

-Lungs / Food / Homeopathy

What foods to eat and avoid for better lung health?

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The pandemic and the inverted atmosphere that will arise with the upcoming winter can magnify respiratory symptoms including dry cough, wheeze, chest discomfort and attacks of breathlessness. The most important thing to do is fortify your lung health and while medication plays its role, it is also important to take a closer look at the food that we eat. Consuming salty food, dairy products, processed meat, cold drinks and fried food can increase the risk of lung disease. However, adding nutrient-rich food like beets, greens, apples, pumpkin, turmeric and green tea to your diet can help protect the lungs. Supplement your meals with these lung healthy ingredients, however, it is also important to be vary of the medication that we take. While conventional treatments for respiratory disorders can cause side effects such as allergic reactions, bleeding into the lung air sacs, swelling, and inflamed tissue, homoeopathic is safe, natural and cause no side effects.