BRONCHIAL SUPPORT

Dr. Christopher's Herbal Support for Clearing the Bronchial Passages!

The bronchial tubes carry air to and from the lungs, lined with a thin layer of mucus that traps dust, germs, and irritants before they can reach the delicate lung tissue beneath. In a healthy respiratory system, that mucus stays thin enough to be cleared quietly, without much notice.

When the bronchial tubes are irritated, that mucus can thicken into old, hard debris the body can't seem to cough out on its own. Left there, it becomes a source of ongoing irritation — which is exactly how a nagging, chronic cough develops. Bronchial Support is built to clear a chronic cough of this kind, and works very well on general chest congestion too.

Comfrey Root, Horehound, Boneset, and Coltsfoot are all traditional expectorants that help loosen and move that old mucus out, Elecampane Root brings its own long history with stubborn chest congestion, and Ginger Root and Lobelia round out the blend with circulation and a gentle relaxing of the airway itself.

This Herbal Combination:

- TRADITIONALLY used to clear a chronic cough
- LOOSENS and helps expel old, hard mucus and debris from the bronchial tubes
- SUPPORTS relief from chest congestion
- EASES irritation in the throat, stomach, and bronchi, with a small traditional amount of Lobelia
- 100% organic, herbal, sugar-free and chemical-free

BOTANICAL INGREDIENTS: Comfrey Root, Horehound, Boneset, Coltsfoot, Elecampane Root, Ginger Root, Lobelia



Comfrey Root

The lead herb in the blend — allantoin-rich and traditionally one of the fastest tissue-soothing, mucus-clearing herbs in the tradition. See the note below.



Horehound

A classic bitter expectorant; helps break up and move thick, tough phlegm out of the chest.



Boneset

Long used for chest colds, flu, and chronic lung congestion — its old traditional names, “feverwort” and “ague weed,” come from exactly this kind of use. See the note below.



Coltsfoot

The Latin name Tussilago means “cough dispeller” — a soothing, mucilaginous expectorant traditionally used for coughs and bronchial irritation. See the note below.



Elecampane Root

A warming bitter and expectorant, traditionally paired with Coltsfoot and Horehound for old, chronic chest congestion.



Ginger Root

The circulatory herb in the blend — moves blood and clears waste at the capillary level, helping the rest of the formula's work reach the tissue that needs it.



Lobelia

A genuine antispasmodic that relaxes the throat, stomach, and bronchi quickly, even in the very small amount used here — the one herb in the blend that needs real respect on total dose.

HOW IT WORKS

Comfrey Root, Horehound, Boneset, and Coltsfoot each work as traditional expectorants, helping the body loosen and clear the old, hardened mucus that a healthy cough reflex can't move on its own — the same debris that, left in place, turns an occasional cough into a chronic one. Elecampane Root lends its own long history with old, chronic chest congestion, Ginger Root moves circulation and waste at the capillary level, and a small, traditional amount of Lobelia relaxes the throat, stomach, and bronchi so the rest of the formula's work can happen more easily.

Dosage

½ to 1 teaspoon every 3 to 5 hours.

Note: Comfrey Root, Boneset, and Coltsfoot are traditional botanicals; some modern regulatory guidance advises against prolonged internal use of these three (due to their natural alkaloid content) — this formula uses them in traditional proportions, within the same long herbal tradition of clearing chronic coughs and chest congestion. Lobelia's dose here is small and traditional; as with any Lobelia-containing formula, it's not recommended alongside heart medications without a practitioner's input, and is best avoided in pregnancy. This is for traditional respiratory support, not a substitute for medical care for a persistent cough or a serious lung condition.

For more on this formula, see my blog post “Clearing a Cough That Won’t Let Go” at www.daradietz.me.