

The respiratory system is the NETWORK of organs and tissues that help you BREATHE. It includes your airways, lungs and blood vessels. We need our nose, mouth, lungs and trachea to breathe. The muscles that power your lungs are also part of this system. These parts work together to move oxygen throughout the body and clean out waste gases like carbon dioxide.

Breathing is an involuntary action. We don't often consider the role our lungs play in keeping us strong and well. It's only when we experience breathing problems that we begin to appreciate how hard our lungs work for us. Breathing supplies oxygen to the cells in the body. Without sufficient oxygen, people are more prone to health problems.

# Tips to improve your lung health

- Diaphragm breathing (concentrate on lowering the diaphragm as you breathe in, you will get a much deeper inhale)
- Simple deep breathing (to reach your full lung capacity)
- Counting your breaths (increase lung capacity by increasing the length of your inhalations and exhalations)
- Staying hydrated (keeps the mucosal linings of the lungs thin and function better)
- Laughing (forces stale air out and allows fresh air to enter more areas of the lung)
- Staying active (lungs thrive on movement and activity)
- Watching your posture (sit tall to make room for your lungs)
- STOP taking phlegm producing foods ... sugar, refined flour (bread, cake, pizza, rusks, biscuits), fizzy drinks, fruit juice, dairy products etc. These foods are also the ones that make your body acidic. An acidic body has a shortage of oxygen.

## Signs of low oxygen:

HEADACHE, SHORTNESS OF BREATH, RAPID HEARTBEAT, COUGHING, WHEEZING, CONFUSION, BLUSH COLOUR ON SKIN, FINGERNAILS AND LIPS and more.

#### **Lung Food**

Red and blue fruits like blueberries and strawberries are rich in anthocyanin. This pigment can slow down your lung's natural decline as you age. Potassium-rich bananas are essential for improved lung function. Foods that are rich in iron and nitrates are the key to increasing oxygen supply throughout your body. So, beetroot, leafy vegetables, pomegranate, garlic, cabbage, cauliflower, sprouts, meat, nuts and seeds help. Lemons are of the top oxygen-rich foods which can be acidic outside the body but turns alkaline within the body. It contains good electrolytic properties making it an amazing alkalising food. Fresh colourful raw and lightly cooked food must always cover the biggest part of our plate for overall health.

## Nature provides us with amazing healing herbs

**Green tea:** 2 cups a day are loaded with anti-inflammatory goodness

Turmeric: reduces inflammation and detoxifies the body

**Peppermint:** tea can cure your sore throat and break up mucus

**Ginger:** removes toxins from the respiratory tract and is also again an amazing anti-inflammatory

**Garlic:** is a powerful antibiotic agent and reduces inflammation.

## **PRODUCTS that aid healthy lungs:**

- ▶ PULMO FAST: with Astralagus, Chaparral, Arluna Bark. Boswellia, Lobelia, Elecampane, Oregano and Mullein. GREAT for lung detoxification, thins mucus and breaks up congestion, clears out excess mucus, reduces histamine, cleanses the bronchial tubes, reduces inflammation and improves symptoms of breathlessness and wheezing.
- ❖ RESPIR-EZE: Bilberry, Boneset, Coltsfoot, Goldenseal, Goldenrod, Echinacea, Elderflower, Elecampane, Eyebright, Lobelia, Marshmallow, Mullein, Peppermint and Thyme. They are traditionally used to help open the airways, enabling clearer breathing and relief from: persistent shortness of breath, bronchitis, allergies, sinusitis and infections etc.
- **UMKHONTO:** An important supplement with Vit D, A, E, C, Zink, selenium and probiotic spores.
- PROXOGEN: excellent for oxygen deficiency!
- MEGA OXYGEN: excellent for oxygen deficiency!
- NAC: Reduces inflammation in the bronchial tubes and lung tissue. It also loosens mucus in your air passageways, improves lung function and reduces lung fibroids.
- **QUERCETIN:** has potent antioxidant, antihistamine and anti-inflammatory properties.

OUR LUNGS REPRESENT OUR CAPACITY TO TAKE IN AND OUT LIFE. PROBLEMS WITH THE LUNGS CAN MEAN WE ARE AFRAID TO TAKE IN LIFE, OR PERHAPS WE FEEL, WE DO NOT HAVE THE RIGHT TO LIVE LIFE FULLY.



Please Note: This pamphlet only provides information and is not for diagnosis or treatment of specific illnesses. Pregnant woman, those sensitive to specific herbs, on prescription drugs / medication should first consult their practitioners before taking any herbal remedies. Tell your doctor if you are using herbs and natural supplements before going for surgery as they prevent blood from clotting. You are responsible for your own actions and decisions. Do as much of your own research as possible.