

HERBS FOR RESPIRATORY HEALTH

Mullein:

Commonly used to dry out lung conditions, and as an expectorant to relieve coughs. Modern studies show the herb may have anti-inflammatory properties in the lungs.

Osha Root:

Useful for respiratory illness and in relieving cough. Often taken as a syrup for cough and cold.

Horehound:

A useful remedy for a wide variety of ailments that cause intense coughing.

Relaxes the muscles in the lungs to make breathing easier.

Marshmallow:

Longterm use as a cough remedy and for sore throat. Mucilaginous properties make it useful for dry coughs.

Find more info at
www.theathomeapothecary.com