

Expel



Availability: In Stock
Weight: 0.00oz

Price: \$6.00

Short Description

A blend of herbs and spices to help clear congestion and stuffiness, and to relieve persistent coughing due to mucus buildup.

Description

Being both decongestant and expectorant, Expel can reduce both the stuffy head and congested chest that are often associated with colds, flu, and seasonal allergies. Wet coughs associated with congestion are also relieved because of the thinning of mucus and the soothing of the tissues that line the respiratory passages.

When prepared according to the directions and drunk warm, it usually takes less than 15 minutes to begin to feel some degree of clearing of the nasal passages, followed by a loosening of accumulated mucus in the respiratory system. Coughing is normal when this occurs, as the body attempts to remove the congestion and open the airways.

Suggested uses

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

Asthma, Bronchitis, Coughs, Inflammation, Lung diseases, Respiratory, Throat

How to use

Place one measuring teaspoon of Expel in a tea infuser or a fold over teabag (available for purchase). 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. Drink when cool enough. You can find an article on how to prepare tisanes [here](#).

If you prefer to filter your infusion after steeping it, just add the correct amount of Expel to the hot water and then strain out the particles using a fine-mesh strainer, coffee filter, or multiple layers of cheesecloth.

Properties

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

Alterative, Antiasthmatic, Antibacterial, Anti-inflammatory, Antimicrobial, Antioxidant, Antiphlogistic, Antirheumatic, Antispasmodic, Antitussive, Antiviral, Demulcent, Expectorant, Immunomodulation, Pectoral, Resolvent.

Precautions

Not recommended for use while pregnant or nursing.

Large doses might cause mild stomach upset; no more than ½ cup of the prepared tea is usually required for full effect.

Ingredients

Stevia (*Stevia rebaudiana*), Plantain (*Plantago lanceolata*), Licorice (*Glycyrrhiza uralensis*), Slippery Elm (*Ulmus rubra*), Flaxseed (*Linum usitatissimum*), Chickweed (*Stellaria media*), Star anise (*Illicium verum*)