



How many new patients have come into your office and said “Hey Doc, I just can’t seem to get a full breath?” How many people have been helped with minor or major respiratory issues? One of the classic chiropractic healing stories is the person who comes in with pain and has immediate changes in their chronic asthma issues.

Asthma is a very common diagnosis and according to a recent study it is massively overdiagnosed. [Aaron, VandemHeen and Fitzgerald](#) found that a full third (203 out of 613) of a population of adult Canadians diagnosed with asthma did not meet the clinical definition of the condition upon re-evaluation (even if they were still prescribed and using an inhaler). A followup of this population 12 months later determined that 181 of the 203 still had no clinical symptoms of asthma.

How could this happen? How could asthma be so overdiagnosed? There are certainly a number of reasons. The first being the actual diagnosis. The researchers found that in 49% of the asthma diagnoses there had been no spirometry test which is critical to make a complete diagnosis. The spirometry test for asthma actually tests airflow from the lungs both with and without the albuterol inhaler.

The larger question for us as practitioners of NSA and Reorganizational Healing is what is leading so many people to situations in which they cannot comfortably breathe outside of an actual asthma or other medical diagnosis? As previously mentioned, NSA and chiropractic in general has tremendous benefit on people with respiratory conditions, and in light of this research let’s take a look at some potential mechanisms that may be solved with Reorganizational tools versus pharmaceutical ones.

Sympathetic dominance:

In [1999 Van der Velden and Hulsmann](#) shared “neural control of the airways may be abnormal in asthmatic patients, and that neurogenic mechanisms may contribute to the pathogenesis and pathophysiology of asthma. Stimulation of cholinergic nerves causes bronchoconstriction, mucus secretion, and bronchial vasodilation.” When the body is in an overall sympathetic dominance there is greater likelihood towards restriction of the respiratory system and a tendency towards obstruction in the respiratory pathway.  
Diaphragm restriction:

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[Bordoni and Zanier](#) write "It is not well known but the respiratory diaphragm has connections from the pelvic floor to the floor of the mouth. Restriction in the spine and the associated structures of the posterior aspects of the body certainly can play a role in diaphragm restriction."

Posture:

Its no secret that posture is a major modern challenge. From the popular phrase "[sitting is the new smoking](#)" shared by Dr. James Lavine of the Mayo clinic to the epidemic of "text neck" posture is playing a large but underappreciated role in our overall health. A cursory look at standard maladapted posture will find a forward head carriage, rounded shoulders, stretched and weak posterior muscles, tight hip flexors and many other postural issues. All of these have one thing in common, it tightens the front of the body (where the breath primarily expands) and weakens the back of the body. This alone could be playing a major role in people having a hard time breathing.

Fascia:

A fellow chiropractor, Dr. David [Cosman](#) shares "locomotor fascia attaches to internal fascia including the fascia surrounding the lungs. Deep fascia of the muscular system support a catenary system for the internal fascia of the respiratory system. Old injuries and problems hypothetically can result in a dysfunctional catenary system and dysfunctional lung or other internal problems." This

Emotional causes

We also know that repressed emotions which inhibit the emotional motor system (EMS) as described by Hostege will also inhibit respiration. [Holstege and Subramanian](#) write "In simple terms, the PAG(periaqueductal grey - a central neural structure to the EMS) serves as the most elementary brain structure producing emotional behavior, which always includes respiration"

Most chiropractors will realize that most of these contributors to restricted breathing exist as an interdependent chain and not isolated events. Many people presenting in the office will arrive with many or all of these contributing factors.

Wouldn't it be great if there was a system that was efficient, effective, researched and maybe even had other benefits than respiratory conditions? Reorganizational Healing fits that bill perfectly. Both NSA and SRI have known and researched positive impact on all those areas.

This short review offers an opportunity for we as practitioners to confidently recommend that a potential patient or family member should really try NSA and/or SRI for their asthma or other respiratory condition. This is one of the endless areas that we are able to make a contribution that has tremendous impact in that individual's life.

<http://jamanetwork.com/journals/jama/article-abstract/2598265>

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[https://www.researchgate.net/figure/265392050\\_fig1\\_FIGURE-1-The-emotional-motor-system-of-which-respiration-forms-a-critical-component](https://www.researchgate.net/figure/265392050_fig1_FIGURE-1-The-emotional-motor-system-of-which-respiration-forms-a-critical-component)

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