



## **EMPHYSEMA**

**Mullein** (*Verbascum thapsus*). Mullein is widely used for its ability to treat respiratory conditions, including emphysema. Mullein is rich in soothing mucilage, and is also a very effective treatment of cold, flu and bronchitis.

**Red pepper** (*Capsicum*, various species). Red pepper is a rich source of antioxidants that help protect lung tissue from damage at the cellular level and helps thin mucus and move it out of the respiratory tract.

**Eucalyptus** (*Eucalyptus globulus*). Eucalyptus oil is very high in cineole. This herb, a potent expectorant, and is an ingredient in several sore throat lozenges and in commercial chest rubs.

**Cardamom** (*Elettaria cardamomum*). **This herb is very high in cineole, a potent expectorant compound.** Other herbs high in cineole (in descending order of potency) include **spearmint, rosemary, sweet Annie, ginger, lavender, nutmeg, bee balm, peppermint, tansy, yarrow, cinnamon, basil, turmeric, lemon leaf, hyssop, tarragon, lemon verbena and fennel.**

**Licorice** (*Glycyrrhiza glabra*). Licorice contains nine expectorant compounds plus ten antioxidant compounds. While licorice and its extracts are safe for normal use in moderate amounts--up to three cups of tea a day--long-term use can produce headache, lethargy, sodium and water retention, excessive loss of potassium and high blood pressure.

**Peppermint** (*Mentha piperita*). Peppermint contains nine expectorant compounds, and its main active constituent, menthol, has mucous-thinning properties. *Never ingest Essential Oils of any kind, including peppermint.*

**Basil** (*Ocimum basilicum*). Although basil is not widely known as an expectorant, it does contain six compounds that are useful for this purpose.

**Oregano** (*Origanum vulgare*). Oregano contains six compounds that are expectorants.