GRANDMA'S REMEDIES

Strengthen Your Lungs & Improve Their Health with these Foods & Herbs

By bestfolkmedicine · 19/03/2020 · 3 min read



Breathe easier by strengthening your lungs and keeping them safe from pollution and inflammation by eating the right foods and herbs.

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Our lungs are our respiratory organs that supply oxygenated blood to every organ in our bodies and help expel waste from the cells.

The lungs are functioning 24/7 and at every moment, they're cleaning, delivering oxygen, and energizing our body with life. They filter, protect, and refine the air we breathe to be free of pollutants and irritants.

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But, when we're not taking good care of our lungs, they will diminish and irritants will easily pass.

Begin to pay more attention to your lungs' health and learn the right way to strengthen them- through healthy foods, herbs, breath work, and workout.

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Below, check out several beneficial foods and herbs to add to your diet to help improve your lungs' strength!

Best Foods & Herbs for Stronger Lungs

- **Ginger**

For 2,500 years, ginger has been used as a healing root and it's been a common part of people's diets. It boasts numerous health advantages, including the ability to strengthen the lungs.

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This is because it helps dissolve mucus and eases the body's breathing. It also betters the lung circulation and lowers inflammation.

One way to consume it is in tea form- chop ginger, boil it in water, and then strain the liquid into a cup. Add honey and drink while warm…

- **Oregano**

Oregano is rich in rosmarinic acid and carvacrol- both are natural decongestants and antihistamines.

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Oregano oil is also a beneficial way to up your oregano intake and it has other health benefits to offer, including stronger immunity, improved digestion, fewer allergies, and weight loss.

- **Osha root**

Also called bear root, this herb was long used by Native Americans and Hispanics to improve the respiratory health.

It's also good for strong lungs due to the camphor in it that's known to better the blood flow. When the blood flow in the lungs is good, it's easier to breathe deeply.

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You can find it in capsule, tincture or spray form too.

- **Rosemary**

Rosemary is abundant in vitamins A and C, as well as in minerals like potassium, magnesium, calcium, sodium, and zinc.

The minerals will strengthen the immunity and help the removal of toxins. Rosemary tea is an excellent way to get these quality nutrients!

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- **Eucalyptus**

Eucalyptus is rich in antioxidants and in Germany, it's approved as tea for throat infection and in the US, you can often find it decongestants, syrups, and throat lozenges.

It helps lower the mucus in the lungs and boosts the blood flow.

- **Apples**

According to a research done by scientists from St George's Hospital Medical School, people who ate 5 or more apples per week had a slightly better lung function.

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It's believed that the antioxidant in apples called quercetin may help protect the lungs from pollutants.

- **Blueberries**

Studies have associated berries with better cardiovascular health, sharper cognition, and slimmer waist.

Also, blueberries contain more antioxidants than any other produce and may help lower the negative impact of polluted air.

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In one study, scientists discovered that the changes in heart function during smog days around Boston were less prominent in elderly males who had eaten foods rich in flavonoids like blueberries.

These nutrients may help strengthen the immunity and modify genes to keep you safe from toxic air.

Sources:

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LUNG INSTITUTE

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