

## Respiratory

Asthma, Sleep Apnea and other respiratory issues are often linked to what we consider lung organ imbalances. Over time of exploring these conditions with the patient's I have had, I often find another link related to food and stress exacerbating all respiratory issues. In Chinese Medicine lung issues are also related to the skin and when a respiratory condition surfaces, checking the skin can often reveal further treatment opportunities. Thinning of the hair can be reversed by addressing the lung channel as well as easing stress levels at the same time.