

How To Make Your Own Lung Cleansing With Mullein Herbal Tea.



Are you recovering from Covid-19? Do you suffer from asthma? Have a nagging smokers cough? Or perhaps you can't shake off the cough after dealing with the flu or pneumonia.

The herb Mullein is an herbal tea that can help with various respiratory infections and congestion.

Mullein leaves are classified in traditional herbal medicine as an expectorant (promotes the discharge of mucous) and demulcent (soothes irritated mucous membranes)

Historically, [Mullein tea](#) has been used by herbalists as a remedy for the respiratory tract, particularly in cases of irritating coughs with bronchial congestion.

It is a lung cleanser, can ease tightness in the chest, and help to clear tar from smokers' lungs.

Drinking at least one cup a day can have significant benefits. It can also be mixed with other herbal teas. For example, mixing the Mullein herb with Herbal Teas Australia COUGH tea is ideal.

To make this lung cleansing brew, add a heaped teaspoon of Mullein herb to a one-liter teapot, add boiling water and allow to steep for 10-15 mins. Alternatively, soak the herbs in cold water overnight, discard the leaves and drink the liquid.

Here's what one customer told us:

"I love this tea! My lungs are stuffed, I had a gallbladder removal operation that went wrong, so I still have my gallbladder and a lot of scar tissue damage, so heaps of pain...because of that I ended up with C.O.P.D. (Chronic Obstructive Pulmonary Disease) my poor lungs then went through lung cancer and radiation treatment, so more damage, I couldn't even make myself a cup of tea. I would get so breathless and would have to sit down...I have been drinking Mullein tea for the last 3 months every day and wow it sure has made a huge difference. I know it won't cure

the C.O.P.D but I can now breathe easier and walk around more without getting so breathless. I have and will recommend this tea to my friends and family with pride. Thank you.