

Disorders of the Respiratory System

Both mental and physical health depends on the effectiveness and vitality of the cells in the body. Most of the energy required by the cells is derived from chemical reactions that can only take place in the presence of oxygen. One of the resultant waste products is carbon dioxide. The respiratory system provides the routes by which sufficient oxygen is taken into the body and carbon dioxide is excreted from the body. Blood serves as the transport system for the exchange of these gases between the lungs and the cells.

Gallstones in the liver can impair respiratory functions and cause *allergies, disorders of the nose, nasal cavities and diseases of the bronchi and lungs*. When gallstones distort the lobules (units) of the liver, the blood-cleansing ability of the liver, small intestine, lymphatic system and immune system weakens. Waste material and toxic substances, normally rendered harmless by these organs and systems; now begin to seep into the heart, lungs, bronchi and other respiratory passages. Constant exposure to these irritating agents lowers the resistance of the respiratory system against them. Lymph congestion in the abdominal region, particularly in the cisterna chyli and thoracic duct, hampers proper lymphatic drainage from the respiratory organs. Most respiratory ailments occur as a consequence of such lymph blockages.

Pneumonia results when protective measures fail to prevent inhaled or blood-borne microbes from reaching and colonizing the lungs. Gallstones harbor harmful microbes, as well as very toxic, irritating material, which can enter the blood via the damaged liver sites. Gallstones are, therefore, a constant source of immune suppression, which leaves the body, and particularly the upper respiratory tract, susceptible to both internal and external disease-causing factors. These include both blood-borne and air-borne microbes (believed to cause pneumonia), cigarette smoke, alcohol, X-rays, corticosteroids, allergens, antigens, common pollutants, etc.

Further respiratory complications arise when handfuls of gallstones accumulating in the liver bile ducts enforce an enlargement of the liver. The liver, situated in the upper abdominal cavity, spans almost the entire width of the body. Its upper and anterior surfaces are smooth and curved to fit under the surface of the diaphragm. When enlarged, the liver obstructs the movement of the diaphragm and prevents the lungs from extending to their normal capacity during inhalation. By contrast, a healthy liver permits the lungs to extend into the abdominal region, which puts pressure on the abdomen. Consequently, the abdomen moves forward, as can be seen in healthy babies, especially. Due to the increased expansion of the abdomen during inhalation, blood and lymph are pressed upward towards the heart, which helps maintain proper circulation. An enlarged liver prevents full extension of the diaphragm and lungs, which causes reduced exchange of gases in the lungs, lymphatic congestion and retention of excessive amounts of carbon dioxide in the lungs. The restricted intake of oxygen affects cellular functions throughout the body.

Most people in the industrialized world have an enlarged liver. What is generally considered to be a 'normal-size' liver is actually oversized. Once all gallstones are removed through a series of liver flushes, the liver returns to its normal size within about six months.

Almost all diseases of the lungs, bronchi and upper respiratory passages are either caused or worsened by gallstones in the liver, and can be improved or cured by eliminating these stones through the liver cleanse.