Lung & Bronchial Formula



HERBS

1 part marshmallow root
1 part lobelia
1 part peppermint
1 part chickweed
½ part mullein
½ part comfrey leaf (or substitute with pleurisy root and lungwort)

DIRECTIONS

I find this herbal formula works best as an herbal tea. Add a teaspoon of raw honey and it tastes great while receiving the healing benefits of the raw honey. It is soothing on sore throats that can sometimes accompany constant coughing associated with respiratory conditions. You can also make an extract or grind into a powder for herbal capsules.

DOSAGE

Typical dosage would be one cup of tea two or three times a day, 2-3 capsules two or three times a day or 1 teaspoon of extract 3 times a day for adults and 2-3 dropperfuls 3 times a day for children.

