

LUNGS

Muscle	CR	VRP	Alarm	Tonification point
Deltoid Serratus anterior Coracobrachialis	ICS 2-5 as well as lateral area of pectoralis minor up towards coracoid process	Upper trapezius area – same as diaphragm	LU-1 Just below, slightly medial to coracoid process	LU-9 At wrist crease on radial side of the radial artery
				Sedation Point
				LU-5 At the cubital crease on the radial side of biceps brachii tendon

Lung Offenders:

- Air pollution
- Aldehydes
- Hydrocarbons
- Infections
- Inflammation
- Mycotoxins – toxic substances from fungus (molds)
- Radon

Lung Nutrition:

- Aldehyde detox – see bullet point below
- Anti-inflammatory substances (page 99)
- Antimicrobials - **page 97**
- Glutathione - See chart on **page 60**
- Lung tissue
- Vitamin A
- Vitamin C – Camu (SN) & Cataplex C (SP)

Lung Insight:

- Evaluate the diaphragm – see **page 120**.
- Consider a toxic work or home environment with cases of radon, mycotoxins, or other contaminations.
- Lung issues can be the result of and/or persist due to chronic large intestine problems. (lung-large intestine coupled meridian principle).
- GERD (reflux) can irritate the lungs and cause a cough.
- To check for sensitivity to odors, test for weakening with aldehydes (acetaldehyde or sniffing any fragrance). If weak, check Mo, B3, B2, and Fe for conversion of aldehyde to acetic acid. Also check Se, E, and other antioxidants. Yeast/fungus can also produce aldehydes, so consider that especially if B2 strengthens.

