

# Lung Support:

Cynthia Foster, MD | [DrFostersEssentials.com](http://DrFostersEssentials.com)

## Actions:

Expectorant (helps expel mucus), anti-tussive, opens up breathing passages, antispasmodic for the lungs, anti-inflammatory (especially for heart, lungs and liver), eases nasal and lung congestion, helps reduce wheezing, slows rapid pulse, eases anxiety, helps remove excess fluid around heart and lungs, helps fight respiratory infections, stimulates circulation, promotes sweating to help break a fever, helps reduce discomfort in lungs or with breathing, soothes mucus membranes/ helps reduce irritability in the lungs, aids digestion, helps weakness and loss of appetite, eases hoarseness.



**Product Seal:** Your bottle of Lung Support might have a product seal that is not the usual transparent plastic wrapped around the dropper. Instead, it is a hard plastic “ring” that is attached to the bottom of the dropper mechanism. It is perfectly sealed and it will not break until you twist open the bottle. You will then hear the sound of the seal breaking.



## Suggested Dose:

- **At the first sign of illness to “nip it in the bud”:** Take one dropper full every hour on the hour for 24 to 48 hours and then lower down to 2 droppers full 3 to 6 times daily when your symptoms have improved. You do NOT have to let a cold or flu “run its course.” Intervene proactively and a lot of times it will go away in as little as one day.
- **Mild Symptoms:** Take 1 to 2 droppers full of the liquid extract three times a day.
- **Intense Symptoms:** Take 2 droppers full 6 times daily for more intense symptoms. Or take 1 dropperful (35 drops) every hour on the hour for 1 to 2 days.
- **Maintenance dose:** if you suffer from chronic issues in your lungs, take as little as one dropper full a day to further the healing of your lungs and up to 3 times daily. Benefits accumulate over time, so keep taking it if you need it.

You can combine it with any other Dr. Foster's formulas except for Colon Soothe and Colon Detox Caps.

- **Potency/ Strength of this Formula:** For maximum effectiveness, an herbalist combines herbs together into a formula, causing a synergistic effect among all of the herbs, accentuating and bringing out some of the milder effects, while tempering any overly strong effects. I like to use the entire formula in a strong concentrated alcohol extract form as this is the strongest, most potent way of taking the herbs for severe health issues, stronger than herbs in a capsule, and stronger than herbal teas.

## What Else Can Be Done to Heal My Lungs?

Any or all of these Dr. Foster's Essentials formulas: [ALRG Oil](#) (to help asthma and difficulty breathing), [Cold & Flu Formula](#), [Cider Blaster](#), [Lobelia Tincture](#) (opens up breathing, reduces spasm and constriction), [Germ Shield](#) combined with steam therapy (for chronic or intense issues), [Intestinal Rejuvenation Program](#) (toxins in the colon affect lung function), [Liver Regeneration Program](#) (Liver toxins increase body inflammation and pain and affect lung function).

## How Are Herbs Different From Pharmaceutical Medications?

Always keep in mind that herbs contain nutrition – vitamins, minerals, trace minerals, enzymes, co-factors and many other trace elements that are missing in pharmaceutical drugs. This means that taking herbs over time will help heal your body from the inside out nutritionally and are not simply relieving symptoms. Pharmaceutical drugs do not detoxify your body, nor do they contain any nutritional elements. They sometimes work more quickly for a specific symptom, but they do not heal the underlying root causes of what's wrong.

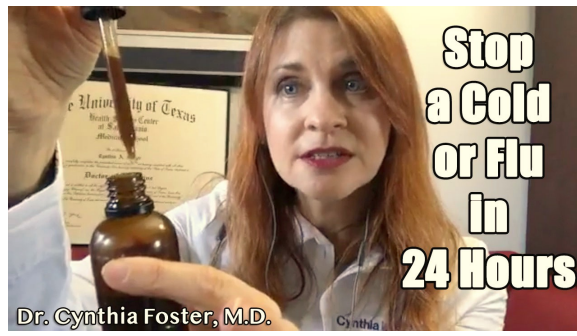
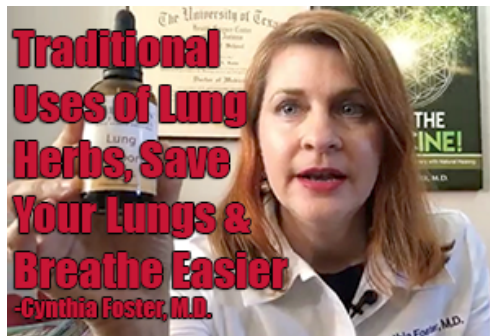
One example is a gentleman who suffered from pneumonia five years in a row. The antibiotics he took fought the infection, but did not cure the underlying root cause. Therefore, each year around wintertime, he suffered from pneumonia and had to be hospitalized with a difficult recovery phase. When he heard of the Lung Support Formula, he took it regularly for several months and the next year he did not catch pneumonia and he avoided pneumonia the next year. Antibiotics do not help expel accumulated toxins from the lung, stimulate circulation to the lungs, and do not reduce inflammation in the lungs.

Pharmaceutical drugs are often modeled after natural remedies, but then synthesized chemically to make an artificial and far cheaper “Product” for which the price can be risen to astronomical levels and after which side effects often occur. In the case of antibiotics, kidney damage and ringing in the ears is

a common side effect. Asthma inhalers can sometimes increase the heart rate and increase anxiety while lung herbs help calm the heart and calm a person down from anxiety. Over time, lung herbs are GOOD for the heart (and the kidneys) and not a strain on the heart like asthma medications often are.

## YouTube Videos and Articles for Even More Info:

For more extensive information about what to do for colds and flu, please see the following videos on Dr. Foster's Essentials YouTube Page: [YouTube.com/DrFostersEssentials](https://www.youtube.com/DrFostersEssentials):

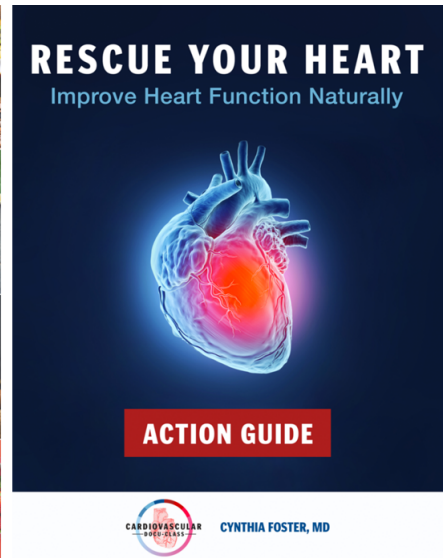
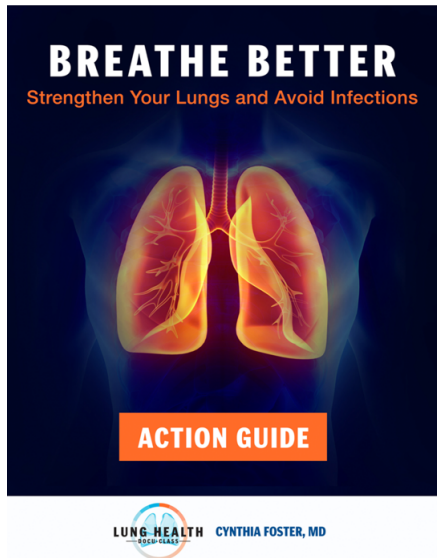


How to Save Your Lungs & Breathe Clearly Again Naturally:  
<https://bit.ly/3v30mvq>

Stop a Cold or Flu in 24 Hours:  
<https://bit.ly/3K5vPRS>

Natural Remedies for Colds and Flu:  
[drfostersessentials.com/store/Cold\\_Flu\\_Season.php](https://www.drfostersessentials.com/store/Cold_Flu_Season.php)

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## Optional: More Info Below about Each Herb in Lung Support:

### **Pleurisy root (asclepius tuberosa) / "Butterfly Weed"**

Indicated for lung conditions where breathing is painful and there is a fever with little or no sweating. Effective against respiratory infections.

**Traditional uses:** It has been used successfully for flu, pleurisy, pneumonia, pericarditis, bronchitis, pneumonitis, tuberculosis, and emphysema. Has also been reported to help inflammation of the ribs, pericardial pain/ pericarditis, nasal congestion in infants, and digestive problems as well.



**Actions:** Expectorant (helps body expel mucus), cooling, febrifuge (reduces fever), cooling, diaphoretic (increases sweating), respiratory analgesic (reduces respiratory pain), antispasmodic (releases spasms), febrifuge (reduces fever), reduces inflammation and slows a rapid pulse. Helps remove excess fluid from around heart and lungs. Combines well with Lobelia and Cayenne.

## Osha root – (*Ligusticum porterii*) / “Bear Root”

**Actions:** warms the body, stimulates circulation, antibacterial. Promotes expectoration and is a diaphoretic (promotes sweating which often breaks a fever).

**Traditional uses:** viral infections, bronchial inflammations, respiratory problems, sinusitis, sore throats, headaches, colds and flu, fever, chills, heartburn.



## Lungwort - *Sticta pulmonaria*



Right away, we see that this herb is good for the lungs because of the Latin name “pulmonaria,” meaning lungs.

**Actions:** Pulmonary demulcent/ high in mucilage (soothing to the mucus membranes in the lungs), bitter herb that stimulates digestive juices, expectorant

**Traditional uses:** Chronic bronchial cough, asthma, children's coughs, bronchitis, diarrhea, hemorrhoids. Good for weakness caused by a long protracted period of coughing. Combines well with lobelia, horehound and coltsfoot.

## Horehound – *Marrubium vulgare*

**Actions** – expectorant, antispasmodic, vulnerary, stimulant tonic, diuretic, diaphoretic,



bitter (stimulates the flow of bile from the gallbladder and digestive juices from the pancreas and helps digestion), vermifuge, stomachic. Especially effective for nonproductive cough, or helping expel dry sticky phlegm. Specific for the upper airways/ upper respiratory tract.

**Traditional uses:** hoarseness, coughs, colds, asthma, bronchitis, whooping cough, croup, congestion, difficulty breathing, tuberculosis, all types of respiratory problems, hoarseness, amenorrhea, jaundice, chronic hepatitis, loss of appetite, colic, stomachache.

## **Wild Cherry Bark – *Prunus virginiana* & *serotina***

**Actions:** expectorant, anti-tussive (cough suppressant), tonic, astringent (dries up congestion), pectoral (helps conditions in the chest), nervine (helps the nerves), sedative, bitter, digestive stimulant, febrifuge (reduces fevers), lessens irritability of the mucous membranes



**Traditional uses:** cough, colds, flu, fevers, asthma, bronchitis, whooping cough, nervousness, irritating coughs, heart excitement, cough, tuberculosis, bronchitis, whooping cough, pleurisy, pneumonia, nervous excitement, spasms of the vocal cords, esophageal spasms associated with hiatal hernia, hiccups, gastritis, gastroparesis, dyspepsia, fevers, heart palpitations, spasms, high blood pressure, inflammation of the eye (eyewash made from the tea). Combines well with ginger root.



## **Elecampane – *Inula helenium***

**Actions:** expectorant, diaphoretic (encourages sweating which helps dispel toxins and break a fever), antibacterial, bitter (stimulates digestion and poor appetite), tonic, warming, cleansing to the mucous membranes in lungs, antispasmodic (relieves spasms in the breathing passages), antiseptic, alterative, hepatic (helps liver function)

**Traditional uses:** bronchial congestion, chronic bronchitis, silicosis, whooping cough, emphysema, chronic cough, irritating bronchial coughs, tuberculosis, pulmonary infections, chronic lung troubles, coughs in children and in the

elderly, asthma, colds, flu, sluggish liver, kidney problems, dyspepsia and stomach ulcers. Best when given in combination with other herbs. The root has been chewed to help tooth decay.

## Licorice root – *Glycyrrhiza glabra*



**Actions:** anti-tussive, anti-inflammatory, demulcent (soothe mucous membranes, particularly, the lungs, the throat, the stomach and intestines), tonic, cooling, expectorant, emollient, pectoral (helps conditions in the chest), aperient (helps appetite), slightly stimulant, sialogogue (stimulates the flow of saliva), mild laxative (excellent for kids), balances stronger herbal laxatives, balances

hormonal function, adreno-cortical like activity

**Traditional uses:** bronchitis, sore throat, hoarseness, wheezing, difficulty breathing, colds, flu, chest and lung complaints, tuberculosis, heartburn, colic, stomach ulcers, liver disorders, malaria, food poisoning, chronic fatigue, low adrenal function, low blood sugar, sugar and carbohydrate cravings, colitis, inflamed colon, menopausal symptoms, hepatitis, cirrhosis.

**Note About Blood Pressure:** Large amounts of licorice root can raise the blood pressure, but small amounts are beneficial for the adrenals and do NOT raise blood pressure. This herb is used in a very small amount in combination with other herbs in this formula so that it does not raise the blood pressure in those with already existing hypertension.

## Khella – *Ammi Visnaga*

**Actions:** antiviral, vasodilator, anthelmintic (kills parasitic worms), antispasmodic (especially affecting the bronchials), antiarteriosclerotic, antiasthmatic, bronchodilator, antidiabetic, antiulcerogenic, hypolipidemic (helps lower blood lipids)

**Traditional uses:** asthma, wheezing, lung conditions

