATHY HEALS:

- Improves body's natural immune responses.
- Guides body back to a healthy state, naturally.

*As over-sensitivity towards harmless allergens decreases, the effect, i.e., contraction of airways, spontaneously decreases in intensity and frequency.*



## VITANOVA'S OBSERVATION:

Over decades of practice, we have observed that a case of respiratory illness such as asthma was preceded by a history of suppressed skin rash.

The less dangerous, irritating external lesions when suppressed by ointments are always followed by repeated complaints of runny nose and sneezing.

Repeated medication with nasal drops or sprays to treat these repeated upper respiratory tract infections turns into frequent lower respiratory tract infections such as coughs, etc. Though the names of the diseases are different the pathology has always remained the same – a hypersensitive reaction, first at the level of the skin, then the upper respiratory tract, and now the lower respiratory tract.

Which is why at Vitanova Clinics, we treat the cause, not the symptoms of allergies and asthma.

## Next: You Give Me Fever!



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