

All you need to know about Mucus

A lesson on catarrh (mucus).

When the body becomes saturated with the acid poisons resulting from faulty/acid foods a person will suffer from one or more mucus disorders. Here are a few of their names:

Mucus in the stomach, called gastritis

Mucus of the mouth, called stomatitis.

Mucus of the throat, called diphtheritis (actually diphtheria)

Mucus of the nose, called rhinitis.

Mucus of the bronchi , called bronchitis (hay fever, asthma, etc.

Mucus of the lungs, called pulmonitis (influenza,pneumonia,)

Mucus of the eye, called conjunctivitis

Mucus of the ears, called otitis.

Mucus of the brain, called phrenitis, also MENINGITIS.

Mucus of the small intestine, called enteritis.

Mucus of the large intestine, called colitis

Mucus of the appendix, called appendicitis

Mucus of the liver, called hepatitis

Mucus of the pancreas, called pancreatitis

Mucus of the kidneys, called nephritis (Bright's disease)

Mucus of the vagina, called vaginitis (leucorrhoea)

Mucus of the uterus, called metritis

Mucus of the ovaries, called ovaritis

Mucus of the bladder, called cystitis

Mucus of the prostate, called prostatitis

Mucus of the joints, called arthritis

Mucus of the veins, called phlebitis

Mucus of the arteries, called arteritis

Mucus of the heart, called carditis, pericarditis

Dr Sebi, use to take about Mucus. But want go into a little further with you. I want to share with you why excess mucus is a problem in the body. And what's the real cause of excess mucus.

Mucus is a normal, slippery and stringy fluid substance produced by many lining tissues in the body. It is essential for body function and acts as a protective and moisturizing layer to keep critical organs from drying out. Mucus also acts as a trap for irritants like dust, smoke, or bacteria. It contains antibodies and bacteria-killing enzymes to help fight off infections. The body produces a lot of mucus -- about 1 to 1.5 liters per day. We don't tend to notice mucus at all unless its production is increased or the quality of mucus has changed, as may happen with different illnesses and conditions. Respiratory infections like colds, the flu, and sinusitis are common causes of increased mucus production and coughing up mucus. Allergic reactions are another reason that mucus production can increase. Over eating can also spark excess mucus production in the nasal passages. When you are sick from respiratory infection, you may notice thickened mucus that may appear darker than

normal. This thickened mucus is harder to clear than typical mucus. This mucus is associated with many of the characteristic symptoms of a cold or flu. The mucus may also appear yellow-green in color when you are ill.

Thickened mucus and excess mucus production cause many unpleasant symptoms including: runny nose, nasal congestion, sore throat, sinus headache, and cough. Sputum is mucus and is the name used for the coughed-up material (phlegm) from the lower airways (trachea and bronchi). In medicine, sputum samples are usually used for naked eye exam, microbiological investigations of respiratory infections, and cytological investigations of respiratory systems. Sputum or phlegm is the mucousy substance secreted by cells in the lower airways (bronchi and bronchioles) of the respiratory tract. It differs from saliva, which is produced higher up, in the mouth.

Mucus and Phlegm

Phlegm is the term that is used to refer to mucus produced by the respiratory system, particularly when excess mucus is produced and coughed up. During an infection, the mucus contains.

The viruses or bacteria responsible for the infection as well as infection-fighting cells of the body's immune system (white blood cells). Phlegm itself is not dangerous, but when present in large amounts, it can clog the airways. Phlegm is usually expelled by coughing, and this is typically accompanied by symptoms like nasal congestion, runny nose, and sore throat. The thickened mucus that accompanies many illnesses is often darker and yellow-colored compared to normal, clear, thin mucus. Greenish mucus means that the mucus contains infection-fighting white blood cells. Blood-tinged or brownish mucus is also common with upper respiratory infections, especially if the inside of the nose has become irritated or scratched. When a person gets over an illness. They may think just because stop coughing, sneezing, and having running nose. That sickness is completely over with. Far from the truth, if you don't fully remove the mucus the body after an illness or bad eating. The mucus will retreat deep within the body, attaching itself to different organs in the body. And this will cause all types of health problems. A weak immune system and excess mucus is a recipe for disaster in the body. Having a weak immune system will allow the mucus to become very toxic in the body, having very harmful and deadly consequences.

Allergies can stimulate your body to produce excess mucus, adding to congestion. This kind of mucus congestion is most common in spring (allergy season) but some allergies, such as dust mites, can occur year-round. And excess mucus is not just cause by sicknesses or having a poor unhealthy diet. Environmental pollutants can also trigger your body to start overproducing mucus. These can include outdoor pollutants, such as car or diesel exhaust, wood smoke, industrial exhaust Or indoor pollutants, such as cigarette smoke, pet fur, mold, household chemicals, cigar smoke, getting anger, yelling, crying, feeling sad, certain tooth paste, soaps and deodorants, drinking ice cold water, reheating and eating chicken and beef. Chronic obstructive pulmonary disease is the umbrella term for a group of chronic lung diseases that includes emphysema and chronic bronchitis. Symptoms of these diseases may include: Increased breathlessness, smoker's cough, excess mucus frequent coughing (with and without mucus) wheezing tightness in the chest, lung diseases, such as pneumonia, lung cancer, cystic fibrosis. Excess mucus is like a parasite that will rob you of your quality of life. If you have not done a real mucus cleanse. I strongly recommend you to doing so! If you have any questions about this, or any other health issues you may be faces. Feel free to contact me.