

Chronic Dry Cough Causes

Coughing is one of the natural reflexes of the body against the entry of foreign substances. Occasionally, it is normal and actually beneficial, as it helps in getting rid of any foreign body or something unwanted in the body. However, if **cough** becomes persistent and lasts for more than two months, then it is termed as a condition of chronic cough; one of the most common complaints of people visiting their health care providers. And it is more than just annoying and troublesome. When left untreated, it starts interfering with daily functioning. The patient may notice people interacting lesser with him, and he may not be able to get proper sleep at night. With time, the condition also begins to affect the person's psychological well-being. Now speaking of chronic dry cough, it lacks the production of sputum thus, it is also known as a non productive cough.

- Give your child a glass of warm water mixed with 1-2 teaspoons of honey.
- Never give honey to children under 12 months of age.
- Honey may cause infant botulism - a rare but potentially fatal condition.

Vomiting and Nausea

This is another segment of gastrointestinal disruption, where the individual may throw up the food consumed, accompanied with mucous and the expectorant. Regurgitation and acidity accompanied with pain and discomfort may also occur. You may also lose your appetite and thus endure weakness.



CoughDry Cough

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Symptoms of Fungal Lung Infection Fungal infection of the lungs is scientifically referred to as Aspergillosis. It is named after the fungi causing the problem. This condition is as a result of overgrowth of fungus in the lungs. In this condition, fungus fiber, blood clots and white...

So, if you notice symptoms such as wheezing while breathing, coughing out a discolored sputum, low-grade fever, sore throat, and general fatigue, it can be a case of bronchitis. After consultation with a medical professional, if the condition is diagnosed to be bronchitis, besides medication, avoiding certain foods may help you heal faster.



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Damion is a lead writer at zoejo.com, a site about health, lifestyle and fitness. Previously, Damion worked as a 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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