

Coughing up the truth

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Do you suffer with a hacking, non-stop cough that arrives out of nowhere and lingers for months — leaving you breathless and unable to speak... lasting for months?

Is it an allergy, bronchitis, emphysema, asthma? Or worse: chronic obstructive pulmonary disease (COPD) — a collection of lung diseases including chronic bronchitis, emphysema and chronic obstructive airways disease.

It turns out that your agonizing coughing fits may be a side effect of one of the most **common blood pressure drugs** on the market. **ACE inhibitors**, like captopril (Capoten), benazepril (Lotensin), enalapril (Vasotec), fosinopril (Monopril), lisinopril (Prinivil, Zestril), quinapril (Accupril), ramipril (Altace) and trandolapril (Mavik) prescribed to millions of people worldwide. The truth is, many people who are taking these blood pressure drugs describe excruciating cough "spasms", leaving them choking and gasping for air. In fact, it is estimated that **35% of people who take ACE inhibitors experience a nagging cough.**

The interesting thing is that the reason ACE inhibitors cause coughing fits in some people, and not others, appears to be connected to how well your kidneys are functioning.

ACE inhibitors affect the way your kidneys filter toxins out of your blood. And when your kidneys aren't

100 per cent effective, it's possible for toxic levels of **by-products from these drugs, called kinins**, to accumulate in your bloodstream.

These **kinins** can then become lodged in your bronchial tubes, **resulting in a recurring nagging cough.**

The real kicker is that because a chronic cough can be caused by many different conditions, many of these patients suffer for months — getting treated for a whole catalogue of respiratory conditions — before their doctors finally start to join the dots.

That means having to take additional risky medications, like steroid drugs, when their problems are all a result of taking ACE-inhibitors.

It can take up to several months to lose the cough once you stop taking your ACE inhibitors. But even when doctors warn patients about the coughing risks linked to the drugs, they may downplay the seriousness of the problem.

So if you're taking an ACE inhibitor and are suffering from a nagging, constant cough, talk to your doctor about changing your drugs but make sure it's not just another ACE inhibitor.

Ref: *"Why do so many doctors ignore obvious drug side effects?"* The People's Pharmacy,

May 14, 2015, by Prof Joe Graedon, Pharmacy Practice and Experiential Education, University of North Carolina.

www.peoplespharmacy.com



Coughs caused by infection

Written by Tessa Jupp RN

We've all had nasty coughs that accompany or linger on after **colds and flu**. There are lots of cough mixtures, lozenges and the like around that people rush off to the shops to get too. These really just mask the symptoms. They are not cures.

When we have an infection our bodies are fighting invaders. With winter coming along soon, now is a good time to brush up on **what the body needs to fight infection.**

Vitamin C is our first line of defence. As soon as we start to have that funny feeling in the throat, a few sneezes or the nose starts to run - get more Vit C in. And I mean lots. **1000 - 2000 mg every hour or 2**, not just once or twice a day! Saturate your body with the **right Vit C for your blood group** until your bowels start to get a bit loose, then you can ease back a bit. You will **feel a lot better** when the Vit C is working and **start to flag again** when your body has used it all and is **running low on Vit C**. Get more coming in as soon as that starts to happen and you will weather the cold or flu much better.

Our **second** line of defence is **Vitamin D3**. Normally we might take about 3000 iu a day but when we are sick we need much more. As soon as you start to feel sick **TAKE 10 Vit D3 straight away, all together!**

Then take another 10,000 iu about 6 hours later!

If you can get enough in early enough you might stop it before it has time to develop and then not be sick.

If you are sick, then keep taking **10,000 iu** at a time **3 - 4 times a day** for the first few days, after that you can cut back to 5000iu at a time if you have improved

Vit D3 will also fix a persistent residual cough.

Again **take 10** in one hit - will often fix it or you may need to do that several days in a row. Does work.

Another trick for night time is rubbing **Vicks on soles of feet** when in bed. This does work too. Another one is **sipping** a little **Colloidal Silver**, enough to just coat the throat, stops the irritation that causes a cough

O & B blood groups need Calcium Ascorbate.

A1 needs Sodium Ascorbate (not orange flavour).

A2 needs a Bio C. AB needs just Ascorbic Acid.