HEALTHY NEWS

How to Clean Your Lungs and Increase Oxygen Flow in the Body

By bestfolkmedicine · 31/10/2018 · 2 min read

Without doubt, our lungs are one of the crucial organs in the body and we need to keep them free of toxins at all times, regardless of whether we are smokers or not. Unfortunately,sometimes, regardless of how much we try, we cannot achieve this because the air we breathe can be polluted with a lot of different contamiinants ranging from pollutants to chemicals, as well as second-hand smoke which remains trapped in the air and penetrates our lungs.

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The Importance of the Lungs

When we breathe in oxygen, it enters the lungs' capilaries where it binds to the hemoglobin of the blood particles and then transports oxygen together with nutrients to every organ and cell in the body. Namely, proper oxygen flow is crucial for the overall health and the optimal functioning of the organs.

Though the lungs have their own self-cleaning abilities, there are methods to enhance their functioning, like specifc detoxes and some food ingredients. Check out the list below to learn the most beneficial ways to eliminate all toxins from the lungs.

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How to Detoxify the Lungs through Your Diet

Eucalyptus essential oil

In boiling water, add several drops of eucalyptus essential oil and lean your head towards the steam and cover it with a towel. Inhale the steam for 10 minutes to eliminate any congestion and mucus deposits.

Peppermint essential oil

With certainty, menthol is a powerful and effective decongestant. You can rub some peppermint essential oil onto the back or chest to improve the functioning of the respiratory muscles. You can also chew some mint leaves if you want to.

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Raw honey

In a glass of water or a cup of tea, dissolve a tsp of honey and drink it to repair the lung tissues. You can also begin your mornings with a tbsp of quality organic honey.

Cayenne pepper

This amazing spice is highly beneficial in alleviating sore throat and coughing by stopping the growth of bad bacteria causing the infection. You can freely add it to a variety of meals. It can be highly beneficial against asthma symptom due to being abundant in beta-carotene.

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