

## LNG-M

This is a formula that has been formulated to address many of the aspects of serious lung problems.

The National Heart, Lung, and Blood Institute (NHLBI) reported that COPD (Chronic obstructive pulmonary disease) is the fourth leading cause of death in the USA. Out of about two million of the 16 million people with COPD have Emphysema.

COPD is a chronic lung disorder that results in blocked airflow in the lungs. Emphysema occurs when the walls between the lung's air sacs become weakened and collapse.

Some of the other disorders that can fall into the category of COPD are Asthma and Chronic Bronchitis.

Smoking, toxicity and inflammation are some of the underlying disorders that produce COPD.

### **Red Sage Root** (*Salvia miltiorrhiza*)

Research in China proved that Red Sage Root improved Microcirculation or the delivery and exit of the substances involved in the metabolism of every cell of the tissues. (substances like nutrients and oxygen).

This root is most often used in China to ***encourage tissue growth, to invigorate and nourish the blood and reduce swellings. It is antibacterial, antifungal, vasodilator, good for burns, ringworm, acne, hair loss, and itching*** (Leung, 1980). It is also used in China to treat coronary artery disease, particularly angina pectoris and myocardial infarction (Guo-Qing Liu, 1995).

Many case studies have shown that Red Sage Root is ***very effective in chronic asthmatic bronchitis***. (Chung Kuo Chung His I Chieh Ho Tsa Chih 1996 Jul;16 (7): 40204).

Other studies have shown that preventive use of Red Sage Root could ***protect the lung from the development of Respiratory Distress Syndrome***.

Red Sage Root has antioxidant properties, ***inhibits pulmonary hypertension, promotes the recovery of pancreatitis and can diminish pulmonary vasoconstriction (constriction of blood vessels)***.

The Chinese Herbal Academy states “***The side-effects of red Sate Root include pain relief, normalized blood pressure, liver protection, cardiovascular benefits and improved sleep***”.

Note: Do not use if you are presently taking Blood Thinners.

### **Forsythia** (Forsythia suspensa)

In the Oriental Materia Medica, Forsythia is said to ***disperse accumulations and swelling and drains pus***.

It further states that Forsythia has an antibacterial effect in that it ***inhibits Shigella dysenteriae, Salmonella, Pseudomonas and other gram-negative bacteria. It also inhibits Stap, Strep, Pneumoniae, Pertussis and other gram-positive bacteria.*** Forsythia has been shown to ***inhibit the influenza virus and had cardiotonic and diuretic effects.***

Note: Do not take if you have Diarrhea or Cold Sores.

### **Spirulina** (Spirulina pratensis)

***Spirulina has one of the highest Vitamin A (Beta Carotene) content of other herbs.***

Vitamin A is essential to the epithelial cells of the body, a tough sheath of cells that makes up all the covering and linings of the body. The mucous membranes of the digestive and respiratory tracts are also lined with epithelial cells. ***The epithelium uses Vitamin A to protect the body from infections and radiation. It also aids in the production of mucous secreting cells.***

By acting as a free radical scavenger, Vitamin A can block the formation of cancer-causing properties. Zinc and protein are required for Vitamin A to be released into the bloodstream by the liver and Spirulina has very high protein and enough Zinc to make this happen.

Most Vitamin A supplements are fat-soluble which means that excess is stored in the fat cells of the body and can become toxic. ***The Beta Carotene in Spirulina***, while having only one half the activity of retinol in fish oil Vitamin A, ***does not cause toxicity***. Clinical studies have shown that retinoic acid, a derivative of Vitamin A, can regenerate alveoli in adult rats with elastase induced emphysema. These findings let the medical community to think that adult ***emphysema patients might get symptomatic relief from treatment with retinoic acid.***

*Spirulina provides the highest nutrition from any single plant source known to man.* It contains 18 amino acids, including the essential amino acids, most vitamins and minerals and trace elements. Spirulina is 65% protein. *Since the 1960's it has been the subject of clinical and scientific research as a possible solution to the world food crisis.*

A full range of B-complex vitamins, Beta carotene, chlorophyll and essential fatty acids are found in Spirulina.

### **Indian Tobacco**

(Lobelia inflata)

Indian Tobacco is a *systemic relaxant and expectorant*. It will initiate immediate relaxation and expansion of contracted parts of the respiratory system allowing oxygenated blood to flow freely to all tissues.

Dr. John Christopher, a world known Master Herbalist, always talked about Indian Tobacco being the *best herb for asthma and bronchial spasms and constrictions*.

Where relaxation of the system is required, as for instance, to subdue spasm, Indian Tobacco is the one to use.

### **Scullcap**

(Scutellaria laterifolia)

Sufficient copper is critical in the absorption and transport of iron and the formation of hemoglobin. (remember blood is what carries the oxygen to the body).

*Scullcap is in the top 8 sources of copper* in the herbal kingdom. Further, Scullcap *renews and revives the entire central nervous system, giving strength to the entire respiratory system.*

It acts as *an antispasmodic and is used in nervous headaches, neuralgia and in headache arising from incessant coughing.*

**I am very excited about this new formula, but want to stress that I recommend anyone with Respiratory problems, also take the Good Herbs Decaf. Green Tea capsules.**

*Micki Jones*