

# BRONCHITIS



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## Definition

Bronchitis is the inflammation of the bronchial tubes.

## Symptoms:

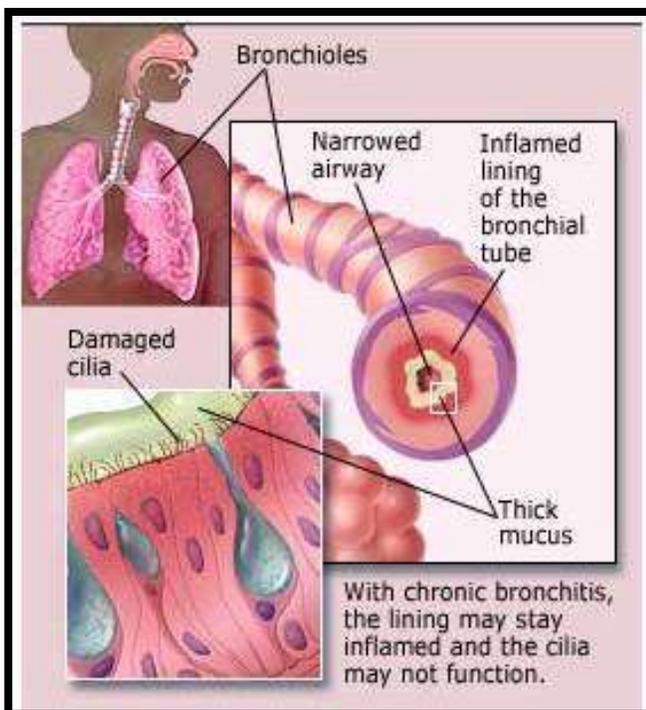
An acute or chronic inflammation of the mucous membrane of the bronchial tubes.

## Cause:

This is a condition from improper diet and results in bowel problems.

Relieving the **Effects** of the condition **Will Not Heal It**.

Bronchitis usually develops from a cold which settles in the lungs and develops into a chronic condition if not healed, eventually going into consumption or tuberculosis.



## Herbal Aids

### Comfrey and Almond are Specifics for Bronchitis.



If one has shortness of breath and needs the throat cleared of mucus, he can use an emetic.

Since constipation is one of the chief causes of the problem, the bowels must be cleared and kept open with the lower bowel tonic or herbal laxatives.



**Cayenne** is very effective for cutting the phlegm, as are fruit juices such as grapefruit, lemon, orange, or pineapple.



**Chickweed, Comfrey, Marshmallow or Mullein** are the greatest cleansers to get the mucus out of the body.



One can relax the throat, stomach, and bronchi rapidly with a very small amount of **Lobelia**.

Other useful aids for relief are a hot vapor or steam bath followed by a cold shower or sponging; also hot fomentation of pleurisy root or mullein (with lobelia in it) on the chest and spine.

Mullein & Lobelia Salve



If you want to speed up any fomentation, add **CAYENNE** as a counterirritant.

Bronchitis, Bronchial and Spasmodic Coughs, Whooping Cough:

**Drink the infusion of RED CLOVER freely.**

**Garlic:** For chronic diseases of the upper respiratory tract (inflamed tonsils, salivary glands, neighboring lymph glands), pharyngitis, laryngitis, bronchitis, etc.

Keep garlic in the mouth constantly during wakeful hours, renewing morning and evening after the cloves have absorbed the poisons; or, use another appropriate garlic preparation.

**Garlic Syrup:** for Asthma, Whooping Cough, Cough, Pneumonia, Smallpox, Bronchitis, Dyspnea, etc.



## Where there is spasm

- ✓ Give 1 teaspoonful of the syrup with or without water every 15 minutes until the spasm is controlled.
- ✓ Then give 1 teaspoonful every 2-3 hours for the rest of the day.
- ✓ Thereafter give 1 teaspoonful of the syrup 3-4 times daily.

**Use the Fresh Garlic & Vaseline foot poultice** (see detailed instructions found on the "*Infection Information Sheet*")

**Also, rub Garlic Oil** on the chest, throat, and between the shoulder blades.

**Yarrow:** Enuresis, bronchitis (and other respiratory affections):

Drink the yarrow decoction cool.

**Pleurisy Root:** for pleurisy, bronchitis, pneumonia, inflammatory rheumatism:

- ✓ Give hot infusion while the patient is closely-covered in bed;
- ✓ Repeat the dosage every 30 minutes until free perspiration is produced;
- ✓ Apply hot cloths externally, wrung out in the infusion.

**Thyme:** May be taken internally or used externally with amazing and beneficial results.

Internally: 1 teaspoonful in 1 cupful of water, sweetened with 1 tablespoonful of honey 3-4 times daily; good for infectious bronchitis.

**Hyssop:** for fevers, bronchitis, etc.

- ✓ Give 1 wine glassful warm every hour,
- ✓ Acts as a mild diaphoretic, relieves the kidney and bladder, gently influences the bowels, pleasantly soothes the lining of the stomach; sponge daily with vinegar and warm water.

**Rue or Garden Rue:** Chronic bronchitis, glandular enlargements, scaly eruptions.

Apply fomentation or compresses of a strong decoction to the chest or affected area.

## Bronchitis Formula

Containing: Comfrey, Horehound, Boneset, Coltsfoot, Elecampane, Ginger and Lobelia

### Mullein:

- ✓ Drink the strong decoction of leaves and flowers,
- ✓ Or combine with comfrey root and garlic juice.

See formula using mullein, lobelia and cayenne.

### Chickweed:

- ✓ Boil the fresh herb, eat the vegetable and drink the water freely.
- ✓ Drink the decoction
- ✓ Apply hot fomentation of the decoction over the chest area.

## General Lung Tonic:

Contains: Comfrey Root, Mullein, Chickweed, Marshmallow Root, Lobelia.

This combination of herbs is an aid to relieve irritation in the respiratory tract--lungs and bronchial. This is an aid in Emphysema as well as other bronchial and lung congestion such as bronchitis, asthma, tuberculosis, etc.

Suggested amount would be ½ to 1 tsp. Herbal extract three times in a day or more.

Additional aid is sometimes received by adding an additional ½ tsp. of comfrey extract.



## Juices for Bronchitis: Carrot & garlic, carrot & dandelion, carrot.

**Vegetables for Bronchitis:** Asparagus, cabbage, carrot, lettuce, black and pink radish, beet greens, broccoli, sweet potatoes, spinach, turnip greens.

## Ginger Bath for Bronchitis:

Simply add three tablespoonfuls of the grated root powder to a tubful of hot water.

Let the person soak in the tub, adding hot water occasionally to keep the tubful good and hot.

Give sips of diaphoretic teas during this soak (camomile is pleasant and well-accepted by most sick people).

