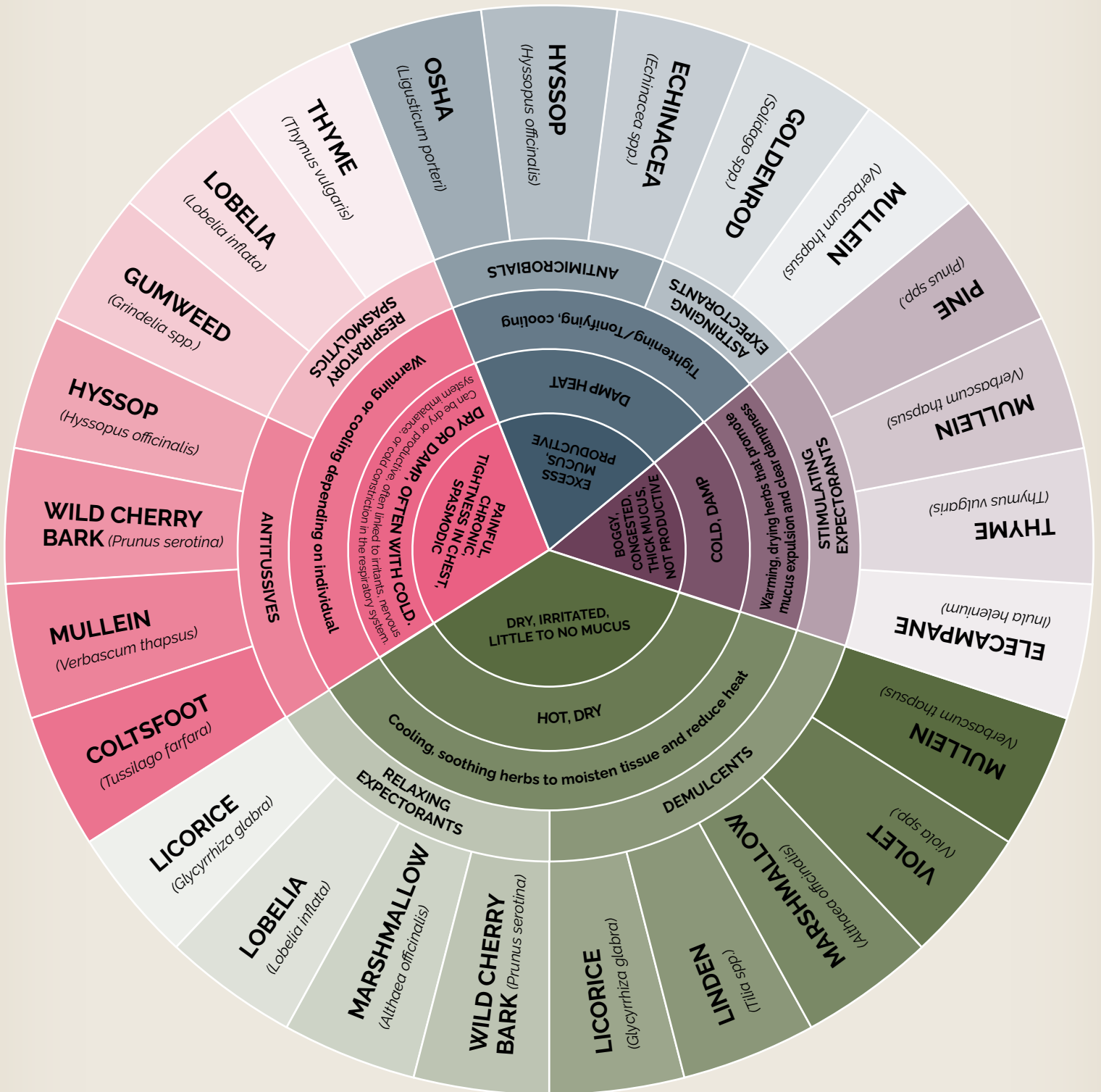


Cough Cheat Sheet





Cough

CHEAT SHEET

When illness strikes, it's easy to feel overwhelmed or forget which herbs are best suited for the type of cough you're facing. Whether it's for yourself or a loved one, having the right tools at your fingertips makes all the difference. This handy cheat sheet will guide you to the perfect herbal remedy for any type of cough—so you can bring relief fast, naturally, and with confidence.

WHAT'S INSIDE:

- A breakdown of cough types and their causes (dry, wet, spasmodic, etc.)
- A list of herbal actions (like expectorant, demulcent, or spasmolytic) to match with each type of cough.
- Top herbs to keep on hand in your home apothecary, matched with each type of cough

GENERAL TIPS

When it comes to calming coughs, a few simple herbal techniques can make all the difference—bringing quick relief, soothing irritation, and supporting the body's natural healing process. Here are some tried-and-true methods to help you and your family breathe easier:

- **STEAM INHALATIONS FOR CONGESTION RELIEF**
Clear blocked airways and loosen stubborn mucus with herbal steam inhalations. Simply add herbs like thyme or bee balm to hot water and inhale the soothing vapours. This is especially helpful for children, but be cautious of burns by supervising closely.
- **HERBAL HONEYS TO SOOTHE AND CURB COUGHS**
A spoonful of herbal honey not only coats and calms a sore throat but also helps ease coughing fits. Infuse honey with herbs like elderberry or elecampane for respiratory relief. It's a delicious and powerful remedy for all ages.
- **BOOST IMMUNITY WITH HERBAL ALLIES**
Support your body's defences during illness with immune-stimulating herbs like echinacea. Regular use during a cough can help shorten the duration and ward off further infection.
- **TACKLING NIGHTTIME COUGHS AND BETTER SLEEP**
Don't let that nighttime cough keep you awake! Treat the cough throughout the day—even if it's worse at night—and elevate your torso with pillows before bed to reduce the chance of coughing fits while you sleep.