

## Lung Treatments

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The Chinese season for Lungs begins in August. If the Lungs are strong when winter begins in November, the body is better able to withstand the Flu and chest colds. People who suffer from asthma have higher incidences of bronchitis during the winter months. While I have treatments for flu symptoms and coughs during the winter, I prefer to treat the condition before it occurs. When I studied in China in 2001, I was able to watch and give Asthma/Lung treatments to patients who came from all over the province to the hospital where I studied. **The treatment consists of a topical application of herbal paste on selected points of the body.** I had the opportunity to talk with some of these patients. They all told me that since they had started getting the asthma/lung treatment in the summer, they weren't suffering with winter coughs and bronchitis. One patient told me that he had been getting the treatments for 7 years. Before the asthma treatments, he had bronchitis every winter, since the treatments he hadn't had any.

I had the treatment done on myself so I would know what to expect. I also brought back the treatment for my mother and sister, both who suffer from respiratory problems. My mom was diagnosed with asthma and COPD (chronic obstructive pulmonary disease). Every winter she would have a terrible time with coughs and the flu. Chinese herbs would eventually clear her up, but not without a great deal of stress beforehand. My sister suffered from chronic allergic conditions during the winter. Again, the Chinese herbs would clear her up, but how much nicer it would be to prevent the coughs, stuffy head, tight chest. The first winter after the asthma/lung treatment, neither my mother nor sister suffered the same degree of chest colds and coughs. The next year, (I had a little herb left) neither one had a chest cold or bronchitis. I was not able to do a treatment the next couple of years and both of them developed coughs (although never as bad as prior to asthma treatment). I have developed a lung paste for use in my practice. Year after year I see amazing results from these lung treatments as people report fewer illnesses and improved respiratory health.