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Eliminate Phlegm And Mucus From The Chest And Throat Instantly!

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Nasal or throat obstructions appear because of coughing or breathing difficulties. They cause the accumulation of phlegm in our lungs.

It's a health problem which has to be treated since it makes our life harder. In case it's left untreated, it will cause the appearance of some very serious health problems.

What Is Phlegm?

It's a sticky substance secreted in our respiratory system. The respiratory system creates it, so that it can protect the membranes. It's sticky because in this way, all of the allergies, dust and viruses become trapped.

It prevents us from having colds, too. When mucus becomes accumulated in our chest and throat, we cough. If we don't cough to eliminate the phlegm, bacterial infections, flu, viruses and colds appear.



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It usually starts with breathing difficulties, a runny nose, fever and a weakened body. When the phlegm isn't eliminated, we start having obstructed bronchial tubes.

That's why in this article, we decided to present you some natural remedies that can help you remove the phlegm. No more respiratory problems for you!

1. Lemon & Honey

It's a very powerful mixture made of 2 of the healthiest natural ingredients. The coughing will be relieved instantly. Honey and lemon are full of antifungal and antibacterial properties. Lemon is acid and is full of vitamin C. That increases our immunity and breaks down the phlegm easily!

Ingredients:

- 2 tbs of lemon juice
- 1 tbs of organic honey

Instructions:

Combine both of the ingredients in a bowl. Take the resulting mixture 3 times every day.

2. Ginger

This amazing root is full of strong antibacterial, antiviral and expectorant properties. It will help you eliminate the phlegm, but also any other throat or chest congestion. You should drink several cups of ginger tea or just eat from 3 to 4 pieces of ginger every day to keep your complete health in an optimal condition.

Ingredients:

- 1 tsp of honey
- 2 cups of water
- 6 or 7 slices of ginger
- 1 tsp of peppercorn

Instructions:

The water should be heated first. As soon as it starts boiling, add the peppercorn and the pieces of ginger. The pot should be covered. Leave the mixture to boil for several minutes. Leave it to simmer for 6 minutes on medium heat. Let it cool down. Add the honey in a cooled mixture. Take this tea every day. You can drink 2 or 3 cups.



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3. Turmeric

Turmeric is filled with curcuma which has very powerful antibacterial and antiseptic properties. It improves your immunity, but also eliminates the phlegm and the bacteria.

Ingredients:

- 1 tsp of turmeric
- 1/2 tsp of salt
- 1 glass of warm water

Instructions:

Combine the water with the turmeric. Add the salt. Stir everything well. Use this mixture to gargle with it 3 or 4 times every day. The process of gargling should take several minutes. Any respiratory infection can be treated with this mixture.

You can also use salt water to gargle because salt removes bacteria and warm water calms down your irritated throat.

4. Steam Inhalation

This is among the most well-known and used home remedies. It's very effective and eliminates the clogged mucus very fast. You can also combine the water with some dry herbs.

Ingredients:

- 1/2 tsp of dry rosemary
- 4 to 5 cups of boiling water
- 1/2 tsp of thyme

Instructions:

The rosemary and the thyme should be boiled in a larger pot. Cover your head using a towel. You should use the steam for inhaling as deeply as you can. The phlegm will be eliminated soon. Repeat the process of inhalation several times every day.

Another thing you can do is to use a hot bath for 10 minutes 2 times every day. Moisturize the body afterwards since the hot water will make your skin very dry.

If you want improved effects, add some essential oils. They will destroy any germ, calm down the congestion and decrease the inflammation. The best would be tea tree oil since it has very strong antimicrobial properties. Another one you could choose is menthol oil. It alleviates congestion and decreases the symptoms of sinus infections.

Phlegm is also eliminated through blowing the runny nose. Drink more warm beverages, avoid cold, increase the humidity at home, put warm compresses where you feel you have a problem etc. Smoking will worsen the situation, so if you're a smoker, try to decrease practicing this habit.

Household cleaners and chemicals also irritate your throat and lungs, so mucus becomes more produced. Congestion will be soothed if you use more spiced meals. Add more peppers, chili, capsaicin and garlic especially.

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