

HEALTHOLOGY

BUILDING A HEALTHIER YOU



BREATH EASY WITH LUNG-FX

BREATHING SHOULDN'T BE A STRUGGLE

Breathing easily is something that most of us take for granted. We usually inhale and exhale without even thinking about it, but the moment you can't get enough air, like during an asthma attack, it becomes very clear just how important breathing is. So, why do we need to breathe?

We use energy in order to do literally everything: sit, stand, think, blink... everything! Energy doesn't just come directly from food, it needs to be converted in the body to a usable format, called ATP. The process by which we convert food to energy is called cellular respiration, and it requires oxygen from the air we breathe. There are two by-products of making ATP: water, which we use in the body, and carbon dioxide, which we exhale through the lungs. Without this exchange of oxygen and carbon dioxide in the lungs, we couldn't convert food to energy.

Through our environment we are constantly breathing in pollution, viruses and toxins. This is why the body has a natural defense system to help clean and repair the lungs and fight potential infections. The lungs are lined with mucous that traps foreign particles. We have cilia (tiny finger-like projections) that move this mucous upward so that we can expel it from the body. Think of it like a mucous escalator that's constantly working to keep the lungs clean and healthy.

We also have antioxidants and detoxifying mediators in the lungs to prevent and heal damage caused by inhaling pollutions and toxins, and special immune cells in the lungs to prevent us from getting sick.

When we have high exposures to toxins, smoke, or other particles, the lungs' natural defense systems have difficulty keeping up, and it impacts our ability to exchange oxygen and carbon dioxide. Reduced lung function makes us feel tired because our body can't make enough energy¹. We also may have symptoms of coughing, frequent lung infections, asthma attacks, or excessive mucous production¹. Lung function is significantly reduced in conditions like COPD, asthma, and in smokers¹.



BREATHE EASY WITH LUNG-FX

LUNG-FX is beneficial for people who have chronic lung disease, asthma, and in smokers. LUNG-FX works by supporting the lungs' natural defense systems. It contains expectorant herbs to help you break down and expel mucous. It promotes detoxification to protect the lungs from damage caused by pollutants and toxins. It contains anti-inflammatories and antioxidants to heal and soothe damaged lung tissue. LUNG-FX provides targeted support to improve lung function and help you breathe more easily. Here's how it works.

N-Acetyl-L-Cysteine, 200mg

- Antioxidant that reduces inflammation and works to heal and protect the lungs from damage².
- Increases the body's production of glutathione, which is the lungs' most powerful detoxifier².
- Mucolytic, meaning it helps thin mucous to make it easier to expel³.

Fenugreek Seed (*Trigonella foenum-graecum*) 10:1 Extract (QCE 1.5g), 150mg

- Mucous expectorant, helping to clear mucous from the lungs⁴.
- Improves lung function measures by 10% in asthmatics⁴.

Hyssop Herb Tops (*Hyssopus officinalis*) 10:1 Extract (QCE 1g), 100mg

- Mucous expectorant, helping to clear mucous from the lungs⁵.
- Antioxidant that reduces inflammation and improves airway functioning in asthmatics⁶.

Mullein Leaf (*Verbascum Thapsus*) 20:1 Extract (QCE 2g), 100mg

- Soothing for coughs and hydrating for the lungs⁷.
- Mucous expectorant, helping clear mucous from the lungs⁷.

Ginger (*Zingiber Officinale* – Rhizome) 4:1 Extract (QCE 400mg), 100mg

- Opens up the airways, significantly relaxing spasms to improve asthma and tightness in the chest caused by chronic lung disease⁸.
- Reduces inflammation in the lungs⁸.

Reishi Mushroom (*Ganoderma lucidum* – fruiting body) 20:1 Extract (QCE 1g), 50mg

- Supports the immune system to prevent infection, and improve overall symptom management of chronic lung disease, COPD, and asthma^{9,10}.
- Reduces inflammation and provides antioxidants to protect the lungs from damage⁹.



DR. HILARY'S LIFESTYLE TIPS TO IMPROVE LUNG HEALTH



Limit Carbohydrates, Especially Refined Sugars

When we metabolize carbs for energy, we produce carbon dioxide. We produce less carbon dioxide from metabolizing proteins and fats, so it's easier on our breathing.

foods, including lean meats and fish, vegetables, legumes, nuts and seeds.

Optimize Vitamin D Levels

Having adequate levels of vitamin D is important for a healthy immune system and lung function. Requesting blood work is the only way to know your vitamin D status, and for your doctor to decide on appropriate vitamin D supplementation dosing. Having adequate vitamin D can reduce the frequency and severity of asthma attacks¹³.

Smoking And Vaping Cessation

Lung function, capacity, coughing and shortness of breath all improve within the first month of smoking cessation. After six to nine months of being smoke-free, the cilia in the lungs have healed and the frequency of lung infections improves¹².

Stay Hydrated

Drinking enough water helps to thin mucous in the lungs and improve breathing. Aim for at least 2 litres of water daily, and more if you're active or in warm weather.

Maintain A Healthy Weight

Gradual weight loss of 1-3 lbs per week is ideal for sustainable results. This should be done through eating a balanced diet rich in whole

Improve Air Quality

Use a HEPA air purifier to improve air quality at home. Vacuum and wet mop regularly to limit dust build up. Minimize your use of scented products.



LUNG-FX FOR BETTER LUNG HEALTH

Lung health is a vital part of our overall health. The lungs exchange oxygen and carbon dioxide, allowing our bodies to convert food to energy. As we breathe in air, we also breathe in toxins and pollutants, so healthy lungs are continually self-cleaning to allow for optimal oxygen exchange. In some people, including those with asthma, COPD, and in smokers, the self-cleaning mechanism is sub-optimal. **LUNG-FX** improves lung health by supporting the lungs' natural detox processes. It helps to thin and expel mucus to clear toxins and other particles from the lungs. It provides anti-inflammatory and antioxidant support to soothe the airways, heal damage, and protect the lungs. **LUNG-FX** supports overall lung function and helps people with chronic lung conditions to breathe more deeply.



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