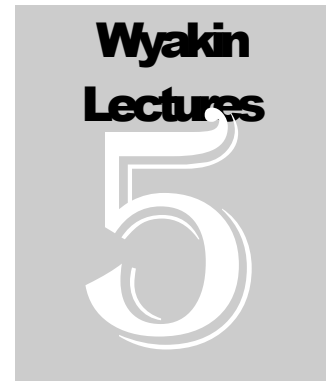


LIFE WAY PUBLICATIONS

Wyakin Lectures



Respiratory System

LIFE WAY

Medicine Wheel Education Series

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Introduction

Recently, I was meditating and praying about the nature and substance of the way we Natural Healers teach. I had gone through two sweatlodges in as many days, so my body was weak but my mind was awake and ready for guidance from my Wyakin.

It occurred to me that we natural Healers concentrate too much of our energy and our discourse on what is wrong about what is done in the name of modern medicine, so much so, that the most important aspects of our own message are often lost, buried by the forceful, negative energy of our own invective.

Then the Spirit came on me and I realized that this was what had happened to me and that my whole discourse had been only to expose the medical profession in its fraud and its moral bankruptcy. I was told that my own anger prevents me from sharing the true message of healing and that, if I changed my outlook, true healing could take place in my heart. When that happens, I will be a Healer indeed.

This is true Wyakin (guidance from the Spirit) to me, and in that spirit I offer the following discussions as teaching tools for all Shahaptian Guides, Shahaptian Healers, and Shahaptian Shirts.

Phillip Cloudpiler Landis, N.D.

The Wyakin Lectures



Center/Self – Circulatory System
Terrain Management



Center/Sky Father
Immune Modulation



Center/Earth Mother
Endocrine System
Stress and the Adaptogens



West - Seeks Council
Liver / Kidneys / Gallbladder



North - Seeks the Spirit
Respiratory System



East - Sees Far
Gastro-Intestinal System



South - Looks Within
Skin / Muscles / Joints

We will explore each of these points on the Medicine Wheel in the Seven Seminars. By the time we complete the Seven Seminars, you will have a point of departure upon which you may expand as you pursue a life and career in Natural Healing.



North – Seeks Spirit Respiratory System

References – Healthy Discussions / Real Answers to Real Questions

Resources – Handout/Medicine Wheel Myth

Review the Myth.

Our focus in this seminar is the North Point, the Seeks Counsel Point of the Medicine Wheel. Recall the many times the Brave is asked this question:

“What is it that you seek?”

What is it that we seek? We must also continually ask ourselves this question. It identifies our core motivation. It puts us in time and place. This is the question that defines us.

The Brave answered this question by insisting that he sought the Lodge of his Mother, a place of comfort, a place of safety, a place of healing. In the context of these lectures, let this also be our core motivation – to find a place of healing within our selves.

It is interesting to me that, from the beginning to the end of the boys life – from boyhood to old man – he did not find what he sought. At the end of his life the Old Man seeks and finds the counsel of spiritual beings.

This is fitting. From the beginning to the end of our quest for understanding, we learn principles that are essential to our survival. The little child learns in steps how to roll over, scoot, crawl, walk and then to run. Our lives are full of the acquisition of such useful, and often essential, technology. But there comes a time in every endeavor when we must stop, examine, and ask for counsel. The North Point symbolizes this concept.

The North is cold. You can see your breath in every season. For this reason, the Sacred Shahaptian Way associates the North Point with the Respiratory System.

The human body has several systems for taking in what it needs and removing what is harmful to it. The lungs and associated organs are one of those systems. Through it we take in the gasses that are necessary to sustain life. The principle of these gasses is Oxygen. Oxygen is the key to proper function of our bodies. Without it nothing works. In fact, when there is a lack of it (such as in the dead body) this signals the organisms that live within and upon us to begin and hasten the process of decomposition.

It is very interesting that a compost pile has a very hard time breaking down the refuse we throw into it if it is being turned every day. It must be allowed to sit for periods of time so that anaerobic processes may take place. If there is too much oxygen in the system, the micro-organisms responsible for decomposition have a hard time doing their jobs.

In the body, these same organisms have a difficult time composting us if there is adequate oxygen in the system. Accordingly, our bodies are equipped with organs that provide that oxygen and it is only when those organs no longer function (death) or do not function properly (illness) that the organisms of decomposition have the green light to get on with their work.

Consider – Are you a compost pile? Not yet I hope.

How the Lungs Work

The lungs expand and contract with the help of a muscle at the base of the rib cage called the “diaphragm” muscle. When this muscle relaxes, air is allowed to enter the lungs. When it contracts, air is forced out of the lungs.

The lungs carry the air we breathe into tiny sacs that are fused with capillaries through which the heart constantly pumps liquid blood.

The membrane that separates the capillaries from the air we breath is very thin and is designed to allow oxygen and other gasses to pass into the blood through direct diffusion.

The gasses are separated by the functions of various organs of the body and the waste and unused gasses are allowed to pass back into the lungs to be expelled. This process is called “respiration” and a similar process carries on at each cell in the body.

What Factors Effect Lung Function?

- 1) Endobiosis – in an acidic environment, many of the flora of the respiratory tract are left unregulated and some of them can gain ascendancy and cause infection and disease. Remember that the normal flora are auto-regulating, meaning that they regulate themselves automatically. If something happens to disrupt this regulation, the result is a simulation of death and the initiation of the decomposition process. When you are still alive when this happens, you become very ill with a variety of symptoms. Remember that the Endobiont is found in every cell of your body that contains any fluid at all, and this includes the cells of the respiratory tract.

- 2) Endotoxicity – Remember that endotoxicity causes disease. The Lung and the Bowel are brothers. When nutrient material is taken into the body, toxic waste materials are always produced. These toxins must be removed and the body’s best program for the removal of these wastes is right out the back door (bowel). However, if the bowel is not functioning properly, the body must find another avenue of disposal for these wastes. Many of them are transported via the bloodstream to the lungs. Now, ideally, these wastes ought to be hacked up and coughed out of the body. This is the purpose of the cough, after all. But in our society we just don’t do much of that. So we swallow the phlegm instead. Do you see how this can become a never-ending circle?

- 3) Exotoxicity – Some substances that we take into our bodies from the environment in which we live do damage to the respiratory organs themselves. Additionally, if the lungs take in compounds that are difficult to remove, such as formaldehyde or benzene, the result is systemic illness.

Example 1:

When I was very young I suffered from asthma. By the time I reached fourteen years of age it was fairly serious and the medications I had taken for the disease had already made it very questionable whether I would be able to live a normal life or not.

We lived on the western side of the Cascade Mountains in Washington State – a very rainy place. I was never thirsty so I seldom took in much water. As a result, I was almost always constipated.

Then my father was transferred to Richland, a city on the eastern side of the mountains. The climate was arid, and I was always thirsty. Accordingly, I was constantly drinking fluids to relieve my thirst. Within a short time I noticed that I was no longer constipated and the incidence of pulmonary distress that had become such an everyday occurrence for me, became rare.

This is one of the reasons that many Native Americans consider the lung and the bowel brothers. Whenever the lung is affected, the Native American Way was to evacuate the bowel before any other considerations.

Example 2:

When my youngest child was still in diapers, he developed a terrible case of croup. He just couldn't get any air at all and I was ready to give up and rush to the hospital just as my parents had with me so many times throughout the course of my growing up.

But it occurred to me that I had not considered the bowel yet. So, I gave him a warm, mild enema and waited. Within a few minutes after

he had evacuated the water, he proceeded to fill his diaper with a huge bowel movement. After that he filled his diaper several times with yellowish, smelly mucus. Interestingly, within minutes of the first bowel movement, his croupy cough calmed and the crisis was over.

When I described this experience to my mother she remarked,

“Do you know, in the old days, it didn’t matter what you went into the hospital for, you always got an enema first thing. They don’t do that anymore, but I remember it very well.”

Both of these examples demonstrate a true principle. My chronic lung complaint was caused by my chronic bowel complaint. My son’s acute lung complaint was greatly eased by clearing what must be considered an acute bowel complaint, unless we want to suggest that the mucus from his lungs somehow transmogrified to the bowel in a matter of moments. Hardly likely!

What to Do

When discussing the lungs with any sufferer, always ask about the bowel and about how much water the person is *not* drinking. The vast majority of bowel and lung problems can be solved this way. When the bowel and the lungs become dehydrated they do not function properly. Get hydration and quickly!

Expectorant Decongestants

The decongestants work to clear the lungs of phlegm by causing a minor irritation in the lining of lung tissue. This signals the body to rush fluids to the lungs in order to facilitate the inflammatory process and hasten healing. This fluid is added to the mucus and makes it much more watery and easier to cough up. Use decongestant herbs and preparations with this in mind.

Note: OTC Decongestant Drugs do not act in the same manner. They dry up the mucus membranes so that you don’t have anything to cough up. This cures the cough, but not the core

reason for it.

Never believe that anything is being relieved by the herb itself! The herb is merely causing an additional condition that triggers a useful response from the body. It is the body's knowledge of how to handle the new substance that gives relief to the congested lungs.

The only exception to this rule is in the case of the resins and volatiles that tend to cause a localized alkalizing of the lungs. This is sometimes difficult to regulate, however, and should only be considered by trained Healers.

Antitussives

The antitussives work upon the brain to counteract the body's response to irritants, rendering the cough inoperative. The cough is the body's natural method of ridding the respiratory system of irritants and excess mucus. This should never be necessary if the sufferer is taught to take in enough fluid.

What to Use

Horseradish Root Tea – Antiseptic, expectorant for bronchitis, coughs and bronchial phlegm.

Hourhound Tea – Anti-inflammatory, expectorant and antibacterial.

Indian Warrior Flower (Elephant's Head Lousewort) – Expectorant and anti-tussive. Relieves stomach pain, ulcers and painful bowel movements.

White Fir and Grand Fir Resin Tea – Decongestant and expectorant.

(Phenols and Menthols are all effective decongestants)

Sweet Gum Resin – similar to melaleuca oil. Expectorant, decongestant and antibacterial.

Mullein Tea – Emulcent and mucilage.

Mullein Smoke – Decongestant, expectorant.

Big Sage Tea – Decongestant, stomachic.

Big Sage Smoke – Decongestant, expectorant.

Cedar Smoke – Decongestant, expectorant.

Note about Smoke

The Native Americans use the Sacred Pipe ceremonially and medicinally. Many herbs may be smoked to deliver the active compounds to the lungs and into the bloodstream. When using the Pipe medicinally, the smoke is held in the mouth and exhaled, with very little of it actually reaching the lungs.

Immune Modulation

The decongestive herbs can also be very helpful in triggering a localized immune response in the lungs. The same principle causes the body to rush fluid to a minor irritation also causes a swarm of white blood cells to appear in the same area. Therefore, whenever expectorant or decongestant herbs are being used, Tiaga should also be given.

The Hoop

Today when someone gets a cough, they run directly to the druggist's shelves for some over-the-counter elixir, pill or potion to take care of the problem that our lungs or sinuses are causing. Isn't that they way of it. Then, as the condition worsens, we run to the doctor for more powerful chemistry to take care of the lung problem. We do this because we are told to. We are trained to behave this way. By whom are we taught this doctrine? By the trained ministers of the religion of consumerism – the actors and actresses who look and act just like us in the commercials we watch on television.

When the lungs are sick should we consider them the Offender or the Offended? Are the lungs the problem, or are they the part of our community affected by a problem? When a problem arises in the village, is it only the responsibility of those who live closest to the problem to take care of it? If that were the case, no community would survive very long.

When you think of the lungs as the sufferer and the cause as the problem to be addresses you are saying to all your parts, “All my Relations!” With this prayer you enlist the help and aid of all the parts of the community at once.

When you think of the lungs as the cause of the problem you are saying to all your parts, “Touch not the unclean thing!” With this imperative you separate and isolate this important part of the community.

Never do this. Resist the call of the siren – the television. Turn your head away! These are the traditions of men, and of bad men at that!

We Walk in a Sacred Manner
We Talk in a Sacred Manner

Wyakin Lectures Exam Questions

Wyakin Lecture Five:

- 1) Describe the North Point on the Medicine Wheel.
- 2) The North is brother to what other point on the Hoop?
- 3) Describe the function of the lungs.
- 4) What factors effect this function?
- 5) What should be done first when a child has croup?
- 6) What do decongestants do? What should you do?
- 7) When the usual toxins cannot be removed via the bowel how does this effect the lungs?
- 8) What is an anti-tussive?
- 9) When the pipe is use for medicine is the smoke taken directly into the lungs?
- 10) How can immune modulation be used with regard to the lungs.