



Eucalyptus *Eucalyptus spp.*

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

Mullein *Verbascum thapsus*

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



Peppermint *Mentha x piperita*

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



5 Herbs for Respiratory Health

ecoversity



Thyme *Thymus vulgaris*

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

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

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