

NATURAL COUGH REMEDIES

Compiled by

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CMG Archives
<http://www.campbellmgold.com>

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IMPORTANT

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Introduction

The following natural remedies can be effective in relieving coughs.

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Supplements

Vit A - (Retinol, Carotenoids) - 1-3 mg Daily
Vit B Complex-100 - 1 x daily
Vit C - 1,000 mg, slow release, 3 x daily
Vit E - 100-400 iu daily
Folic Acid - 400 ug daily
Zinc - 25 mg, 1 x daily
Omega 3 - Fish Oil - 1,000 mg, 2 x daily
Garlic Oil caps - 1,000 mg, 4 x daily

Zinc lozenges can also help to soothe a cough

A good multi-vitamin can be a useful adjunct in treating coughs.

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Tissue Salts

Ferr Phos
Kali Mur
Kali Sulph

Nat Mur
Nat Phos

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Simple Homemade Cough Syrup

- 1/2 cup honey
- 1 lemon (juiced)
- 1 TBS glycerine

Heat the lemon juice in a saucepan without bringing to a boil, add to rest of the ingredients, mix the concoction thoroughly.

Pour into sterilized glass container, seal, and refrigerate.

Take 1 to 2 tablespoons as needed.

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Honey

Taking 2 tsp. of honey may be as effective as *dextromethorphan*, the active ingredient in many over-the-counter cough syrups, according to Dr. James M. Steckelberg of the Mayo Clinic. Honey coats the throat, soothing the rawness and irritation. Additionally, honey may help to reduce congestion.

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Honey and Hot Water

Mix 2 tsp of honey in a mug of hot water. Squeeze a wedge of lemon into the cup, and stir until the ingredients are well combined.

Sip slowly to soothe the throat and alleviate your cough. Honey will soothe your cough, while the lemon juice will cut through the mucous in the back of your throat.

Drink every few hours, as needed.

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Green Tea, Lemon, and Honey

Green Tea laced with fresh lemon juice and honey is often effective with stubborn coughs.

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Raw Honey and Lemon

This is a remedy for sore throats and tickly coughs.

A mixture of fresh lemon juice and raw honey provides soothing relief for sore throats and helps stop the tickle that stimulates coughing.

Mix the juice of 1/2 a lemon with 2 to 3 tablespoons of honey and sip throughout the day as needed.

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Pineapple Juice and Honey

Eight ounces of warm pineapple juice and two teaspoons of honey make an effective cough syrup.

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Lemon and Pepper

A traditional natural cough remedy is to sprinkle half a lemon with pepper and then suck it.

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Apple Cider Vinegar

- 1 Tablespoon apple cider vinegar
- 1 Tablespoon honey
- 2 Tablespoons water
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon ground ginger

Mix well and take by the teaspoon.

Take 2 to 3 tsp as needed during the acute phase, then 2 to 3 tsp, 3 to 4 x daily.

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Apple Cider Vinegar and Honey

Add two to three teaspoons of apple cider vinegar to one 250 ml glass of water. Blend in a teaspoon of honey. Consider heating the concoction to better mix in the honey, and because a warm linctus is soothing when suffering from a dry cough.

Apple Cider Vinegar Mix

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Apple Cider Vinegar

The following apple cider vinegar cure is designed for both a dry cough and an accompanying sore throat. Blend thoroughly together 2 or 3 teaspoons of apple cider vinegar with equal amounts of sugar and butter. Take the concoction 3 to 4 x daily

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Steam Inhalation

Though not a linctus per se, steam carrying specific Aromatherapy Oils can be very effective in cases of coughs.

Suitable Oils include:

- Tea Tree
- Albas
- Lavender
- Eucalyptus

The steam will help to relieve irritation and congestion, and the oil(s) will help to deal with infection.

The procedure for Steam Inhalation is covered in, "*Steam Inhalation for Respiratory and Sinus Conditions*", Compiled by Campbell M Gold, in the Health Archive, at <http://www.campbellmgold.com>.

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Steam Inhalation

Steam carrying specific Aromatherapy Oils can be very effective in cases of coughs and colds.

Suitable Oils include:

- Tea Tree
- Albas
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The steam will help to relieve irritation and congestion, and the oil(s) will help to deal with infection.

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Homeopathic Remedies Useful for Coughs

Aconite* - Constant short, dry cough, feeling of suffocation. Or dry, hard, ringing cough, worse after exposure to cold, dry wind. Spasmodic, as in whooping cough, wakes patient from sleep. Anxiety, fear, and restlessness. Worse at night. Comes on suddenly after exposure to cold, dry, winds. Sensation of dryness in whole chest. No expectoration, except perhaps some watery mucus.

Ant Tart - Persistent cough with rattling respiration, great accumulation of sticky phlegm. Great difficulty in expectoration, sudden onset of suffocation, must sit up. Very restless with a pale face.

Ars Alb* - Wheezing respiration, much frothy phlegm. Cannot breathe freely or fully. Worse from midnight to 2 am. Very restless and anxious, utterly prostrated.

Belladonna - Dry, tickling cough in violent paroxysm, great dryness in the larynx. Cough seems to burst open head. Fit of coughing ends in sneezing or a whoop. Child begins to cry just before a coughing fit.

Bryonia* - Hard, dry spasmodic cough which shakes the whole body, associated with stitch/soreness in the chest. Bursting headache. Worse in cold, dry weather, worse for east winds, at night, after eating or last movement. Peevish, wants to be left alone, thirsty for cold drinks. Holds head and chest as coughing.

Causticum - Hard cough wracks the whole chest. Chest full of mucus which is very hard to expectorate. Rawness in throat and hoarseness of voice. Better for cold water. Coughs until exhausted.

Drosera* - Crawling in larynx which provokes coughing. Violent tickling in the larynx which wakes the patient. Spasmodic coughs until he retches and vomits. Coughs come from deep down in the chest which provokes pain - patient feels must hold chest until coughing stops. Oppression of the chest so that breath cannot be expelled. Clutching, cramping, constricting, and burning of the larynx. Worse at night. Whooping cough.

Nux Vomica* - Dry, tearing cough, gagging/retching. Feverish but can't move or uncover without desperate chilliness. Bursting headaches after coughing.

Pulsatilla - Dry, tearing cough, possibly with spells of gagging and choking aggravated by taking breath. Worse in warm room, evening and lying down.

Sepia - Violent cough with retching and gagging. Thick, tenacious yellow expectoration. Severe coughing on rising with much expectoration. No expectoration in the evening or by day. Sepia is a good remedy for finishing lingering whooping cough.

End

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