



HEAVENLY HERBS and ACUPUNCTURE SHERYL SANCHEZ, LAc.

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More Natural Medicine Recommendations for Smoke Exposure

<http://www.heavenly-herbs.com/blog/2012/08/06/recommendations-for-smoke-exposure/>

- ☯ AVOID smoke exposure: Anytime you smell an odor (in this case, smoke from a forest fire), you are inhaling that substance in the air, and this substance ends up in your bloodstream via the respiratory system. Smoke from a forest fire is especially toxic to the body since trees have stood for many years being exposed to the air pollution around them and the pollution is absorbed by nearly all portions of a tree.
- ☯ Everyone should avoid being outside when the smoke is visibly heavy. If one is chronically ill or has a weak constitution, or especially if one has asthma or COPD (Chronic Obstructive Pulmonary Disease) and/or emphysema, one should really consider purchasing a high quality air purifier.
- ☯ Pears are good for the lungs – they moisten and lubricate the lungs (and throat both), dispel cough, and dissolve phlegm and mucus. They also regenerate body fluids and quench thirst. Almonds open up the lungs and dispels cough (excellent for asthma) and also dissolves phlegm. A simple recipe using both can be found at:
<http://www.heavenly-herbs.com/blog/2012/08/06/pear-and-rock-sugar-elixir-recipe/>
- ☯ Take extra Vitamin D while exposure is high. Vitamin D is an anti-oxidant (eliminates free radicals from the body) and anti-oxidants will help your body eliminate toxins. The typical dosage that most people should be on are 2000-5000 IU/day – take an extra dosage for a few days while exposure is high.
- ☯ Burning and/or dry eyes: Recommend use Similisan Eyedrops for Dry Eyes (these eyedrops are an excellent homeopathic remedy that really moistens and refreshes the eyes). Another idea is to make an herbal eye rinse. A Chinese herb called Ju Hua, or Chrysanthemum (yes, the commonly known flower) is an excellent remedy for treating inflammatory or burning, irritated eye conditions. It has an anti-bacterial effect and is specifically used to treat eye infections (such as conjunctivitis, or "Pink Eye", or styes). See handout at:
<http://www.heavenly-herbs.com/blog/2012/08/10/eye-infections-chrysanthemum-herbal-eye-rinse/>
- ☯ AVOID using menthol-based cough drops when outside in the smoky air! Although a mentholated cough drop feels very soothing on a dry, irritated throat, menthol opens or expands the nasal passages and airways, so this has the potential to bring more smoky air into the lungs.

OVER... for specific product recommendations

Specific Products for Respiratory Conditions

<i>Formula/Product</i>	<i>Notes</i>
<i>Cordyceps 3</i>	Contains three of the most precious herbs in Chinese Medicine – all used to prevent and treat respiratory disorders, especially those related to a weakened constitution or with symptoms of fatigue.
<i>Immune +</i>	General immune system tonic, based on a famous TCM remedy called Yu Ping Feng San. This formula has Astragalus and Reishi (mushroom) in it and is a traditional formula for preventing common colds and flues, and environmental allergy reactions (i.e., hayfever symptoms). Astragalus is specifically known to boost white blood cell counts, inhibiting the growth of harmful bacteria, and is also known to strengthen the lungs, a 'lung tonic'.
<i>Respitrol</i>	Especially for those with weak lungs (symptoms of dyspnea or shortness of breath, and/or wheezing walking short distances or up stairs, or chronic asthma, bronchitis or emphysema). This formula will also relieve cough and eliminate phlegm.
<i>Smoke Allersode</i>	This homeopathic remedy is used to cause the production of antibodies to wild fire smoke (and other types of smoke as well, such as tobacco smoke), therefore desensitizing reactions to it. Additionally, it includes adrenal and liver support.