

Respiratory & Immune System Support



Special Herbal Drink Please Drink Daily:

- Honey
- Ginger
- 2 Garlic
- Turmeric
- 6 Lemons
- 1 Fresh Pineapple
- Blend Together Daily

Respiratory and Immune System Blend:

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- L-Lysine
- Vitamin C
- Vitamin D
- Q-C
- Zinc
- Magnesium
- Elderberry
- Spirulina
- Echinacea
- Goldenseal
- Cordyceps
- Triphaia
- Astragalus
- Apple
- Rhodiola Rosea
- Oregano Leaf
- Lemon Balm
- 100 Billion Raw Probiotic

Ways to clear the lungs:

1. Steam therapy. Steam therapy, or steam inhalation, involves inhaling water vapor to open the airways and help the lungs drain mucus. ...
2. Controlled coughing. ...
3. Drain mucus from the lungs. ...
4. Exercise. ...
5. Green tea. ...
6. Anti-inflammatory foods. ...
7. Chest percussion.

Peppermint Herbal Inhaler & Oil

Please use one peppermint Inhaler for the first week, then discard and use the second inhaler for the forwarding week and then discard. Please use the oil after you take a bath or shower and daily, on your neck, chest and back.