

IRR

Proven to be particularly helpful in treating asthma and other acute or chronic respiratory ailments.

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 Infraspinus Respiratory Reflex, or IRR.

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.

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 novocaine and lidocaine, but is a much better option. Procaine has the following effects:

- Stabilizes the membranes of all nerves, as well as inflammatory cells.
- Helps to relax the smooth muscle of blood vessels thereby increasing the oxygen level for muscles and tissue.
- It is very safe. It does not contain the preservatives found in lidocaine, and unlike lidocaine, it does not affect the liver.
- It helps with pain.
- Tightens blood vessel walls preventing swelling, and leakage of the cells outside the blood vessels. It also stimulates regeneration of the blood vessels.

"I had heard about IRR therapy and as my asthma started to flare up, getting closer into the fall months, I thought I would give it a try. Within minutes I could tell a difference. I have not had to use my inhaler as often as years past."

- Erika