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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book contains proven steps and strategies on how plants and herbs will boost the immune system, promote healthy lungs, and fight colds and infections. Using herbs as a form of medicine has been done for thousands of years. And many people still use herbs, herbal remedies, teas, poultices, and supplements today to help keep their body healthy, and to help take care of their families. Many people have started learning about plants and herbs, however, there are plenty of herbs which will actually do more than keep you healthy. Herbs can be used as a medicine alternative to high priced, prescription drugs which often have risky side effects. Using herbs for medicine takes time, study, research, and learning, but its well worth it over time. Herbs are much more gentle on your body, and they can be lifesaving for anyone who doesn't have health insurance because they're quite inexpensive to buy. Without your lungs, you couldn't breathe, and without breath, you cease to exist. The lungs are part of the respiratory system, working with other organs and tissues to help you breathe. Every cell in the body needs oxygen to live, and the lungs are what move oxygen into the bloodstream where it's carried throughout the body when you inhale. When you exhale, the waste, in the form of carbon dioxide, is removed. Your respiratory system is constantly working. It is the vehicle for oxygen to enter your body. Unfortunately, it can also be an entry point for pollutants, irritants, dust, mold, fungus, harmful organisms, and other toxins. Unless you're living in a bubble, the constant assault from impurities can take its toll. Fortunately, whether you...



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