



Eucalyptus

Eucalyptus spp.

Fragrant volatile oils help to clear sinuses and alleviate congestion with an invigorating aroma that encourages easy breathing.



Peppermint

Mentha x piperita

Relieves respiratory congestion and opens up airways. Soothes coughs and throat irritation with a cooling effect that eases breathing.



Thyme

Thymus vulgaris

Acts as an expectorant to help expel mucus from the lungs. Exhibits antibacterial and antiviral properties to boost immune system.



5 Herbs for Respiratory Health

ecoversity

Mullein

Verbascum thapsus

Especially useful for coughs that are dry or irritated, the demulcent properties soothe and moisten dry mucous membranes.

Marshmallow Root

Althaea officinalis

Mucilaginous properties helps to soothe and coat the throat, reducing irritation and inflammation in the airways.

Preparations:

Mullein: Steep leaves in water for an infusion
Marshmallow Root: Dry & capsule or enjoy in tea
Eucalyptus: Use fresh or dry leaves as a face steam
Peppermint: Infuse in hot water or use as a face steam
Thyme: Incorporate into your kitchen dishes or use as a face steam



Natural Herbs Remedy

C Cleary



Natural Herbs Remedy:

The Enigmatic Realm of **Natural Herbs Remedy**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Natural Herbs Remedy** a literary masterpiece penned with a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those who partake in its reading experience.

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