

COPD (Chronic Obstructive Pulmonary Disease)

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Nasty sounding name, but I have it, so a recent diagnosis tells me. A number of you have been asking what is wrong with me and I did not answer until I got all the results back and kind of got used to having that label applied to 'me'. It is amazing what a label can do, because I have to have had this for a long time, but ignored the symptoms.

In a word, COPD is an irreversible lung disease that is terminal (unless something else gets me first, as my wife points out), but slow-moving. Why do I have it?

I have it because when I was young I was a smoker, and when I was very young I had a couple of very bad bouts with pneumonia that left scar tissue on my lungs. Need I tell you readers who smoke to please stop?

What can I do about it? Well, I can do my best to slow it down so that I can live a normal life or something close to it. Plus, I am hoping that some of you out there may know about COPD (hopefully not from personal experience) and have some good suggestions about how to stem it off or deal with it. I am most interested in natural ways to handle this disease as opposed to lots of commercial drugs. I won't use them.

I thought of not telling you all about this, because I don't want to worry you, but then I tell you everything else, so this should be no big deal. Anyway, it would get out anyway and I don't want to be secretive. It is just not my nature. You must all know that by now.

So, there you have it, a bit of impermanence to spice up my life. If you have ideas for handling this, I would be glad to hear them.