

## Dave's Respiratory Formula

- **Soothing respiratory mucous membranes**
- **Upper respiratory support**
- **Mucous expectorant**

Respiratory Formula is a synergistic blend of respiratory and digestive herbs designed to support healthy lung and upper respiratory health.

Ground Ivy leaves are traditionally used in Germany to support the upper respiratory system, and Sage and Elecampane support healthy lung function. Herbs in this formula also help to dissolve mucous and support the cardiovascular system.

I recommend that those experiencing respiratory symptoms such as allergies, upper respiratory discomfort and such remove dairy products from their diet, as well as animal proteins. These can cause excessive mucous production in the respiratory system, including sinus and chest congestion.

Traditional Chinese medicine believes that grief harms the lungs and upper respiratory organs. Counseling to eliminate grief may be helpful in resolving respiratory problems but is not a substitute for medical help.

This formula should not interfere with prescription medication: Always consult your physician. Traditional respiratory drugs serve to suppress symptoms of respiratory distresses; once started they are usually taken for the rest of your life.

Formula includes: Ground ivy leaves, Speedwell, Hawthorn, Sage leaf, and Elecampane root.

### Testimonials:

Respiratory Formula has been very helpful for congestion especially during allergy season.  
- *Lanny B*

I took this formula while I was suffering with upper respiratory problems and I feel like it helped to support my lungs. - *Robyn F*

We use it often whenever we have bronchial related ailments. I feel it has prevented many bronchial infections from developing. We have not had to use antibiotics in several years.  
- *Alison M*



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## Herbal Formula

**Elecampane root** has been traditionally used to support the mucous membranes in the respiratory system and is an expectorant. It is also useful for gastro-intestinal support of indigestion, diarrhea, and hemorrhoids. It is also a liver herb (blood and skin health) and serves to stimulate the flow of bile for better digestive and bowel health. It is used to support urinary and joint health.

**Ground ivy leaves** are traditionally used to support healthy respiratory (also upper respiratory) and digestive systems (including liver). They are astringent, which means they reduce mucus in the body. As an expectorant, it will move mucus up and out of the lungs. Supporting healthy digestion, ground ivy also calms the stomach as well as the gastro-intestinal tract. It is a diuretic herb helping maintain a healthy urinary system.

**Hawthorn** has been used for hundreds of years as a heart tonic to support overall cardiovascular function, and also assists in maintaining nervous system function. Europeans use the flower and the leaf while Americans use the berry; a combination of the three gives all the benefits.

**Speedwell** is an expectorant and dissolves mucous; it has been used for helping maintain upper respiratory health soothing symptoms of cough, laryngitis, and hoarseness. Because it is bitter it supports healthy digestion easing symptoms of gas and bloating. Speedwell has been used to support liver, blood, urinary and joint health.

**Sage leaf** supports healthy respiratory function soothing the upper respiratory tract as well as sinuses, throat soreness, and coughs. As a digestive support herb it eases symptoms of gas and bloating.

## Traditional herbal uses

- Blood support
- Cardiovascular support
- Diarrhea
- **Expectorant**
- Gas
- Hemorrhoids
- **Hoarseness**
- Indigestion
- **Laryngitis**
- **Lung support**
- **Mucus**
- **Respiratory health**
- **Sinus support**
- Skin support
- **Throat support**
- **Upper respiratory health**