

Nutrition

Whole food diet. Avoid food additives and refined white flour, wheat, sugar and dairy.  
Reduce red meat and increase oily fish and pluses.  
Increase fresh fruit and vegetables, especially onions and garlic to reduce mucus. Raw juices of carrot celery spinach and grapefruit. Cider vinegar and honey in a glass of water 3 times a day.

Supplements

Anti-oxidant complex (Vitamin C an antihistamine, Vitamin E, selenium and Flavonoids);  
Magnesium;  
Fish oil capsules;  
Vitamin B complex.

Aromatherapy  
Massage

Reflexology  
Massage

Lie face down with head lower than chest, massage with long gliding strokes along the back and knead the shoulders. Use cupping motions on middle and upper back.  
Massage from the bottom of the toes around the top third of the soles (around the ball of feet) for the lungs.

Aromatherapy  
Oils

Pine oil in bath or vaporiser;  
Eucalyptus, juniper and wintergreen in oil applied to chest nightly;  
Bergamot, clary sage, neroili chamomile and rose are anti spasmodic and relaxing;  
Peppermint and rosemary can be inhaled from a tissue when breathing difficult.





# The Clover House Solution

## 105M – Christian, Aged 10



### Asthma

#### The Problem

Adam was diagnosed as asthmatic when he was 7 and regularly used blue and brown inhalers. He came to Clover House in order to improve his condition.

His cousin had been successfully treated by Clover House, so Christian had confidence in our solutions. His Mum, a long term asthmatic, was more sceptical.

#### Our Solution

**Creative Imagery:** Christian saw his asthma as a rope round his neck. Mum helped him to cut the rope, to burn it and throw the ashes into the sea. Christian said this helped him to control any asthmatic 'twinges'.

**Aromatherapy:** Mum was taught a simple reflexology technique that used pressure on his feet that corresponded to his chest. His response was excellent and they borrowed a massage table for use at home.

**Nutrition:** Christian's immune system was low (possibly due to too many inoculations). We prescribed vitamin supplements and advised him to stop eating crisps, to drink less tea and to reduce his wheat intake.

#### The Results

Christian was able to cut down and eventually remove his dependence on his inhaler, greatly improving his quality of life and health prospects as he no longer had to rely on medication. He was even able to play football without using it!

### The Clover House Solution – Natural Healing for Children

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