

THE ALTERNATIVE METHOD

by

Nina Marzi

“EPIDEMIC OF ASTHMA”

“In reports it states that asthma cases doubled and the death rate of asthma also doubled during the year of 1989. Asthma attacks triggered by viral infections are causing Children’s Wards in Sydney Hospitals to fill up fast. Dr. Craig Mellis, head of respiratory medicine at the Children’s Hospital, said pre-schoolers were most likely to have an attack triggered by viral infection. Asthma is the most common cause of admission to the Children’s Hospital”.

(Sunday Herald, 27.5.1990)

Before I can explain to my readers why this article made me so utterly saddened and angry, let me introduce myself.

My name is Nina James-Marzi, daughter of Dr. Alexander James, who discovered the cause and treatment of asthma in 1920-21 and was practising his method since then. I was working with him, was thoroughly trained by him in his remarkable findings and was personally involved in treating the thousands of patients who were to become completely free of asthma after his drug-free treatment. After his death, I continued alone, treating patients successfully with his drug-free method - the alternative method of eradicating asthma.

It must be stated from the beginning that I have in my possession many hundreds of written testimonials, photographs of patients free from asthma, and letters of gratitude on my files today. Perhaps the above article prompted me to begin with the youngest patient.

One very early morning, a distressed mother rang me – with anguish in her voice – asking me if I could help her very sick, six-month old baby. From as young as two months, he was diagnosed as suffering from asthma and was put on Bricanyl: 2 1/2 mls. 4 times a day. She said that from the very first day of his life she never had him well. He suffered with asthma from two months and has had difficulty in breathing since he was born. She said she was desperate. Her six-month old baby suffered attack after attack and cold after cold and at night she just sat there, watching him breathing with difficulty, afraid that he would choke.

In spite of all the medicine her son’s condition was deteriorating. Panic of pending disaster never left her. She was feeling helpless, and without adequate rest and sleepless nights, she herself was reaching towards a complete nervous breakdown.

Hurried trips to the hospital – often in the middle of the night – two or three times a week, left her never knowing if it was the last time she would get him there on time or whether he would survive the asthma attack. At the hospital, the oxygen mask was immediately applied and

stronger medication given. Who of us - the readers – can not imagine the helpless feeling and despair of the mother? I asked her who recommended me and she answered, “Your now very healthy and satisfied ex-patient”.

I told her that it was obvious to me that she most definitely must be doing something wrong. Therefore, I suggested to her that she hasten to my Clinic.

When she came to me, the baby was very distressed. His little body was all swollen and he was turning purple, whilst foaming at the mouth, trying very hard to breathe. He was struggling for air.

As always, the first thing I did was to check the little boy’s circulation. When I reached for his waist, his nappy was so tight I couldn’t even squeeze my fingers through to feel his lower body. And over this horrendously tight nappy, were plastic pilchers that cut deep into the swollen-from-medication, little struggling body, leaving blood-shot circles around his waist and legs.

“Why is the nappy on so tight?” I asked the mother. “You are killing your baby”.

“Mrs. Marzi”, she replied, “he is my first baby and I was taught at the hospital that I must put my baby on the table to dress him and apply his nappy around his waist as tight as possible. And that’s what I’ve been doing all the time”.

Do you realise - all you young mothers out there – that it is almost criminal? A baby who is suffering from the lack of oxygen, and who must be rushed to hospital two or three times a week for an oxygen mask, and nobody pays any attention to his or her circulation? Yet the circulation is one of the most important factors! The tiny bodies of your children cannot grow, nor breathe adequately, without sufficient oxygen. Something in the body will inevitably suffer – usually the lungs – the result of incorrect and inadequate amount of oxygen.

Having explained all this to the mother, I asked her to undo the overly tight nappy. After which I showed her how to apply a fresh one so that her baby was no longer restricted, and then I started the treatment. I demonstrated and explained how to handle her child. As she had to return to Melbourne, I had only seven days in which to get him well. I really had to perform a miracle to get the baby well in such a short time.

The baby responded very well to treatment from the first day. After the third day of treatment, the dose of Bricanyl was halved and then stopped altogether.

As the mother writes: “After seven days of treatment, my baby son is to me a beautiful, beaming, happy, healthy baby boy, which I have never been able to experience with him. Words cannot adequately express our gratitude and thanks for our lovely, healthy son. Thank you for helping me with my nervous condition too”.

By the way, my treatment includes asthma, nervous breakdowns, sinusitis, headache, etc.

The main reason for this article is to inform mothers of the utmost importance of circulation, starting with the first days of a child's life. The first thing that is introduced to a child is "nappy". If you want to have a healthy child, please pay very special attention to **how you fasten your child's nappy**.

The sheer fact that a product is advertised or being used in a certain way for many years doesn't necessarily mean that it is good for your child. Use YOUR common sense and observe the difference. There are thousands of new inventions each year but even the **best inventions** can often be used either for **benefit** or **destruction**. So are the latest nappies.

Take for instance the disposable nappies, which are a **perfect invention, providing you use them right**. Notice the **refastenable** tapes that you can open and re-close. Perfect invention in itself! Meant for all different sizes of babies – skinny, fat, normal, etc. Next time you watch your nappy commercial on TV, **pay particular attention** to how they **advertise** it. Especially the part when they show how tight to fasten and refasten at the waist so that the baby can crawl or run without losing it.

Notice what happens when a baby sits down in it – his or her tight nappy: how it cuts into a baby's tummy, restricting the circulation, slowly but surely providing an early condition for asthma. This is how they show it on TV – pulling it real tight.

In principle this nappy is an **excellent idea**, providing that on TV or anywhere else they would explain the **dangers and great advantages** of this nappy.

Free and easy circulation: happy, healthy baby. Use your own discretion, your own common sense. The life and health of your baby starts from the right circulation with the help of your refastenable tapes on your nappy that **you** can open and re-close at the right size. This is the **first** step to your child's health. But there are many more steps that you should know.

The old-fashioned way of pinning the baby's nappy – with a large safety pin – when you put your hand to protect the baby from the pin, automatically allowed the baby's nappy not to be overly tight, and therefore the circulation is let to flow normally.

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