

Asthma

At Redmond Spinal Care we are passionate about helping people with asthma because I (Dr. Nick) suffered with severe asthma for 17 years until I found NUCCA chiropractic care. It is one of the reasons why I do this work...to give the freedom and healing I have found to those who suffer so needlessly.

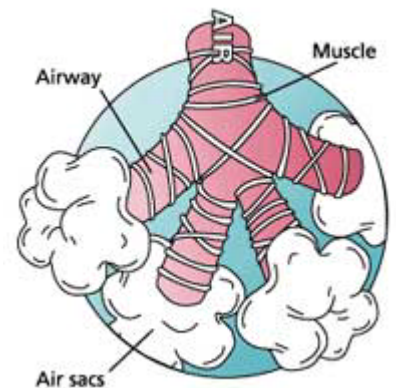
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What is Asthma?

Asthma is a chronic (long-standing) lung disorder characterized by recurrent attacks of wheezing and difficulty breathing. During an asthma attack, the muscles in the airways tighten, and the lining of the air passages swells, restricting airflow in and out of the lungs. An asthma attack usually begins with sudden fits of wheezing, coughing, or shortness of breath. But the attack may begin with slowly increasing signs of breathing difficulties as well. A feeling of chest tightness is also common. Asthma attacks can be triggered by a wide range of factors, including environmental pollutants, cold air, exercise, allergens (dust, animal dander, mold, and pollen), respiratory infections, certain foods, or stress; also, certain vaccines can increase the risk of allergies including allergic asthma.

Before an Asthma Episode



What causes Asthma?

There is no clear cut single cause of asthma. However it is well understood that there are many triggers for asthma symptoms. These triggers are not necessarily the cause of asthma but rather a set of conditions that exploit and aggravate an already weak and malfunctioning system (much like the proverbial straw that broke the camels back). We know this because as we care for asthma patients, their bodies begin to function properly, and eventually the same triggers will not generate asthma attacks.

How is Asthma Diagnosed

Asthma is usually diagnosed by history of the patients' illness, listening to chest, and spirometry (a test to see how much air a person can expire), and peak flow testing, a self-assessment you can do at home to evaluate lung function. The peak flow rate (PEFR) provides a reliable objective measure of airway function which involves taking a deep breath and blowing out as hard as you can.

NUCCA chiropractic treatment and Asthma

People often ask how could moving the spine affect a lung condition. The answer is that asthma is not just a condition of the lungs, but it is also a condition of the brain, of the spinal nerves, and of the immune system.

We know when the spine misaligns that it adversely affects the brain stem (the top of the spinal cord). The brainstem controls the most basic functions of the body including heart rate, digestion, muscular balance, and respiration. If the brain stem is not working properly, then respiratory problems can develop.

The distortion of the spine caused by the misalignment also commonly results in spinal nerve root dysfunction. It is commonly understood that nerve root problems in the neck and low back result in numbness/pain in the arms and legs respectively. The same principle then applies to the nerves of the upper back that supply neurological (electrical) information from the brain to the lungs. This injury can disrupt the sympathetic (relaxes/opens up muscles of lungs) and parasympathetic (contracts/tightens the muscles of lungs) balance of the autonomic nervous system (ANS) resulting in chronic breathing restrictions (and other diseases). **Simply put, if the electrical signals from the brain get imbalanced or scrambled on their way to the lungs, the lungs will not work.**

Lastly, upper cervical chiropractic helps bring health and harmony to the immune system. Because the immune and respiratory systems are closely connected, it is common for asthma and allergies to occur together. If the ANS becomes irritated because of a misalignment of the spine, the immune response can be exaggerated, and respiration may be affected. This exaggerated immune response commonly occurs in asthma sufferers.

I believe that NUCCA chiropractic care is the most effective natural treatment to address the **cause** of asthma. I believe we could change the world for sick children and worried parents across the nations and literally save Americans hundreds of millions of dollars per year in avoidable hospitalizations and dangerous drug treatments.

If you or someone you know is suffering from asthma call and schedule an appointment today. A higher quality of life awaits you.

Testimonials:

“I have had asthma since I was 3 or 4 years old. I was using an Albuterol inhaler multiple times a day and a breathing machine to keep my asthma in check. After getting my spine corrected I noticed I did not need to use my inhaler and I wasn't wheezing. After 3 months my asthma was 90% better. I am thankful to my mom for bringing me to see Dr. Nick.”- **Jordan**

“I suffered from severe asthma for 17 years and by the time I was 18 I was using two inhalers and one oral medication to manage my asthma. I had also developed horrible low back pain among a myriad of other health issues. After beginning NUCCA care, my asthma improved 80% in the first month and the final symptoms went away steadily over time. I knew that I wanted to help set other kids and families free from the needless suffering and fear of this terrible and dangerous disease.”- **Dr. Nick Bagnaro**

At **Redmond Spinal Care** in Redmond, WA. we specialize in Upper Cervical chiropractic care. The most common symptoms treated at this office are neck/back pain, sciatica, headaches, migraine headaches, asthma, fibromyalgia, TMJ/TMD and high blood pressure. For a complete list of conditions that respond to NUCCA chiropractic visit our website at www.redmondspinalcare.com