Emphysema is a form of chronic obstructive pulmonary disease (COPD) caused by loss of elasticity and dilation of the lung tissue.

A person with emphysema cannot exhale without great effort. Stale air remains trapped in the lungs, preventing the needed exchange of oxygen and carbon dioxide.

The most common symptom of emphysema is breathlessness, followed by coughing during exertion, no matter how slight.

Step 1:

* Alfalfa – aids in clear breathing
* CoQHeart – energizes the lungs
* Vivix – for cellular repair

Step 2:

* Vitamin C – increase elasticity
* Soy Protein or Shaklee 180 Smoothees

Step 3:

* Vitalizer

# Emphysema

