



BRONCHITIS

Eucalyptus (*Eucalyptus globulus*). Eucalyptus oil is a very effective for loosening phlegm. Commission E has endorsed inhaling eucalyptus vapors to treat bronchitis and coughs.

Licorice (*glycyrrhize glabra*) Licorices anti-inflammatory ability makes it very effective in a wide range of conditions. I have used licorice root decoction very effectively to treat the chronic cough of bronchitis.

Goldenseal (*hydrastis Canadensis*) Goldenseal has long been referred to as 'natures antibiotic', and in the 19th century was prized as a 'cure-all'. Goldenseal is a potent remedy for disorders affecting mucous membranes in the body, such as the eye, ear, nose, throat, stomach and vagina.

Garlic (*Allium sativum*). Eating a lot of garlic can help prevent bronchitis because garlic is filled with chemicals that are antiviral and antibacterial.

Mullein (*Verbascum thapsus*). Mullein has been endorsed by Commission E for respiratory complaints for its ability to loosen phlegm. In fact, mullein has been favored by herbalists for respiratory ailments for thousands of years.

Peppermint (*Mentha x piperita*) Peppermint and its main active agent, menthol, are effective decongestants. Because menthol thins mucus, it is also a good expectorant. It is soothing and calming for sore throats and dry coughs as well.

Stinging Nettle (*urtica dioica*) The juice from the roots and leaves of stinging nettle can be mixed with honey or sugar and taken like a cough syrup. It has been known to help with asthma as well as bronchitis.