

ASTHMA HERBAL TEA

INGREDIENTS:

GINKGO BILOBA - Ginkgo biloba contains antihistamine and anti-inflammatory properties that help treat asthma. A 2007 study published in the Journal of Huazhong University of Science and Technology (Medical Sciences) found that extracts of this herb helped decrease the infiltration of inflammatory cells in the asthmatic airway and relieved the airway inflammation.

ELECAMPANE - long valued as a tonic herb for the respiratory system. It is often used as a specific remedy for chronic bronchitis and bronchial asthma. Elecampane soothes the bronchial tube linings and acts as an expectorant.

SLIPPERY ELM - is another effective herb for asthma. It has anti-inflammatory properties that help thin the mucus that clogs the airways. It also provides relief from coughing and tightening of the chest. In addition to asthma, it can help treat bronchitis, sore throats and coughs.

LICORICE ROOT - Licorice has a systemic anti-inflammatory effect on the lungs, which helps reduce inflammation of the bronchial tubes, calm the airways and restore normal breathing. In addition, it has immune-stimulant properties

LUNGWORT - is a bronchodilator and antispasmodic which explains its popularity as a medicinal herb for asthma, spasmodic croup, pneumonia and whooping cough. It is thought to stimulate the respiratory centre of the brain resulting in deeper and stronger breathing.

COLTSFOOT - Coltsfoot Leaf has been used for thousands of years as an herbal remedy for relief of asthma, bronchitis, nasal congestion, dry coughs, whooping cough, chronic emphysema, laryngitis, sore throat and other respiratory and inflammatory conditions.



"Herbs that work!"