GRANDMA'S REMEDIES

How To Get Rid Of Mucus In The Lungs With This Homemade Syrup

By bestfolkmedicine · 06/04/2019 · 1 min read



Phlegm, a type of mucus, is produced in the lungs and lower respiratory tract and it is most accentuated when a person is sick. Even when a person is healthy, mucus forms a protective lining in specific body parts and thus, prevents drying out and helps fight off against viruses and bacteria.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

However, a healthy body needs only some mucus and too much can be problematic. Usually, it is caused by allergies, common colds, the flu, nose or throat irritation, digestive problems, smoking, and lung disease.

Taking into account that over-the-counter meds for mucus removal as well as syrups are often filled with chemicals and toxins, it is good to know that there are beneficial natural remedies that can help you fight off surplus mucus in the lungs without harming your health.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });
One such cure is the homemade syrup we will present today. Completely natural and free of side effects, this cure definitely deserves a place in your medicine cabinet.

DIY Anti-Mucus Syrup

You will need:

A cup of maple syrup

250 ml of water

One lemon, sliced

A tbsp of flaxseed

A tbsp of sage

A tbsp of marshmallow root

Preparation: In one saucepan, cook the water and maple syrup on medium heat for 10 minutes. Add the remaining ingredients and lower the heat. Stir and cook for 15 more minutes. Afterwards, remove it from heat. Once it cools down, transfer the syrup into a glass jar. Keep it in the fridge.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });
Use: Take one tbsp three times per day on a regular basis or until you notice improvement.

Sources:

MEDICAL NEWS TODAY

BEST HERBAL HEALTH

Read online: https://bestfolkmedicine.com/2019/04/how-to-get-rid-of-mucus-in-the-lungs-with-this-homemade-syrup/
Downloaded on 23/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.