

Herbal Inhalants

Inhalants are used primarily for loosening and breaking up hardened mucus within the bronchi and lungs. They are also used to stop the lungs and bronchi from spasms, yet they do not stop the expectoration of mucus as do chemical inhalers. Chemical inhalers can lead to Chronic Obstructive Pulmonary Disease and Cancer.

Inhalants are simple to use and make. The most popular are tea inhalants. Herbs like Pleurisy Root, Mullein Leaf, Fenugreek, Eucalyptus, and Colts Root can be boiled like a tea.

How to make an inhalant tea:

- 1) Place one teaspoon of each herb per 3 ½ cups of distilled water and bring to a boil. More water can be added to allow for evaporation.
- 2) Let your tea simmer at low heat for 3 to 5 minutes so the herb will still disperse into the water. This will also allow the steam to rise from your mixture. Take the pot off of the stove and put it on a trivet on your kitchen table, or stable surface.
- 3) Place your head and face over the pot, but not too closely as the steam can burn! Then cover your head and the pot with a towel.
- 4) Inhale deeply and slowly. Alternate breathing through the mouth and the nose.



Note:

- ⌘ You can add Lobelia for an antispasmodic effect if you wish.
- ⌘ A castor oil pack with a pinch of cayenne pepper can be applied over the chest area if you wish. This is extremely beneficial at helping to clean out the lungs.
- ⌘ You may also add lung formulas to the Castor Oil Packs. Taking a lung tincture internally is also advised.
- ⌘ Oils such as Eucalyptus, Peppermint, Spearmint, and the like may be added to a steam inhalant or castor oil pack. Do not add these to spray inhalants as the oils can cause damage to the mucous membranes of the nasal passages when applied directly.

How to make spray inhalant:

You will need:

- ⌘ A glass bottle with a spray nozzle as a cap, or a nasal spray bottle.

Instructions:

Prepare your tea as stated in the instructions above. Strain the tea and place the mixture in your spritzer bottle.

Note:

- ⌘ The herbs should be room temperature when used.
- ⌘ Use the herbal inhalant as you would any inhaler.
- ⌘ You may also use this as a spray expectorant for sore throats, or to help with mucus congestion.



Recommended Dosage:

Use the herbal inhalant and herbal spray inhalants as often as you would like, depending on your condition. The typical recommendation is two to four times daily for chronic cases. Acute cases may require more frequent administration.

I do not recommend smoking herbs as decongestants. This is a toxic practice and it is *irritating* and *acid-forming* to the lung tissues.

