

# Breathe Deep

*Supports lower respiratory health. ∞*

*Traditionally used to encourage the body's ability to ease coughs and clear mucus from the lungs. ∞*

The source text describes She Gan Ma Huang Tang as useful in situations of cold phlegm trapped in the lungs, manifesting as a rattling cough. This is often seen after an acute infection or “wind-cold” has passed, leaving these lingering symptoms behind. After the immune system has cleared out the acute infection, indicated by the absence of fever or chills, and there is still a phlegmy cough, we know the body's internal environment has not yet been restored to balance.

The hallmark symptom of this kind of cough is a “rattle” sound that is produced when the phlegm obscuring the airway is disturbed by the forceful breath of a cough. Here, “cold in the lungs” means that the tissues of the bronchial system are lacking functional warmth and blood flow. This will cause them to contract, tightening the airway making it more difficult to expectorate mucus. The presence of cold in the lungs and bronchial system is most likely due to an exposure to a pathogenic environmental influence like cold wind, air conditioning, over-consumption of cold foods or drinks etc. that the body's blood and energy flow could not stand up to. When the respiratory system's internal environment becomes too cold, lacking good blood flow and heat, it can become susceptible to infection.

This formula function is described in the source text as warming to the airway in order relax and open the contraction and dispersing the phlegm. This can be taken at the onset of a deep respiratory infection, as well, to prevent phlegm from accumulating. To make this formula suitable for those who may be sensitive to stimulants, we have substituted the original herb, Ma huang, in this formula with two herbs traditionally used to support the opening of the lungs. We have also added three additional herbs traditionally used to support movement of phlegm not only from the lungs, but the sinus cavity as well.

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**Imbalance addressed:** Cough with qi ascent and phlegm rattle, cold rheum depressing the lung

**Formula Action:** warm and open the lungs, transform cold, disperse congested fluids, redirect rebellious lung qi, stop coughing

**Base formula:** She Gan Ma Huang Tang with substitutions (Belamcanda and Ephedra Decoction with substitutions)

**Ingredients:** *Sheng jiang, She gan, Ban xia, Da zao, Wu wei zi, Xi xin, Kuan dong hua, Zi wan, (fresh ginger, belamcanda, pinellia, jujube, schizandra, coltsfoot, aster)*

**Additional, symptomatic herbs:** *Xing ren, Fang feng, Cang zhu, Xin yi hua, Jing Jie (apricot seed, saposnikovia root, red atractylodes, magnolia bud, schizonepeta stem)*

**Source Text(s):** Jin Gui Yao Lue (Essential Prescriptions of the Golden Cabinet)

**Additional ingredients:** Filtered water, Non-GMO cane sugar alcohol, honey

\*Organic, Non-GMO herbs are used whenever available, all herbs used undergo laboratory testing to ensure they are free from possible impurities or contaminants.

∞ *These statements have not been evaluated by the Food and Drug Administration. The information in this article is for educational purposes only. This product is not intended to diagnose, treat, cure, or prevent any disease.*