

# SINUS CONGESTION

## HERBAL TEA INGREDIENTS:

**EUCALYPTUS** - is an effective and safe treatment for sinusitis that doesn't include antibiotics.

**PEPPERMINT** – Peppermint contains menthol. This compound may affect the mucus receptors in the nose, helping to open the airways and clear mucus. Studies show that peppermint may fight bacteria, one of the triggers of sinus congestion.

**SAGE** - Sage is a natural alternative for commonly used anti-biotics. Sage is devoid of the usual side effects associated with conventional anti-biotics like gastric irritation and resistance. Sage can be used with confidence to treat Sinus Infection or Sinusitis.

**BLACKBERRY LEAF** - Decoction of leaves is use as tonic and gargle. Blackberry leaves have been traditionally used in herbal medicine as an antimicrobial agent and for their healthful antioxidant properties.

**MARSHMELLOW ROOT** - The high mucilaginous content of marshmallow root may make it a useful remedy for treating coughs and colds. Marshmallow root appears to act as an enzyme to loosen mucous and inhibit bacteria.

**CALENDULA** - Helps heal inflammation from infection or irritation through its vulnerary, anti-inflammatory and anti-microbial actions. Also used for poor immunity, to help prevent infection through stimulating the lymphatic system.

**BONSET** – is used it to clear upper respiratory infections and mucous related congestion.

**ECHINECIA** - It is renowned for its immune-enhancing antibiotic and antimicrobial actions.

**CAYENNE PEPPER** - The capsaicin in cayenne pepper dries up mucus in the nasal passages, making it easier to breathe.

**CHAMOMILE** - If you tend to continuously cough accompanied with a ruby nose because of sinus congestion, this chamomile tea can help soothe your sore and itchy throat and unclogs your blocked nose.



*"Herbs that work!"*