



Breathe Freely and Maximize Your Lung Capacity

The Practical Guide to Improving Long-Term Respiratory Conditions

Looking for an effective approach for your long-term respiratory challenge?

Recently my husband and I began to experience some unwelcome physical limitations. I felt winded when climbing just one flight of stairs. Sometimes, as he walked across a huge parking lot, he had to stop and catch his breath. Every night we were dog-tired. I thought, hey, wait a minute! If this is a preview of our golden years, we're changing the channel. Here's how we maximized our lung capacity so we could stay on the move, rather than restrict our activities.

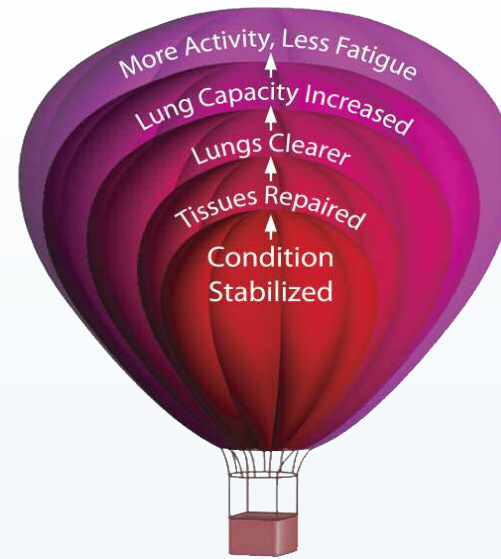
Sitting on the sidelines

We reflected on why our lungs weren't up to par. I remembered staying home frequently from grade school because every microbe seemed to find its way into my lungs. Perhaps my lungs were weakened because my parents smoked. Despite lung problems that would come and go in my 20s, I used to kick up my heels at the disco. But my lungs continued to be my weakest link. Now in my 50s, I had to admit I was too often awash in a sea of mucus and constantly coughing. I was sitting on the sidelines instead of dancing. I hated losing the ability to play energetically with my granddaughter.

My husband, who used to be an avid hiker, wondered why even the easiest hiking trails now wore him out. I reminded him of his smoking habit which he quit 15 years ago. Then he recalled his stint as a potter in his 30s. We figured he probably had inhaled more smoke and clay dust than his lungs could handle. He confessed that sometimes breathing was exhausting—like trying to suck air through a cocktail straw.

No, we will *not* “learn to live with it”

As we finally looked squarely at what we had been trying to ignore, the writing was on the wall. At our



You will experience a significant progression of benefits as you stabilize and strengthen your lungs with good health habits, foods, and herbs.

annual physical, we asked our health professional plenty of questions. First he admitted he didn't have any solutions for our difficulties. What came next was a totally unacceptable message: “You'll just have to learn to live with your limitations.”

The stakes were high. We were not about to give up what we loved most and settle for a lifetime of limits. We knew there had to be some other alternatives for us. We were determined to find them and reclaim our health.

Bumping our health up to the next level

My husband and I agreed that we would both embark on a health-enhancing program and support each other in sticking to it. Since I was most familiar with the holistic health field, I became the designated researcher. I felt more and more empowered as I sought out and found specific tools that eventually turned our situation around. Here's the program that worked for us.

First we adopted three health habits that were sure to help us to breathe more easily. We cut out dairy

products (especially ice cream), which can worsen congestion. We drank eight glasses of water daily, to keep mucus thin and flowing. I learned that water is also critical to maintain the correct level of moisture deep in the lungs. We got out of our armchairs and walked daily on a path in the park. Even though it was difficult at first, each day we increased the distance just a little. Our motto regarding our lungs was “use it or lose it.”

Hitting the bulls-eye with foods

To get the results we wanted, we needed to go beyond a generally “healthy” diet to one that specifically and powerfully targeted the respiratory system. We focused on a diet loaded with the nutrients that support and strengthen the lungs. We ate foods rich in vitamins A, C, and E; minerals like zinc, silica, and selenium; and essential fatty acids.

We enjoyed ample quantities of fresh fruits and vegetables in rainbow hues of deep yellow, bright orange, ruby red, and forest green. We occasionally ate wild salmon, herring, sardines, and organic liver. We supplemented our diet with flaxseed or fish oil. This strategy was to make our lung tissues less irritated, more flexible, and better lubricated. Pungent, warming foods like garlic, ginger, and chili peppers were added to help break up congestion and to boost our respiratory immune resistance.

Potent herbal allies

A visit to the natural foods store yielded exactly what I had hoped to find—herbs specially formulated for long-term, ongoing lung conditions. The sales associate introduced me to Lung Tonic™, a formula that maximizes lung function. He explained that it provides slow-acting but profound support to maintain and actually rebuild respiratory linings. Lung Tonic™ strengthens alveoli, the tiny structures in the lungs where oxygen is absorbed. The bottom line, he added, is that our lungs and airways would become more resilient.

He also suggested the perfect partner for Lung Tonic™: ChlorOxygen®. He explained it would help us in two ways: First, our red blood cells would be able to capture more oxygen with each breath. Second, we would feel an increase in energy as our body tissues were saturated with the oxygen they craved. It was clear that these two products would work hand-in-glove to boost the efficiency of our lungs.

Building respiratory health, day by day

Thank goodness we didn't quietly fade into the slow lane! As my husband and I continued our program of exercise, good nutrition, and our new herbal allies, Lung Tonic™ and ChlorOxygen®, we steadily improved. Though change didn't happen overnight, we gradually built a more robust foundation of respiratory health.



I knew my lung capacity had significantly improved when I played tag with my granddaughter.

Improved lungs, horizons expanded

Sticking to our program really paid off. We realize our lungs will never be the same as they were when we were younger, but we're breathing more freely and leading the active, productive lives we had envisioned. We can walk longer distances without feeling breathless, and I joined a tango class. But I knew we had made significant progress when my husband cut and stacked a cord of wood over a weekend and I played tag with my granddaughter.

Easy breathing

The powerful herbs in Lung Tonic™ offer targeted stabilization and support for ongoing respiratory challenges. Airway tissues become more resilient, your lungs are able to absorb more oxygen, and you begin to breathe more freely.



Angela Werneke ©1995

Three of the exceptional herbs found in Lung Tonic™: Mullein, Horehound, and Grindelia

Powerful herbs for resilient lungs

Fresh **Mullein** ensures an optimal level of moisture in your lungs, so that oxygen is absorbed efficiently. This herb restores comfort to irritated tissues throughout the respiratory tract. Taken regularly, Mullein offers steady support for long-term or progressive breathing problems.

Horehound relaxes lungs and makes respiratory tissues more resilient. It encourages production of beneficial mucus rich in defensive substances, and helps eliminate excess secretions from the lungs. Horehound aids in maintaining a healthy balance of respiratory microbes.

Elecampane contains naturally occurring essential oils that boost resistance to microbes and soothe irritating coughs. This herb takes the edge off the feeling of tightness in your lungs, so breathing becomes more comfortable.

Fresh **Grindelia** thins sticky, tenacious mucus, then gets it moving up and out of vulnerable areas. Its volatile oils put bugs on the defensive, safeguarding respiratory linings. Grindelia also stimulates repair of irritated, compromised lung tissues.

Echinacea angustifolia activates respiratory defenses by bringing white blood cells into the lungs where they quickly go to work to restore your health. It helps your body to recognize and remember microbial intruders so that future lung challenges are targeted swiftly and effectively.

Pleurisy Root moistens dry respiratory linings and restores comfort. It optimizes circulation of beneficial fluids within and around your lungs.

Fresh **Passionflower** eases persistent coughs and calms anxiety related to breathing issues.

Osha softens and helps clear thick mucus. Its warming energy soothes respiratory passages and opens up breathing.

Fresh **Lobelia** relaxes tight lungs and air passages. Your breathing becomes deeper and easier.

Yerba Santa helps you breathe freely by normalizing the amount and quality of mucous secretions.



Contains: Fresh Mullein (leaf)', Horehound (herb)', Elecampane (root)', fresh Grindelia (flower), *Echinacea angustifolia* (root)', Pleurisy Root (root), fresh Passionflower (herb tip), Osha (root), fresh Lobelia (herb in bladder seed stage) and Yerba Santa (leaf).
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ABOUT HERBS, ETC.

Since 1969, Herbs, Etc., makers of exceptional natural medicines, has been harnessing the healing power of nature to create and deliver professional strength, formula-based dietary supplements.

The Herbs, Etc. family of products features a line of fast-acting liquid herbal softgels, professional strength liquid herbal extracts and alcohol-free liquid herbal extracts.

Daniel Gagnon, Owner of Herbs, Etc. and a Medical Herbalist since 1976, was an early proponent of the healing properties of herbs. His focus is on creating synergistic medicinal formulations that are unique, safe, and effective.



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