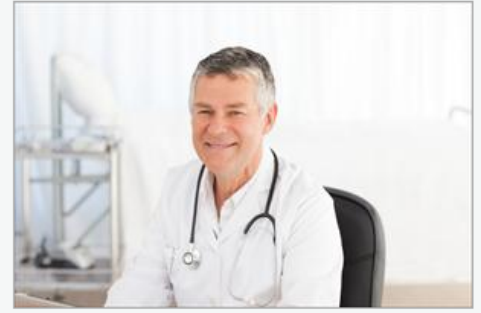


Chronic Cough with Phlegm

Cough is a sudden and repetitive reflex that helps clear the large breathing passages from secretions, irritants, foreign bodies, and microbes. It is important to note that, it is not a disease, but a self-defense mechanism of the body, which is triggered by the presence of unwanted particles in the respiratory tract. Coughing can be a voluntary or an involuntary action. Phlegm is a sticky, slimy secretion, produced to get rid of the foreign body. Phlegm, also called post nasal drip, is a manifestation of cold, sinusitis, and pneumonia, which leads to excessive mucus in throat.



“ All of us have suffered from phlegm, which may be as a result of common cold, bronchitis, or an infection. Chronic cough and phlegm should not be neglected, as it can be a result of a serious lung condition. As a matter of fact, cough with phlegm is better than persistent cough with no secretion, as accumulation of phlegm can lead to chest infection or other health complications.

Home Remedies Remember, even after you have determined the cause, and your cough persists despite making use of the above-mentioned home remedies, it is recommended that you visit a doctor for further treatment.

- To stop a sinus cough, you must strictly avoid all those allergens that can increase coughing.
- Smokers should stop smoking.
- Non-smokers should avoid exposure to secondhand smoking.
- There are some foods that increase mucus production.
- They are caffeine, desserts, dairy products, fatty foods, etc.
- When you are suffering from sinus cough, you must either stop eating all these substances or at least minimize their intake until the cough subsides.
- The worst part of a sinus cough is that it worsens at night as the post nasal drip drains at the back of the mouth when you lie down.
- Coughing at night can be controlled by elevating the head with a few extra pillows.

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Chest Hurts When i Cough Chest hurts while coughing! Well, this is a common complaint among individuals suffering from common respiratory problems. One of the most important parts of the body, the lungs, are usually found in the chest area. So, it is apparent that any...

Treatment

If necessary, that the cause of wet cough is detected to rule out any serious medical condition. The methods used to diagnose the condition include chest X-rays, sputum analysis, and blood tests.

In case of severe cough, you should have plenty of water and orange juice, until the symptoms are reduced. In addition to this juice fast, you should adopt an all-fruit diet for about 2-3 days. Follow a balanced diet that includes raw or lightly cooked vegetables, fresh fruits, and whole-grain cereals. Avoid consumption of meats, pickles, condiments, processed foods, sugar, coffee, tea, soft drinks, and all products that are prepared from sugar and white flour.



“ **Damion McDaniel**

Damion is a lead writer at zoejo.com, a site about health, lifestyle and fitness. Previously, Damion worked as an advertising guru at a well-known tech software web site. When he's not scouting for new content, Damion enjoys skydiving and rock climbing.

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