

## Product Profile

### CALM BREATH COMPOUND

(Formerly known as Khella • Turmeric Compound)

Remedy for Chronic Bronchial Asthma

A blend of the liquid extracts of:

- **Khella seed** (*Ammi visnaga*) 30%
- **Skunk Cabbage rhizome & roots** (*Symplocarpus foetidus*) 20%
- **Grindelia leaf & flower** (*Grindelia* spp.) 18%
- **Turmeric rhizome** (*Curcuma longa*) 18%
- **Thyme leaf & flower** (*Thymus vulgaris*) 14%

- Dried

**Action:** The actions of the various herbs in this compound overlap to a large degree, but chiefly they are: bronchodilation (Khella), antispasmodic (Skunk Cabbage & Thyme), anti-inflammatory (Turmeric, Grindelia & Thyme), and expectorant (Turmeric, Grindelia & Thyme).

**Uses:** Specific for treating **chronic bronchial asthma**, and **mild asthma attacks**. With continued use this compound can moderate or eliminate chronic symptoms experienced between attacks (**shortness of breath and wheezing**), and can lessen the frequency of attacks and diminish their duration and intensity.

**Dose: Palliative tonic between attacks:** Two to four times per day, take 30 to 40 drops in a little water or, better yet, in strong Licorice Root Tea. To facilitate undisturbed sleep, take the last dose of the day just before retiring. Continued treatment for several weeks is sometimes needed to achieve best results. **Treating mild attacks:** Give 30 to 40 drops in a little water every 1 to 3 hours, depending upon severity of attack and response to treatment. Do not give more than 8 doses in a 24-hour period.

**Adjunct Therapy:** In bronchial asthmas (not cardiac asthmas) associated with irregular heart action an impaired pulmonary circulation, take 30 to 40 drops of HEALTHY HEART TONIC 3 times per day. To moderate nervousness or anxiety associated with asthma take 30 to 40 drops of NERVOUS SYSTEM TONIC 3 times per day. Asthma symptoms can sometimes be moderated or eliminated by rubbing undiluted LOBELIA EXTRACT into the upper chest and upper back (between the shoulder blades). LOBELIA • SKUNK CABBAGE COMPOUND can often be helpful as an adjunct or substitute remedy when the above treatments fail to achieve full results. Metabolic dysfunction of the liver is often associated with asthma. Therefore, liver restoratives such as HEALTHY LIVER TONIC may assist in the successful treatment of asthma. Excellent relief from asthma can often be seen by eliminating white sugar, white flour, and especially dairy products from the diet.

**Cautions:** The above information does not apply to cardiac asthmas (asthma-like symptoms caused by heart disease). In severe asthmatic attacks the above treatments may help to some degree, but it will probably be necessary to utilize more potent medicine in these cases. Asthma can often be a serious health problem, and can even be life-threatening. Therefore, anyone suffering from asthma should be treated by a qualified healthcare practitioner.



Excerpted from the [Therapeutic Herb Manual](#) by Ed Smith. The [Therapeutic Herb Manual](#) is available for purchase by calling Herb Pharm at: 1-800-348-4372.

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