

# [Happy return to a topic i briefly mentioned](https://assignbuster.com/happy-return-to-a-topic-i-briefly-mentioned/)

Happy New Year, everyone! Today I want to return to a topicI briefly mentioned before. And that topic is how massage therapy can help peoplewith asthma. I have had asthma since I was three years old – I mentionedthe full story in my ‘ Can Natural Asthma Remedies help treat Asthma?’ post. Andsince trying to improve my asthma, I have massages with the intention to helprelieve my symptoms. This involves massages being focused on my diaphragm, ribcage, upper chest, abdominal area, and back. And after these massages, my asthmaalways feels better. So, if you’re looking for a natural asthma treatment foryourself or a loved one, then this blog post is for you.

What is Asthma? I’ll keep this part brief because I have already mentioned thisin my previous blog post. Asthma is a long-term respiratory condition that isestimated to affect about five million people in the UK alone (wow, a lot, right?). People with asthma have sensitive airways that becomeinflamed and tightened when they inhale something that irritates their airwayse. g. pollen. When you have asthma you are likely to experience some of thefollowing symptoms: ·        Wheezing (like a whistle sound)·        Breathlessness ·        Chest tightening ·        Coughing There are many ways asthma is currently treated:·        Avoiding asthma triggers e. g.

pollen, dust, cigarettesmoke etc. ·        Inhalers – reliever (blue), preventer (brown ororange), and combined preventer and long-acting reliever (purple, maroon orred)·        Tablets – steroid tablets, theophyllines or Leukotrienereceptor antagonistsFor many of you, you would like a natural asthma treatmentto help reduce your asthma symptoms, and that’s where massage therapy can help. Note: Please don’t stop taking your currently prescribedmedications if you decide to try a massage. The Mechanics of Breathing Before we look at how massage can be an effective asthmatreatment, we must first look at the mechanics of breathing. Your diaphragm and intercostal muscles work together toenable you to breathe.

The diaphragm is a dome-shaped structure that consistsof several large muscles, which separates the chest from the abdomen. It also hasthe biggest role in your breathing process. Your internal and externalintercostal muscles are the muscles that move your ribcage. These muscles areattached to your rib and between each rib. When you breathe in (inhale) air your diaphragm contractsand moves down and your intercostal muscles contract and force the ribcage upand out. The volume of the chest cavity then increases and your lungs expand. Thisexpansion of the lungs increases their volume which reduces the pressure withinthem causing air to be drawn in through the nose or mouth. When you breathe out(exhale) air your diaphragm relaxes and moves upward and the intercostalmuscles relax to reduce the space in the chest cavity causing the pressure inthe lungs to increase which forces the carbon dioxide air out through the noseor mouth.