

# IRR

## (Infraspinatus Respiratory Reflex)

Many common treatments for asthma, respiratory illness, and allergies are aimed at improving just the symptoms. These symptomatic treatments do not necessarily prevent the symptoms from returning. At The Healing Sanctuary we have available to us one of the most amazing treatments for these type of conditions. It is called the Infraspinatus Respiratory Reflex, or IRR.



### Clinical Study Findings:

A clinical study performed on more than 4,000 asthma patients showed symptom relief in 85% of participants. Fully half of all those with improvement reported a complete resolution in symptoms and no longer needed medications.

During an asthma attack or other respiratory disorders, the shoulder blade is triggered by the nervous system that causes bronchial spasms. **IRR induces a response that relaxes the muscles and in the long-term will assist in resetting the nerves that stimulate the muscles to prevent future breathing problems.** In some cases, for an acute asthma attack, often only one treatment during the attack is needed. For chronic asthma, 3-5 treatments of IRR can be successful at eliminating the condition all together.

### Process:

This technique consists of injecting a solution near the shoulder blade or scapula bone. Ozone air may also be used with the injection. This also helps with inflammation and increases oxygenation to the area to assist with healing the nerves and muscle tissue.

*Procaine is the primary medication used for the IRR injection. It is related to novocain and lidocaine, but is a much better option for this treatment. Procaine can have the following effects:*

- *Help with Pain*
- *Tighten Blood Vessel Walls*
- *Prevent Swelling*
- *Stimulate Regeneration of the Blood Vessels*
- *Stabilize Nerve Membranes*
- *Help to Relax the Smooth Muscle of Blood Vessels*
- *Increase Oxygen Levels for Muscles & Tissue*