

## Natural Remedies for Bronchitis

**B**ronchitis is a respiratory disorder in which the air passages, that connect the windpipe to the lungs are swollen. In most cases, a viral infection accounts for causing bronchitis. Signs include mucus generating cough, chest tightness, and shortness of breath. Chronic smoking cigarettes and exposure to toxic gases increases the risk of bronchitis. Apart from getting prescribed treatment, natural remedies can also contribute to alleviate discomfort of the respiratory tract.

### Treatment

Is important that you consider the child to a doctor, if you observe signs. Analysis is usually based on listening to the normal barking cough. The doctor may suggest corticosteroids, epinephrine, and similar drugs that help available the airways. In case of a extreme infection, the little one maybe put in the hospital and given humidified o2.

Though cough is one of the common symptoms of respiratory tract infections, sometimes it may be caused by congestive heart failure. Those who do have problems with persistent cough along with the other aforesaid cardiac signs and symptoms should therefore get a thorough medical checkup done.

### Honey is Not Only Delicious but Also Acts as a Natural Antiseptic

The antiviral and also antibacterial activity of honey is acknowledged worldwide. So, eating a tsp. of manuka sweetie is an effective way to fight respiratory problems. Another way is to easily add a spoonful of darling to your morning tea to reap the benefits.



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*Why Does Head Hurt When you Cough? A rather unusual kind of headaches, and stimulated by various kinds of strains such as blowing nasal area, moaping, laughing, or even bending over, cough head aches, are usually of two types, viz.: primary cough headache as well as secondary cough...*

- Productive treatment with regard to bronchitis involves getting a mixture of ginger root, cloves and pepper.
- The amount of each, is half a tsp. as well as the mixture needs to be taken 3 times a day.
- Honey may also be a useful addition to the mixture.



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### Is Croup Contagious?

Is really a transmittable infection and you ought to avoid sending your youngster to a school or playgroup. As the virus can be transmitted through respiratory secretions, it is best to keep your child away from school to avoid the infection from spreading to other children.

### The Climatic Conditions You Stay in can Also Have a Role to Play

If you stay in cooler climes, after that a vaporizer is best suited, whereas with regard to hot climes humidifiers are better. In other words, you will have to take different aspects into consideration, so that you are able to pick a qualified equipment in order to deal with the problem. Whichever gear you opt for, be sure you keep the water tank with the equipment clean, lest it can become a breeding ground for contamination.



“ **Damion Mcdaniel**

*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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