

TO REMOVE FLUID FROM LUNGS

- Blatta nap
 - Sulphur --- anti-inflammation
 - Sit straight, deep breath (hold 3 seconds) . Release some of air and cough loudly with full force. Repeat 3 times. Take a break of 3-4 minutes in between.
 - Proper workout (Cardio)
 - No salt, processed food, fast food, cottage cheese
 - Herbs
 - Massage
 - Lie on painful side
 - Capsicum
 - Eucalyptus & Peppermint
 - Hot & cold compress
 - Aconite, Comfrey (Symphytum)
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从肺部排除液体

- Blatta nap
- 硫磺---抗炎
- 坐直，深呼吸（保持 3 秒）。充分释放一些空气并大声咳嗽。重复 3 次。之间休息 3-4 分钟。
- 适当的锻炼（有氧运动）
- 无盐，加工食品，快餐，奶酪
- 草药
- 按摩
- 躺在疼痛的部分
- 辣椒
- 桉树和薄荷
- 冷热敷
- 附子（Aconite），紫草（Symphytum）