

8 Proven Remedies for Excellent Respiratory Health

Winter can be particularly harsh on your respiratory system. Cold, dry air and increased exposure to indoor pollutants can irritate the lungs and airways, while seasonal illnesses may further challenge your body. During these colder months, providing the lungs with the support they need to stay resilient and maintain optimal function is essential.

Our respiratory system is vital for delivering oxygen to the body and expelling carbon dioxide, yet it often faces challenges from environmental pollutants, seasonal changes, and daily stressors. Supporting respiratory health naturally can empower you to breathe more easily and maintain overall wellness. Let's explore some time-tested remedies that may help support your respiratory system, backed by research and rooted in tradition.

1. Wild Oregano

Oregano, particularly wild oregano, has been used for millennia for its plethora of wellness benefits. Rich in plant compounds like *carvacrol* and *thymol*, oregano supports a healthy respiratory system by promoting microbial balance and supporting natural immune defenses.*¹ This microbial balancing act is also beneficial for lung health.*¹ Additionally, its antioxidant properties help support the lungs' response to oxidative stress, vital to a healthy respiratory system.*¹

Research Insights: *Microbiological Studies on the Influence of Essential Oils from Several Origanum Species on Respiratory Pathogens*, *Molecules* 2023,¹

<https://www.mdpi.com/1420-3049/28/7/3044>

2. Cumin

Cumin seeds are a powerhouse of antioxidants and plant chemicals that support overall wellness, including respiratory health.*² Its traditional use in herbal remedies often focuses on maintaining clear airways and soothing occasional respiratory discomfort.*² Cumin's bioactive compounds, such as cuminaldehyde, possess properties that support lung health, as well as the body's healthy response to inflammation and oxidative stress.*²

Research Insights: *Nutrition Today, Cumin Potential Health Benefits,*²

https://journals.lww.com/nutritiontodayonline/fulltext/2021/05000/cumin_potential_health_benefits.8.aspx

3. Sage

Sage is an herb valued for its rich plant chemical content and antioxidant properties. It contains rosmarinic acid, which promotes respiratory comfort and helps maintain clear and healthy airways.^{*3} Sage's essential oil components have demonstrated the potential to support respiratory wellness by calming occasional throat irritation and promoting relaxation in respiratory tissues.^{*3}

Research Insights: *Pubmed.gov, Effect of sage (Salvia officinalis L.) extract in antioxidant status and intestinal morphology of pulmonary hypertensive chickens,*³

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10508482/#vms3804-bib-0005>

4. Ginger

Ginger has long been cherished for its warming and soothing effects. Known for its spicy flavor, ginger contains bioactive compounds like gingerol that help maintain a calm respiratory system and provide antioxidant support.^{*4} Ginger's inflammation-supporting properties may help relax airway muscles, supporting comfortable breathing.^{*4}

Research Insights: *Pubmed.gov, Effects of Ginger and Its Constituents on Airway Smooth Muscle Relaxation and Calcium Regulation,*⁴

<https://pmc.ncbi.nlm.nih.gov/articles/PMC3604064/>

5. Cinnamon

Cinnamon is not only a fragrant spice but also a source of antioxidants and wellness-supporting compounds.^{*5} Its traditional use in teas and remedies often targets maintaining clear airways and promoting comfort in colder seasons.^{*5} Its health properties are often underestimated due to its prominence as a daily kitchen spice. Cinnamon's microbial balancing and inflammation-supporting properties may benefit respiratory health and support immune defenses.^{*5}

Research Insights: *Springer Nature, Medicinal properties of 'true' cinnamon, (Cinnamomum zeylanicum): a systematic review,*⁵

<https://link.springer.com/article/10.1186/1472-6882-13-275>

6. Oxygen-Rich Hydrosols

Hydrosols, also known as floral waters, are the aromatic waters collected during the steam distillation of essential oils. Oxygen-rich hydrosols, such as those derived from oregano or sage, provide gentle support for respiratory comfort by delivering micro-droplets of beneficial compounds.*⁶ Hydrosols contain water-soluble compounds that can promote respiratory wellness through their soothing and aromatic properties.*⁶

Research Insights: *MDPI, Chemical Composition and Microbial Activity of Essential Oils and Hydrosols from Oregano and Sage*,⁶ <https://www.mdpi.com/1420-3049/28/7/3044>

7. Omega 3s- These essential fatty acids can support optimal lung function and the body's response to respiratory flare-ups.*⁷ The research indicates that higher amounts of omega 3s in the blood correlate with optimal respiratory function, compared to those with lower levels.*⁷ Good sources include fatty fish like wild-caught salmon, walnuts, flaxseed, and chia seeds. Seafood sources are considered the best due to the presence of DHA and EPA, fatty acids that provide additional health benefits.

Research Insights: *American Journal of Respiratory & Critical Care Medicine, Investigating Associations of Omega-3 Fatty Acids, Lung Function Decline, and Airway Obstruction*,⁷ <https://www.atsjournals.org/doi/full/10.1164/rccm.202301-0074OC>

8. Wholefood Vitamin E Complex- Vitamin E is an antioxidant vitamin that supports healthy oxygen levels in the body, as well as a healthy response to inflammation.*⁸ Sadly, most supplement brands use GMO soy or simple isolates of tocopherols, which is only part of the vitamin E complex. True food sources have both tocopherols and tocotrienols, making them complete. Superior sources include almonds, cold-pressed pumpkin seed oil, sunflower seed oil, and red palm.

Research Insights: *Frontiers in Nutrition, Association of Dietary intake of vitamin E with chronic obstructive pulmonary disease events in US adults*:⁸ [A cross-sectional study of NHANES 2013–2018](#)

Additional Nutrients for Nourishing the Lungs:

Protein

Helps build and maintain strong respiratory muscles. Good sources include eggs, milk, cheese, nuts, tofu, beans, and lean meat.

Vitamin D

Supports optimal immune system function and the lungs' healthy response to inflammation. Good sources include wild-caught salmon, mushrooms, and eggs.

Fiber

Associated with better lung function and respiratory wellness. Good sources include whole grains and legumes such as peas, beans, and lentils.

Antioxidant foods:

Help you breathe better and supports the body's response to oxidative stress. Good sources include garlic and red cabbage. Wild Oregano is a "King" of antioxidants gram for gram!

Include these honorable mentions in your diet through food and supplementation:

Vitamin C, Magnesium, Zinc, and Selenium.

Lifestyle Tips for Supporting Respiratory Health

- **Stay hydrated** by drinking plenty of water to help keep mucus thin for easier removal. This daily action will help keep airways moist and clear.
- **Avoid exposure** to environmental irritants, such as smoke and pollutants.
- **Practice deep breathing** exercises to enhance lung capacity and oxygen exchange.
- **Keep the indoor air clean** using a humidifier and air purifier, especially in dry or polluted conditions.

Respiratory System Physician's Strength Formulas

1. **Oregacillin** - Multiple spice formula of Oregano, Cumin, Sage, Ginger, and Cinnamon dried into a concentrated spice oil powder for optimal lung function.
2. **Essence of Wild Oregano-** Oxygen-rich water extract of wild oregano.
3. **Polar Vite Capsules or Oil-** Wild-caught Alaskan Sockeye salmon.
4. **Power-E-** Complete vitamin E complex from superfood sources.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.