

# BLESSINGWAY HERBALS

## RESPIRATORY HERBS DURING PREGNANCY & BREASTFEEDING

### Things you can do in general

1. Steam treatment: Boil a pot of water and put it on the floor, lean over it and drape a towel over your head. Breathe in the steam deeply for 3-5 minutes. Hot showers work too!
2. Keep up with your Red Raspberry, Nettles and other pregnancy herbs you are using. They are all good in conjunction with the lung herbs.
3. Gargle with Apple Cider Vinegar; you can add a tablespoon to your tea to support your immune system as well.
4. Gargle with warm salt water for dry sore throats.
5. Mix fresh lemon juice with raw honey to soothe the throat (not for children under 1 year)

### Lung Boosting Syrup

Note: herbs for this syrup are safe in both pregnancy and breastfeeding.

- Herbs: 1/4 oz. each of Mullein leaf, Slippery Elm (inner bark only), Echinacea root, Ginger root
- 16 oz. filtered or distilled water
- 8 oz. Honey and 2-4 oz. Brandy (optional), adds to the shelf life

Directions:

Add the herbs, berries and water to a pan and bring to a low simmer. Simmer at low heat until the water is reduced to about half (keep on low heat). Cool the tea and strain. Reheat 8 oz. of the tea just slightly (to warm) and add the honey. Mix well. Remove from heat and add Brandy (optional) while it's hot. Store In a glass container in the fridge. Label it with date and ingredients. It will last up to 6 months. Give 1 teaspoon for children and 1 tablespoon for adult 2x/day.

### A Few Safe Herbs Helpful to the Lungs and Respiratory System

Use these herbs as a tea and have a cup 2-3 times a day

Note: Mullein is my favorite lung herb in this list

#### **Safe for Pregnancy:**

- Cayenne
- Echinacea
- Elderberry
- Garlic
- Ginger
- Mullein
- Nettles
- Peppermint (in small amounts)
- Plantain
- Slippery Elm (inner bark only)

#### **Safe for Breastfeeding:**

- Anise seed (not Star Anise)
- Chamomile
- Echinacea
- Elderberry
- Fennel seed
- Fenugreek
- Ginger
- Mullein
- Nettles
- Plantain
- Slippery Elm