

EMPHYSEMA

Written by Administrator
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EMPHYSEMA - A condition of the lungs, in which the small air sacs of the lungs, known as alveoli expand and dilate secondary to numerous causes. As the alveoli expand the ability to add oxygen and remove CO₂ to and from the blood is compromised. Emphysema can be caused by cigarette smoking, inhalation of toxic fumes and some congenital diseases.

Thyme- Internal Purposes: Thyme is an excellent expectorant that has been used since ancient times to treat upper respiratory and lung disorders. Children with lung disorders can be given thyme.

Licorice- Internal Purposes: Glycyrrhizin is one of the active ingredients in licorice, and it has been found to possess anti-inflammatory, anti-allergenic properties. Research has shown that the Licorice Root has an effect on the organ system, the endocrine system and liver and increases energy levels. Best to use a alcohol-free extract or Bio Rizin from American Biologics. Cautions: Licorice is not to be used if you have high blood pressure. Not to be used on a daily basis for more than seven days at a time.

Alfalfa, Fenugreek, Fresh Horseradish, Mullein Tea, and Rosemary- Internal Purposes: Alfalfa, Fresh Horseradish, and Rosemary have been helpful in treating emphysema. Mullein tea loosens congestion and mucus. Fenugreek has been commonly used to treat bronchitis and breaks up the mucus flow.