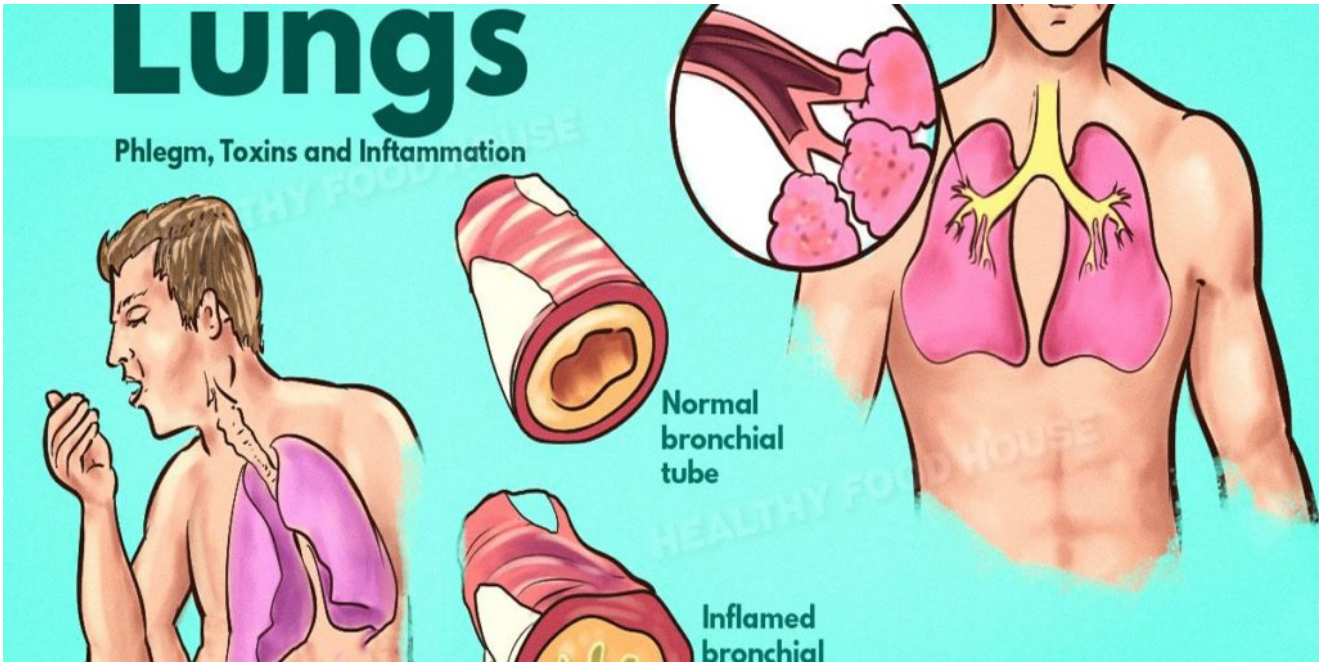
HEALTHY TIPS

How To Get Rid Of Phlegm And Mucus In Chest And Throat

By bestfolkmedicine · 07/08/2018 · 2 min read



Nasal passage obstructions can lead to persistent coughing and difficulty breathing as a result of the surplus phlegm deposited in the lungs. Phlegm is a thick substance which is produced by the respiratory tract's mucus membrane as a method of fighting off infections.

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However, when it builds up in the throat and chest in excessive amounts, it can lead to a lot of other health-related complications, including constant coughing, weakness, fever, runny nose, poor breathing, and obstructed bronchial tubes.

This being said, check out the best natural remedies to decrease the phlegm and address respiratory infections.

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Getting Rid of Phlegm Naturally

1. **Ginger**

Ginger is known to be a natural antihistamine and decongestant that also possesses antibacterial and expectorant characteristics, which are great in alleviating chest and throat congestion. Opt for 3 to 4 ginger slices on the daily or 2 to 3 cups of this ginger tea:

6 to 7 ginger slices

A tsp of honey

A tsp of black peppercorns

2 cups of water

Preparation: Bring the water to boil and once it starts boiling, add the ginger and peppercorns. Lower the heat, cover the pot, and leave it to simmer for 5 minutes. Then, remove it from the stove, strain it into a cup, and wait until it cools down a bit to add the honey. Enjoy!

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2. **Honey + lemon**

Lemons are rich in vitamin C that will make your immunity stronger and alleviate congestion while honey will provide its antifungal and antibacterial characteristics. When combined together, these two ingredients will provide the much needed relief. Here is what you need:

A tbsp of honey, raw

2 tbsp of freshly squeezed lemon juice

Preparation: Mix the ingredients in a glass and drink the content. Repeat three times per day.

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3. **Turmeric**

As you may already know, turmeric possesses a potent, antibacterial compound known as curcumin which is great in alleviating respiratory problems. For the preparation, you will need:

A tsp of turmeric powder

Half a tsp of salt

A glass of warm water

Preparation: Add the turmeric and salt to the glass of water and stir it well. Use it to gargle with it for several minutes and then spit it out. Repeat it 4 times per day for optimal results.

4. **Apple cider vinegar**

This powerful antibacterial agent will balance the pH of the body and avert excessive phlegm production. Mix a tbsp of it and a glass of water and gargle with it.

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5. **Steaming with herbs**

Steaming will help you dissolve the clogged mucus in the chest and bring relief from the congestion. In a pot of boiling water, add half a tsp of thyme and half a tsp of rosemary. Lean over the pot, cover the head with the towel, and gently inhale the steam coming out of the mixture for 5 minutes or so. Repeat a couple of times on the daily.

Sources:

WOMAN DAILY TIPS

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