



GMP CERTIFIED

NEWS LETTER

D COMPILED BY Dr S.K.VASHISHT

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The seven benefits of having asthma

Living through an asthma attack is never fun. The good news is asthma can be controlled, and you can live a normal life with it. That in mind, and since we have to live with it anyway, no point in saying, "Why me?"

Based on my experience from being a lifelong asthmatic, I have discovered seven benefits of having asthma -- and no; I am not referring to using it to get out of gym class or work.

Here are the seven benefits to having asthma:

1. Perspective: When you have your breath taken away and then get it back, you never take breathing for granted again. At the same time you develop a view of life unique from people that have never had a health issue. You value every moment you are on this planet. You appreciate all the little things that others may

take for granted, and that you may have taken for granted before you were diagnosed with asthma. In a sense, you have developed a new feeling of [vulnerability](#) that leads you to taking extra time to smell the roses.

2. Vulnerability: Anytime a person gets sick and has to spend time in a hospital he or she develops a sense that you are not invincible. You might not think of this as something good, but it is once you realize most people -- especially young people -- have no sense of vulnerability, they think they will live forever

regardless of their actions.

Once you know you are capable of being knocked down by your actions, you learn to take care of your body

in ways others do not. I know of many asthmatics who said, "I quit smoking the moment I was carted into the ER", or "I'm going to take my meds the way my doctor wants me to for now on."

This sense alone is the one reason, I think, that leads one to wanting to live a healthier life (a [gallant asthmatic](#) anyone?) and forming a closer bond with God perhaps.

3. Religiosity: Of course this doesn't always happen, but when a person is left breathless (helpless) for any amount of time a call to a greater power often occurs. Particularly when one's prayer is answered one participates in a form of retrospection that leads one to appreciate that life is not always in our own control. This tends to lead us to a greater sense of empathy.

4. Empathy: There is some truth to the statement that "Nobody has empathy for an asthmatic unless they have had an asthma attack or lived with someone who suffered with it." Well, since you have it and you have suffered once or twice with breathing trouble, you will forever have an understanding of any person who can't catch his or her breath. In a sense, you have doubled your asthma wisdom.

5. Intelligence: You were unable to spend time camping with your friends or family, or you were unable to visit your brother Bart because he has 21 cats and 17 dogs, and therefore were forced to stay inside your home and entertain yourself. You didn't pity yourself. You didn't say,

"Why me?" Instead you entertained yourself by thinking, rationalizing, philosophizing and, yes, reading.

6. Sharing: Many people who feel vulnerable (see above), who have lived through a life threatening moment of which an asthma attack is, have this enduring desire to share their experience with others. They will also have a desire to share the wisdom they have learned as a result.

A perfect example of this is myself, hence my writings here .. One of the first things I ever learned about asthma is the importance of keeping your home clean and allergy free.

7. Cleanliness: You've learned what can cause an asthma attack, and now you have a desire to prevent that from happening again, so you take that extra step to keep your house clean from asthma irritants.

Many of you get rid of carpets, clean and vacuum your homes excessively, even under your beds and living room furniture. You get rid of plants and animals. And, definitely, you wash your own clothes and shower daily to get rid of irritants that might be lingering on your body at the end of the day. You may even place covers over your mattress and pillows.

You are not obsessed, but after a few allergic/asthma attacks you can sniff an allergen as soon as you walk into a house -- but not your own because it's allergy free (or am I the only asthmatic with that power?).

Well, there you have it. While you may not have thought asthma could improve your life, now you know it can. So long as you find a good doctor, educate yourself, and have a great asthma management plan, you too can reap the benefits of asthma.

From.

R RTN.DR.S.K.VASHISHT B.sc D.H.M.S

S sk_vashisht@hotmail.com

P POST YOUR FEEDBACK

FROM THE CLINICAL DESK OF.
DR.BIO MANIKAM Salem Tamilnadu

Take his experience of BIOCHEMIC TISSUE SALTS into ur
PRACTISE AND feed back ur experience :

To his email I.D biomanikam@gmail.com

E

Abdomen, pain in – MP

Abdomen, worms in - NP

Abnormal growth – CF

Arthritis – CF, NM

Asthma – CS, MP

Asthma, dry – NM

Aphthae – FP, SIL

Aphthae, lips of – CS, NM

Anemia – FP, KM

Appetite, loss of – NM

Back, displacement of back bone – KM, SIL

Back, pain in – CP, FP, KM, KS

Back, curvatures of bones of – KM, SIL

Back, Stiffness of – FP

Bed wetting – FP, NP

Bitter taste of mouth – NS

Bleeding, piles – FP

Bleeding, gums – CS, KP, NM

Body ache – FP

Boils – CS, NS

Boils, old – CS, Sil

Boils, head in – CS, KS

Boils, discharge from – KS

Boils, throat of – KM

Bruises, old – SIL, NS

Bruises of mouth – KM, KP

Burning, intestine of – FP

Burning, Stomach in – FP, KS

Burning, eyes – NS

Burning, hands and feet in – FP **to be continued**

Patience with family is love,

Patience with others is respect,

Patience with self is confidence

and

Patience with GOD is faith.