



## **Eucalyptus**

*Eucalyptus spp.*

Fragrant volatile oils help to clear sinuses and alleviate congestion with an invigorating aroma that encourages easy breathing.



## **Peppermint**

*Mentha x piperita*

Relieves respiratory congestion and opens up airways. Soothes coughs and throat irritation with a cooling effect that eases breathing.



## **Thyme**

*Thymus vulgaris*

Acts as an expectorant to help expel mucus from the lungs. Exhibits antibacterial and antiviral properties to boost immune system.



# **5 Herbs for Respiratory Health**

ecoversity

## **Mullein**

*Verbascum thapsus*

Especially useful for coughs that are dry or irritated, the demulcent properties soothe and moisten dry mucous membranes.



## **Marshmallow Root**

*Althaea officinalis*

Mucilaginous properties helps to soothe and coat the throat, reducing irritation and inflammation in the airways.



### **Preparations:**

*Mullein: Steep leaves in water for an infusion*  
*Marshmallow Root: Dry & capsule or enjoy in tea*  
*Eucalyptus: Use fresh or dry leaves as a face steam*  
*Peppermint: Infuse in hot water or use as a face steam*  
*Thyme: Incorporate into your kitchen dishes or use as a face steam*

# Natural Remedies For Respiratory Problems

**Ron Falcone, Lynn Sonberg**



## **Natural Remedies For Respiratory Problems:**

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