

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 spasming, **yet they do not stop the expectoration of mucus, like chemical inhalers.** Chemical inhalers can lead to C.O.P.D. and cancer.

Inhalants are simple to use and make. The most popular are tea inhalants. Herbs like *Pleurisy Root*, *Mullein Leaf*, *Fenugreek*, *Eucalyptus*, and *Coltsfoot* can be boiled like a tea: *1 teaspoon of herb per cup of distilled water.* (Add a little extra water to allow for evaporation...)



How to Make an Inhalant Tea:

- Place 1-2 teaspoons of tea per 3½ cups of distilled water and bring to a boil. More water can be added to allow for evaporation.
- Let your tea simmer (*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 the stove and put it on a trivet on your kitchen table.
- Place your head over the pan (*not too close as steam can burn!*), then cover your head and pan with a towel.
- Breathe deeply. Alternate breathing through the mouth and nose.

Notes:

- 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 inhale or castor oil pack (but not a spray inhalant as oils can cause damage to the mucus membranes when applied directly).

How to Make a Spray Inhalant:



Inhalants can also be taken as sprays. You will need:

- ✓ A glass bottle with a spray nozzle as a cap, or a nasal spray bottle.
- ✓ Simply make your tea, strain it, and place this mixture in your spritzer bottle.
- ✓ The herbs should be room temperature when used.
- ✓ Use as you would any inhaler.
- ✓ You may also use as a spray expectorant for sore throats (or to help with mucus congestion).

Recommended Dosage:

Use as often as you wish, depending on your condition.
Two to four times a day would be a typical recommendation.



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