

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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Pulled Muscle from Coughing Coughing is an instinctive, forceful activity that can strain the muscles of your body intensely. Once you are suffering from a good unmanageable, hacking cough, you may pull a muscle. You can have a pulled muscle in a part of the body. However, the...

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.



“ ***Damion Mcdaniel***

Damion is a leading content curator at palyamotorozas.com, a site about health tips. Last year, Damion worked as a manager for a well-known high tech web site. When he's not reading new content, Damion enjoys singing and shopping.

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