DRINKS & SMOOTHIES

Detoxify Your Lungs: 8 Must-Do Strategies to Heal Your Respiratory Problems

By bestfolkmedicine · 08/05/2020 · 3 min read



The lungs are the body's filters that keep us safe from infections and inflammation.

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This is why maintaining their optimal health is crucial for our overall well-being.

The lungs have one of the most important roles- to transfer oxygen throughout the body and help us breathe. But, they also play a role in numerous other bodily functions.

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But, the lungs suffer the most, especially in today's world when we're constantly breathing polluted air and chemicals are all around us.

Toxins can easily go into our lungs and then into the blood and from there, cause numerous problems.

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This is why we need to be able to strengthen our lungs and increase their capacity, including that of the entire respiratory tract.

Below, learn 8 useful and effective strategies to detoxify the lungs naturally!

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8 Natural Ways to Strengthen the Lungs

- **Stop smoking**

Smoking is one of the worst habits because cigarettes are filled with cancerous substances.

This being said, if you want stronger lungs and a lower risk of colds, coughing, and lung disease, you need to quit. Also, avoid second-hand smoking whenever possible.

- **Drink more water**

Water is beneficial for our overall health in numerous different ways and it's also beneficial for our lungs.

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When you drink water and up the hydration of the lungs, you help expel mucus and avert bacterial infections.

To make water less boring in terms of taste, mix it with cucumber or lemon slices or mint leaves. Drink it throughout the day, enjoy, and stay healthy!

- **Take a hot shower with eucalyptus**

Inhaling the steam while showering helps remove toxins from the lungs.

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It’s even better if you keep eucalyptus in the bathroom- it’s a natural antiseptic and antioxidant and thus, it’s beneficial for reducing coughing and colds, sore throat, and clogged sinuses.

- **Reduce the consumption of mucus-causing foods**

Some foods like soy, wheat, and meat cause more mucus accumulation in the lungs due to being harder to digest.

Reduce their consumption and focus more on foods abundant in fiber and antioxidants like fruits, veggies, legumes, nuts, and seeds.

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- **Drink more grape juice**

Did you know that the daily intake of pure grape juice helps detoxify the lungs from toxins and lowers inflammation?

- **Do breathing exercises regularly**

Deep breathing and regular breathing exercises are very beneficial for the overall health, but especially for the lungs.

In time, they’ll help you purify these organs from toxins, improve the blood flow to the lungs, and boost their capacity for oxygen filtration.

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- **Use natural cleaning products**

When possible, opt for natural cleaning products rather than the ones filled with chemicals, fragrances, etc. – they can harm the respiratory tract.

- **Choose the right herbs**

Herbs like ginger, peppermint, and lemon are one of the most potent antioxidants and natural cleansers.

Ginger and peppermint are especially beneficial for the detoxification of the lungs and they help unclog the respiratory tract too.

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Opt for a cup of peppermint and ginger tea before heading to bed.

Sources:

HEALTHY FOOD HOUSE

ETERNAL HEALTH

BRIGHT SIDE

Read online: https://bestfolkmedicine.com/2020/05/detoxify-your-lungs-8-must-do-strategies-heal-your-respiratory-problems/
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