

# Respiratory Conditions & Detoxification

This is a very important subject to address given that individuals with more serious respiratory conditions must sometimes be very careful in how they approach their detox, and work their way through it, once mucus and lymphatic congestion begins to break loose and decongest in the lungs.

Lung conditions such as asthma, emphysema, chronic obstructive pulmonary disease, shortness of breath, etc., are not solely congestive and degenerative problems, but are also linked to the nervous system. This will take us to the adrenal glands but often also the thyroid and parathyroid glands.

The adrenal glands produce neurotransmitters. When this production is impeded through progressive weakening of the adrenals - spasms and compromised nerve responses throughout the body are often the result. The thyroid and parathyroid glands manage the waxing, waning and utilization of the body's calcium supply, which when inhibited, also leads to cramping, spasms and convulsions.

## *Working Your Way Through*

First and foremost, a diet of fresh, raw, tree-ripened fruits are recommended. Their astringent properties act as expectorants and also grant the body the chemistry and energy to facilitate elimination of congestion found within the tissues of the lungs. Organic leafy greens high in chlorophyll can also act as powerful expectorants. But keep in mind, this is a game of balance. You do not want to pull too much mucus and congestion out at once resulting in difficulties breathing.

A high quality and potent **anti-spasmodic herbal formula** is necessary in cases where detoxification can result in spasms. Such formulas can also be used as bronchodilators (relaxes bronchial muscles which increases airflow to the lungs) and can be ingested every 15 minutes, if required. If you've been prescribed bronchodilating medications, we would use them whenever necessary.

Drawing out congestion, dissolving tumors (pockets of fluid), masses, and so forth, out of the lungs, can be a tedious and challenging process. We advise people to approach this process slowly, and let the body proceed with cleaning and healing internally. Colds, flus, sore throats, deep coughing, and pneumonia-like symptoms can occur throughout the detoxification process.

Apart from anti-spasmodic herbal formulas, you can also prepare herbal steam and spray inhalants, apply castor oil packs and use essential oils. Please note we do not advise smoking herbs as decongestants.

### ***Steam and Spray Inhalants***

Inhalants are recommended for breaking up and decongesting hardened mucus within bronchial and lung tissues. They can also be utilized for their anti-spasmodic properties to prevent and halt spasms of the bronchi and lungs. An additional bonus is that they do not stop the expectoration of mucus unlike pharmaceutical inhalers.

Inhalants are straightforward and easy to prepare, and the most popular form of inhalants are herbal steam inhalants.

<b>ITEMS NEEDED</b>
<b>For Steam Inhalants</b>
<p><b>One or more of the following herbs:</b></p> <ul style="list-style-type: none"> <li>* Pleurisy Root</li> <li>* Mullein Leaf</li> <li>* Eucalyptus</li> <li>* Fenugreek Seed</li> <li>* Coltsfoot Root</li> </ul> <p>----</p> <ul style="list-style-type: none"> <li>* Distilled water or spring/ mountain water</li> </ul> <p>----</p> <ul style="list-style-type: none"> <li>* Pot to boil the concoction</li> </ul> <p>----</p> <ul style="list-style-type: none"> <li>* Towel</li> </ul>
<b>For Spray Inhalants</b>
<p><b>One or more of the following herbs:</b></p> <ul style="list-style-type: none"> <li>* Pleurisy Root</li> <li>* Mullein Leaf</li> <li>* Eucalyptus</li> <li>* Fenugreek Seed</li> <li>* Coltsfoot Root</li> </ul> <p>----</p> <ul style="list-style-type: none"> <li>* A glass bottle with a spray nozzle cap</li> </ul>

### ***Steam Inhalant Written Instructions***

- 1) Place one teaspoon of herb per cup of water (remember to use extra water to account for evaporation).
- 2) Let your tea boil for a few minutes and then switch off the heat.
- 3) Place the towel over your head and over the pot of simmering herbs. Keep your face at a comfortable distance from the pot to avoid skin irritation.
- 4) Inhale deeply so that you are breathing in the combination of herbs and steam.

You may add lobelia to the mix for an anti-spasmodic effect. Cayenne pepper may be applied to the chest, when doing castor oil packs. A quality lung herbal formula may also be added to castor oil packs and/or taken internally. These combinations are extremely beneficial for cleaning out the lungs.

### ***Spray Inhalant Written Instructions***

- 1) Place one teaspoon of herb per cup of water. Bring the tea to a boil, turn down the heat, and let it simmer for 5-6 minutes.
- 2) Once the tea is prepared, strain it.
- 3) Place the mixture in your spritzer bottle.
- 4) Use as you would with any inhaler (The herbs should be at room temperature when used).
- 5) You may also use as a spray expectorant for sore throats.

### ***Essential Oils***

Essential oils can be used in the situations outlined above as well. Oils, however, are very potent so must be used with caution. Add only a few drops to simmering water.

Popular essential oils include **eucalyptus**, **peppermint**, and **spearmint**. These oils can also be added to bath water for accelerating elimination.

You may use these oils up to 3-4 times per day.

For instructions on castor oils packs, please see the PDF: 'How-To: Castor Oil Packs'.