



## DR. STEPHANIE'S GUIDE TO IMPROVING YOUR LUNGS & SINUSES

Lung and sinus conditions plague many people today. Acupuncture and Chinese herbal medicine work wonderfully for treating both acute and chronic lung and sinus conditions as well as to help boost your immune system. Here are some ways you can improve your lungs and sinuses between treatments.

Symptoms associated with lung/sinus conditions include: asthma, bronchitis, cold/flu, cough, allergies, phlegm, weak immune system, frequent colds, wheezing, shortness of breath, psoriasis, eczema, nasal congestion, sinus infections and sneezing.

## FOOD THERAPY FOR THE LUNGS & SINUSES

Add these foods in your diet to benefit your lungs/sinuses:

- carrots
- capers
- cauliflower
- celery
- cooked apples
- cooked pears
- garlic
- grapes
- green onions
- honey
- horseradish
- leeks
- mustard greens
- oatmeal
- olives
- onions
- peaches
- sweet rice congee
- tangerines
- walnuts

Add these spices & herbs:

- basil
- caraway seeds
- cardamom
- cayenne pepper
- cinnamon
- clove
- dill
- ginger
- paprika
- parsley
- white or black pepper
- thyme

Add these foods to clear phlegm:

- almonds
- black tea
- button mushrooms
- clams
- garlic
- horseradish
- olives
- onions
- plantains
- radishes
- shiitake mushrooms
- shrimp
- walnuts
- watercress



## ESSENTIAL OIL THERAPY FOR THE LUNGS & SINUSES

When using essential oils, remember that less is more! Essential oils are very powerful and only a very small amount is needed to achieve a great effect. It is always important to dilute the oils in a few drops of carrier oil (olive oil, safflower oil, coconut oil, or sweet almond oil) to avoid potential skin irritation. You can choose one or a combination of the oils listed below. Always choose therapeutic-grade essential oils, as cheaper oils will not offer these benefits. To order single oils, visit our website: <https://yldist.com/newdirection/>. You may also purchase our custom therapeutic blend of the oils below - *Cough Soother and Breathe Easy*, available in our pharmacy.

### How to use:

When using essential oils to improve the sinuses and lungs, I recommend applying them to the *center of the chest, below the collar bones, and under the pads of the feet*. Oils can also be diffused to alleviate congestion and help you breathe easier.

### **Top 5 essential oils to improve the lungs and sinuses:**

#### **Eucalyptus**

- what it does:
  - alleviates congestion, anti-viral, anti-bacterial, anti-inflammatory, expels phlegm, alleviates asthma & bronchitis, soothes sore throat

#### **Tea Tree**

- what it does:
  - strengthens lungs and immune system, alleviates chronic colds, chronic bronchitis and chronic sinusitis, anti-fungal

#### **Thyme**

- what it does:
  - kills bacteria in the throat, anti-viral, expels phlegm, alleviates sore throat, improves upper respiratory conditions

#### **Cedarwood**

- what it does:
  - clears phlegm, alleviates cough, improves congestion, relieves sinusitis, anti-infectious, anti-fungal

#### **Myrtle**

- what it does:
  - alleviates allergies, anti-bacterial, anti-viral, astringes phlegm, improves bronchitis, alleviates chronic cough, treats sinus infections



## TEAS & DRINKS FOR IMPROVING THE LUNGS & SINUSES

Always choose organic teas when possible to avoid chemicals and pesticides.

### Teas for the lungs/sinuses:

- **slippery elm tea**
  - stops cough, eases sore throat
- **marshmallow root tea**
  - eases pain & swelling of mucus membranes of the respiratory tract, soothes dry cough, treats cough & colds, kills bacteria, soothes sore throat
- **mullein leaf tea**
  - alleviates sore throat, stops cough, eases common cold, improves bronchitis, antibacterial, improves asthma, eases headache pain
- **ginger tea**
  - eases sore throat (combine with honey), dries up phlegm, cleanses lymphatic system, boosts immune system, kills bacteria
- **stinging nettle tea**
  - alleviates hay fever, improves asthma, reduces allergic reactions

### Drinks for the lungs:

- rice milk
- almond milk