

# Obstructive Sleep Apnea

## Overview:

Obstructive sleep apnea is a condition in which a person has episodes of blocked breathing during sleep.

## Causes:

Normally, the muscles of the upper part of the throat help keep the airway open and allow air to flow into the lungs. Even though these muscles usually relax during sleep, the upper throat remains open enough to let air pass by.

However, some people have a narrower throat area. When the muscles in their upper throat relax during sleep, their airway may completely close.

This prevents air from getting into the lungs. Loud snoring and labored breathing occur.

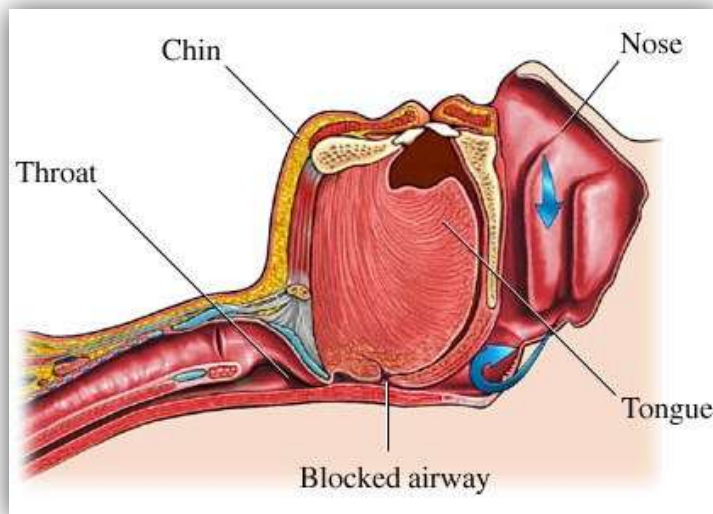
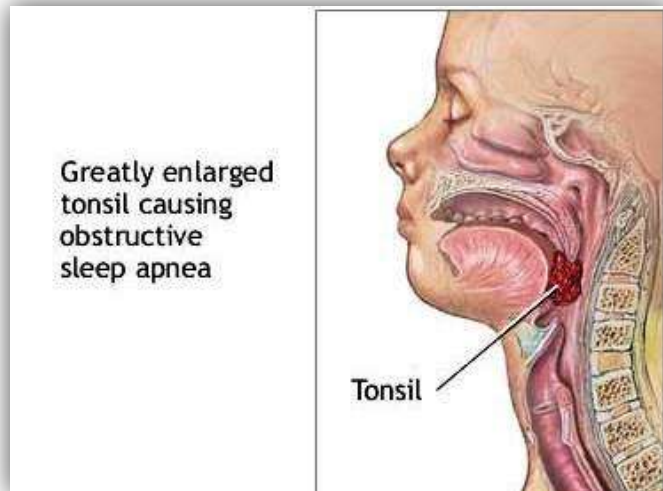
During deep sleep, breathing can stop for a period of time (often more than 10 seconds). This is called apnea.

An apnea episode is followed by a sudden attempt to breathe and a change to a lighter stage of sleep. The result is fragmented or interrupted sleep that is not restful. As a result, those with sleep apnea feel more drowsy or sleepy during the day, called excessive daytime drowsiness.

Older obese men seem to be at higher risk, although many people with obstructive sleep apnea are not obese. The following factors may also increase your risk for obstructive sleep apnea:

- Certain shapes of the palate and jaw
- Large tonsils and adenoids in children
- Large neck or collar size
- Large tongue
- Narrow airway
- Nasal obstruction
- Obesity

Drinking alcohol or using sedatives before sleep may make you more likely to have an episode of apnea.



# QUINSY

## Symptoms:

A severe acute inflammation of the tonsil and peritonsillar tissue with swelling, fever, and generation of pus (peritonsillar abscess) accompanied by chills, fever, painful swallowing, swollen throat and tongue, and dry mouth. It may induce panic if the tightening in the throat area makes breathing difficult.

## Cause:

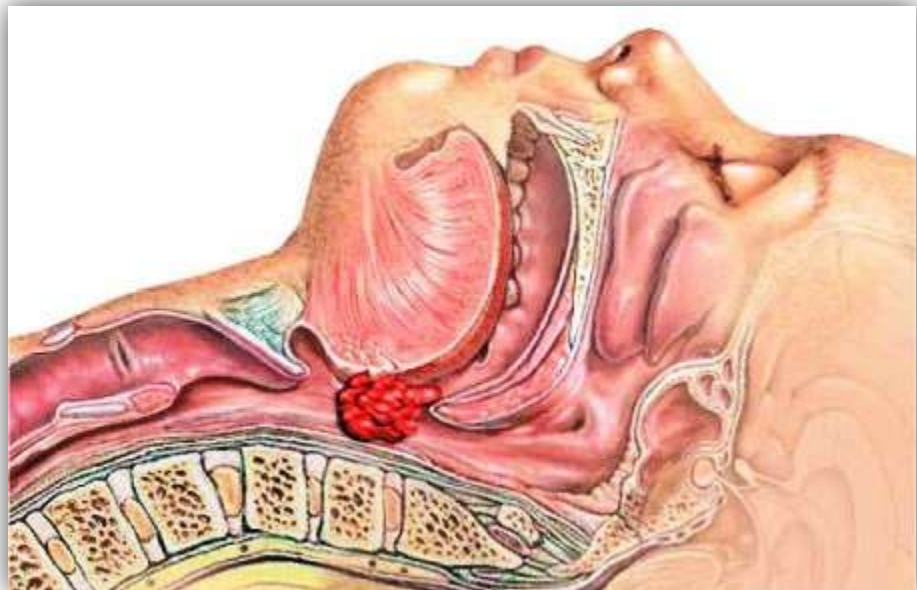
The cause is frequently sinus drainage with mucus coming down the eustachian tubes and causing irritation. The basic cause is a dirty transverse colon, which causes poison in the sinus and head areas, which, in turn, drains down into the throat.

## Herbal aids:

Use an antispasmodic (such as lobelia) both internally and externally (wrapping the throat with a soaked fomentation). This can also be aided quickly by the use of a bayberry gargle (drinking several tablespoons every hour or so) or using mullein (three parts) and lobelia (one part) which should draw off the toxic poison into the blood stream and disperse it quickly. Use a hot water bottle and either a poultice or a fomentation.

## Bayberry:

Externally, Bayberry can improve atony of the skin, where the tissues are loose and flabby (Cly:6 1). Nearly all sources recommend it for bleeding or spongy gums, applied as a strong decoction or as a tincture. For nasal stoppage or inflammation, or for nasal polyps, sniff the powder, only a small amount, carefully into the nostril, holding the other nostril closed



(Hut:60). For a sore mouth or throat, especially a chronic sore throat, gargle the decoction or reduced infusion. To reduce the infusion, prepare as usual, one teaspoon to the cup of boiling water. After steeping

three to five minutes, strain, and then simmer gently to half its original amount, this makes a tea three times as strong as the infusion, called three power. A fomentation (a cloth soaked in the warm preparation and applied to the affected area, afterwards covered) on varicose veins can relieve, cure, and even prevent this unsightly condition (Michael Tierra (The way of Herbs):79). Any skin troubles such as skin ulcers, sores, boils, and carbuncles will benefit greatly if bathed often with the freshly-prepared tea (Hut:60). As mentioned above, Bayberry dramatically improved thrush, frog, or trench mouth. If it is to be used as a plaster in any case, it should be first mixed with slippery elm.

## FOUNDATIONAL PROGRAM FOR INFECTIONS:

### Echinacea:

Consume 1 oz a day, 4 days a week, (Mon-Thu) until infection is cleared. Average time to heal an infection is between 2 weeks and 3 months. (If you have used proscribed antibiotics for infection symptoms in the past the healing time could be as long as 3 months.)



1 oz Echinacea  
With large Mug



Add Echinacea  
To Mug



Bring Water To  
Rolling Boil



Slowly Pour  
Over Echinacea

### HERBAL ANTIBIOTIC (Garlic, Goldenseal, Dandelion Root, Cayenne, Ginger, Horseradish,)

1 tsp., every 3 hours, or 5 times a day.



I believe the basic infection program will also be a great support for inflammation issues in the mouth and throat.

## **Kelp:**

Kelp is an arterial cleansing agent and gives tone to the walls of the blood vessels. It is helpful in some cases of arterial tension (high blood pressure). Practitioners believe that it helps to remove deposits from the walls of the arteries and restore their elasticity, thereby lengthening life (Powell:17). Sufferers from low blood pressure can also have this condition normalized with the use of Kelp. Most nervous disorders result from a deficiency of certain cell salts, so we can correctly term nervous disorders "deficiency diseases". Kelp can considerably help balance the system and correct the problems. Dr. Powell helped a lady who could not sleep because of "nerves". She responded to the use of Kelp. An elderly gentleman with a nervous heart and very frightened about his condition responded to Kelp after many weeks on the remedy. The older you are, Dr. Powell said, the longer you have to take Kelp for remedial purposes. It has no drug action itself but helps rebuild the weakened organs. One of the functions of iodine is to bring calmness to the mind and body by relieving nervous tension. When nervous tension is marked, there is excitability and irritation, sleeping becomes difficult, and there is a drain on the vitality (Powell:14). Kelp reduces tension, produces relaxation and enables the system to store up vitality and reserve energy; concentration becomes easier owing to the freer flow of blood through the brain and it is easier to think clearly (Ibid.).

## **BONE, FLESH AND CARTILAGE (BF&C)**

Building on his early experiences with black walnut tincture, Dr. Christopher developed the Bone, Flesh and Cartilage formula for skin trouble. The additional herbs made a wonderfully effective remedy for minor burns, infection, cuts, abrasions, bruises, hemorrhages, sore gums, bunions and corns. It also removes calcium deposits that exacerbate arthritis. A nurse in California used it to dissolve a bone spur on her heel. It has healed skin cancers. And it works, as the black walnut tincture does, for eczema, psoriasis, and other chronic skin conditions.

The beloved story of how Dr. Christopher came by the BF&C formula begins when a woman came to his office early one morning, panicky and desperate. Hours earlier, her fourteen-year-old daughter had attempted suicide. She left the daughter in the care of several neighbors to find help from Dr. Christopher. The girl had developed almost three years before, a severe case of dermatitis, with heavy scales on her face, neck, arms and hands, legs and feet. No physician or specialist had been able to identify her condition, much less find a cure. She began to gorge herself, became extremely overweight, and eventually decided to end her life. As Ray listened to this desperate mother, he offered a silent prayer for help and "a formula came immediately to my mind" as he related it. He jotted the herbs down and gave the mother complete instructions on how to make and apply the fomentation and tea, and sent her to an herb shop to get them.

Four days after this mother had come to his office, she called to report that the scabs and scales were gone, and the girl's skin began to show what the mother termed "a healing glow." Six months later she was a cheerleader at school and enjoying all the social activities of girls of her age.

BF&C has been known to heal wounds, even surgical incisions that have failed to heal. One California woman had an abdominal surgical wound that had been draining for more than three years. She applied the ointment to the wound and took the capsules internally. Within seven days, the wound was entirely healed.

BF&C has even been known to regenerate tissue. Ray's nephew was a passenger in a car accident, and although relatives held onto him so that he wasn't thrown from the car, he was dragged for some distance along the hot asphalt, and his small fingers were scraped to stubs as far as his first knuckles. Ray gave the child capsules of BF&C and told the parents to mix the powder with honey and wheat germ oil. Within two months, the fingers had healed, complete with perfectly formed fingernails. When Ray next saw his nephew, the child ran toward him and threw his arms around him. "Look, Uncle Ray!" he shouted. "My fingers grew back!"

In a similar story, a young woman came to Ray and said, "How do you like my fingers?" He said he thought they were beautiful, clean, and well manicured. "Can you tell which finger was cut off?" she asked him. He couldn't tell, even when he looked close. She told him her story: her finger had been amputated below the knuckle. She had used BF&C, and the knuckle had regenerated. Gradually, all the bone and flesh filled in, and even the fingernail grew back perfectly formed.