

Breathe



Availability: In Stock
Weight: 1.10oz

Price: \$5.00

Short Description

A warming blend of herbs and spices intended to promote healthy lung function, clear congestion, and support the immune system.

Description

Healthy lungs allow the efficient transfer of oxygen into the body and carbon dioxide out of the body. If your lungs are not at optimum health, it is common to experience light-headedness, lack of energy, and difficulty in catching your breath during exertion.

Loss of lung function can be the result of illness, chronic disease, or a history of smoking or exposure to contaminated air. Breathe may be able to help to mitigate the effects of these conditions.

Suggested uses

The following uses have been published for one or more of the ingredients of this product;

Breathe is recommended to help improve lung function in the presence of congestion, allergies, or asthma.

How to use

Place one measuring teaspoon of Breathe in a tea infuser or a self-made teabag ([available for purchase here](#)). Pour eight (8) ounces of very hot (boiling) water over the infuser or tea bag and allow it to steep for five to ten minutes. The infusion should be red in color when ready. Drink when cool enough. [You can find an article on how to prepare tisanes here](#). Brown sugar can be used to sweeten the mixture.

Properties

The following properties have been identified for one or more the ingredients of this product;

Analgesic, Antiarthritic, Antiasthmatic, Antibacterial, Antibilious, Anticarcinogenic, Antidote, Antifungal, Anti-inflammatory, Antimicrobial, Antioxidant, Antipyretic, Antirheumatic, Antiseptic, Antispasmodic, Antitumor, Antitussive, Aromatic, Astringent, Bitter, Carminative, Cytotoxic, Demulcent, Depurative, Diaphoretic, Digestive, Diuretic, Eczema, Emmenagogue, Emollient, Expectorant, Galactagogue, Hemostatic , Kidney, Laxative, Odontalgic, Ophthalmic, Parasiticide, Pectoral, Poultrice, Refrigerant, Skin, Stimulant, Stomachic, Tonic, Vulnerary.

Precautions

Do not use if you are allergic to plants in the aster family (e.g. ragweed).

Do not use if pregnant or nursing.

Ingredients

Coltsfoot (*Tussilago farfara*), Chickweed (*Stellaria media*), Plantain (*Plantago major*), and Clove (*Syzygium aromaticum*).