

Cure Asthma Permanently Without Medicines By Dr. Kailash Mantry



Maharashtra, Mumbai, Jul 12, 2021 ([IssueWire.com](https://www.issuewire.com)) - Cure Asthma Permanently Without Medicines By Dr. Kailash Mantry

Asthma is a chronic condition that will affect the airways and makes it hard to breathe. Asthma mainly targets people above 18, but in recent times even children under the age of 18 have been affected by asthma. According to certain studies, it has been shown that asthma is more common in adult women than adult men.

[According to World Health Organization](#), asthma is a major non-communicable disease and this is the most common chronic disease in children. Asthma has affected more than 300 individuals and it has been reported that 15,000 deaths are reported by asthma worldwide.

Can you treat asthma without medication?

Asthma is a condition where people will be gasping for air, and initially, it will start with a little cough and some discomfort. This is the condition in which the small airway of the lungs will become inflamed or

constricted. This may result in wheezing and if it is not treated in the right way, then it may even lead to death.

Asthma is caused by several factors cold, smoke, changes in weather, pollution, and other such factors. If people are experiencing asthma, then they will suffer shortness of breath, chest tightness, wheeze, and cough. So, it would be better to stay away from triggers that will reduce the symptoms of asthma.

It is to be believed that any medication can't cure asthma for a long time but it can be controlled. If the person is taking medication or undergoing any treatment then they can lead to a normal healthy life with asthma. Also, most people will take inhale medication for asthma to control the symptoms and can lead a normal life. But following such medications for a long time make the person get addicted to them, and the person can't live without them.

[Dr. Kailash Mantry](#) is a life coach based in Mumbai and he is known for his treatment method where he will treat the patient through natural methods. For the past 25 years, he is treating the patients without the help of medicine, and even his healthcare centre is on the top list. Dr. Kailash Mantry will help the patients to diagnose the cause and provide the best treatment. The treatment offered by the doctor will be 100% natural and also it will be effective, and they don't use any medication to cure.

According to Dr. Kailash Mantry, asthma can occur both for the children and the adults, and the main reason for asthma is psychological and physical reasons. In most cases, 80% of people get asthma because of psychological reasons and 20% of people will get asthma because of physical reasons. The psychological reasons include fear, insecurity, tension, stress, and anxiety. Some people get asthma because of physical reasons also which includes not getting enough oxygen and these kinds of people can easily get influenced by dust, smoke, and other such things.

If you ask anyone, can you treat asthma without medication then most people say that it is a life-long health disorder but Dr. Kailash Mantry says that asthma is not what we think? He says that **asthma is 100% curable** so it is possible to get complete and effective results. Also, the doctor explains that asthma can be treated without the help of any medication and can be cured within 10 days if it is at the beginner level and if you are experiencing asthma for more than 10 years then it can be cured completely within 100 days.

Simple and effective natural ways by Dr. Kailash Mantry

If you go for the medications, some people have experienced side effects like hoarse voice, sore throat and mouth, and fungal infection in the mouth. Sometimes the side effects can lead to riskier. Medication and inhalation can treat asthma only in the emergency condition, and if you practiced it on regular basis then it will become difficult for you to control asthma.

So the life coach of Mumbai Dr. Kailash Mantry has instructed some home remedies to treat asthma completely that includes doing Pranayam can control asthma as it will mainly focus on the breath and improve the oxygen supply in your body. Also, you can eat healthy foods but prefer hot foods which will reduce the symptoms, and consuming cinnamon may provide some relief.

Dr. Kailash Mantry also recommends avoiding certain products like dairy, bakery, oily, and other food products that come with a sour taste. People experiencing asthma for a long time can prefer acupuncture as it will relieve if there is any allergic reaction and also reduce the symptoms.

According to Dr. Kailash Mantry, he starts the treatment only after knowing the root cause as he

believes that if you need to cure the disease then you should know the cause of the problem. Here, the patients need to answer 500 questions and after the test, within 20 minutes, the root cause of the problem will be found. Then they start the treatment to cure it completely.

So, this is the time that we should not be afraid of the asthma problem, as Dr. Kailash Mantry who has treated a large number of patients without medications says that asthma can be cured 100% even it is in the final stage. He even advises to stay calm and not to get panic as it severe asthma.

Dr. Kailash Mantry leads a team of skilled professionals so it is possible to cure your health disorder in a shorter time. Also, he assists his son Sagar, daughter Pooja, and wife Pramila to help the patients without giving medication along with 10 other coaches.

Dr. Kailash Mantry is not only an expert in treating [asthma](#) but he also an expert in treating various other diseases like [ADHD](#), [anxiety](#), [autism](#), [depression](#), [dyslexia](#), [learning disabilities](#), mental illness, OCD, phobia, stammering, bipolar disorder, schizophrenia, etc, without suggesting any medications.

If you want to know more about Dr. Kailash Mantry and his treatment, please visit

[Mantry Healthcare](#) for further information.

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