

The Ultimate Guide to Herbs for Runny Nose and Cough

If you're looking for natural ways to relieve a runny nose and cough, look no further than your kitchen cabinet.

There are a number of herbs that can help to clear congestion and soothe a sore throat. Here are a few of the most effective:



Herbs for runny nose and cough: 15 herbs for upper respiratory problems (Home Herbarium) by Simon Blow

★★★★★ 5 out of 5

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Screen Reader : Supported
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1. Elderberries

Elderberries are one of the most popular natural remedies for the common cold and flu. They contain a number of compounds that have been shown to fight viruses and bacteria, including anthocyanins, flavonoids, and quercetin.

Elderberries can be consumed in a variety of forms, including elderberry syrup, tea, and capsules.



2. Echinacea

Echinacea is another herb that is commonly used to treat the common cold and flu. It contains a number of compounds that have been shown to boost the immune system and fight infection.

Echinacea can be consumed in a variety of forms, including tea, capsules, and tinctures.



Echinacea is an herb that can boost the immune system and fight infection.

3. Thyme

Thyme is a common herb that is used to flavor food, but it also has a number of medicinal properties.

Thyme contains a compound called thymol, which has been shown to have antibacterial and antiviral properties. Thyme can be consumed in a variety of forms, including tea, tinctures, and essential oils.



4. Oregano

Oregano is another common herb that is used to flavor food, but it also has a number of medicinal properties.

Oregano contains a number of compounds that have been shown to have antibacterial, antiviral, and antifungal properties. Oregano can be consumed in a variety of forms, including tea, capsules, and essential oils.



Oregano is a herb that has antibacterial, antiviral, and antifungal properties.

5. Ginger

Ginger is a common spice that is used to flavor food, but it also has a number of medicinal properties.

Ginger contains a compound called gingerol, which has been shown to have anti-inflammatory and anti-nausea properties. Ginger can be consumed in a variety of forms, including tea, capsules, and candy.



These are just a few of the many herbs that can be used to treat a runny nose and cough.

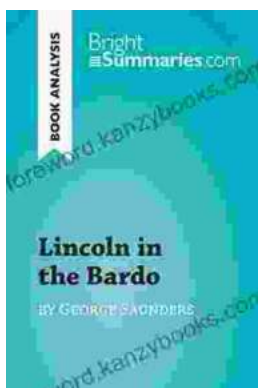
If you're looking for a natural way to relieve your symptoms, be sure to give one of these herbs a try.



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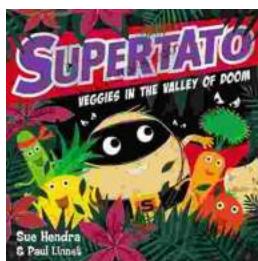
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