

# Asthma

## What is asthma?

Asthma is a disease of the bronchial tubes, or airways of the lungs, characterized by tightening of these airways. Common symptoms include shortness of breath, cough, tightening in the chest, and wheezing. It is a chronic disease; people with asthma live with it every day and very often for their whole lives.

When a person breathes, air is taken into the body through the nose, and then passes through the windpipe and into the bronchial tubes. At the end of the tubes are tiny air sacs called alveoli that deliver oxygen to the blood. These sacs also collect unusable carbon dioxide, which is exhaled out of the body.

During normal breathing, the bands of muscle that surround the airways are relaxed, and air moves freely. But in people with asthma, allergy-causing substances and environmental triggers make the bands of muscle surrounding the airways tighten, and air cannot move freely. Less air causes a person to feel short of breath, and the air moving through the tightened airways causes a whistling sound known as wheezing.

## What are the symptoms of asthma?

People with asthma experience symptoms when the airways tighten, inflame, or fill with mucus. Common symptoms of asthma include:

- Coughing especially at night
- Wheezing
- Shortness of breath
- Chest tightness, pain, or pressure

An asthma attack is the episode in which bands of muscle surrounding the airways are triggered to tighten. This tightening is called bronchospasm. During the attack, the lining of the airways becomes swollen or inflamed, and the cells lining the airways produce more and thicker mucus than normal.

The severity of an asthma attack can escalate rapidly, so it's important to treat these symptoms immediately once you recognize them.

### Benefit of SGS Therapy:

- Naturally/ smoothly clears Airway Path of lungs.
- Maintain the required Scale of immunity
- Effectively makes the best O<sub>2</sub>/Co<sub>2</sub> interchanging capacity in alveoli & it extends the breathing span
- Effectively removes swelling & inflammation in Entire Lungs.

### Suggested Products:

**GroLyfe:** 7 drops 3 times under the tongue

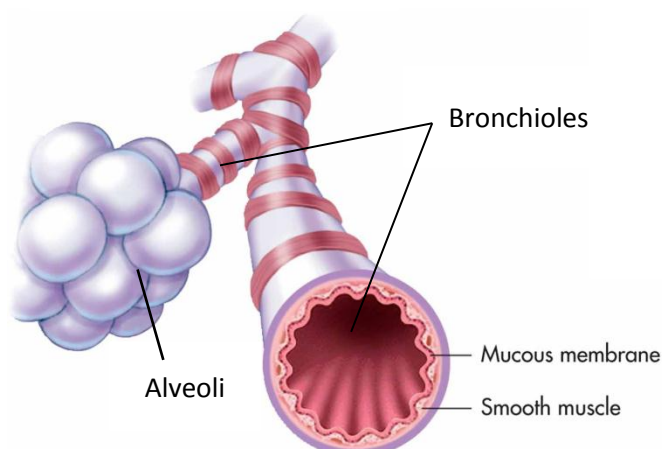
**Comraid:** 1 capsule 3 times after meal

**SH&WK:** **OmegaSat:** 1 soft gel 2 Times after meal

**Minerjal:** 7 drops 4 times in 200 ml drinking water

**Alprox:** 1 tab 3 times after meal

## Normal Bronchioles



## Asthmatic Bronchioles

