

Respiratory Support Guide

A companion guide to your Respiratory Support Bundle

Supporting Easy Breathing

Your lungs and airways work constantly, and how you breathe affects everything from energy to sleep quality. Whether you're dealing with seasonal congestion, occasional tightness, or just want to support long-term lung health, small daily habits make a real difference alongside herbal support. This guide pairs with your Respiratory Support Bundle to help you breathe easier, day to day.

Daily Habits for Healthy Lungs

- Practice deep breathing — a few minutes of slow, deep belly breathing daily supports full lung capacity.
- Stay hydrated — thins mucus and keeps airways clearer.
- Get fresh air and light exercise — supports healthy lung function and circulation.
- Avoid smoke and strong irritants where possible — protects airway tissue.
- Use steam inhalation when congested — warm steam helps loosen mucus and ease breathing.

Foods That Support Respiratory Health

- Ginger & garlic — traditionally used to support clear airways and immune resilience.
- Citrus fruits — Vitamin C supports the immune system's role in respiratory health.
- Honey — traditionally soothing for the throat, especially warm with lemon.
- Turmeric — traditionally used for its anti-inflammatory properties.
- Warm soups and broths — support hydration and general comfort when congested.

How Your Bundle Supports You

Respopro combines Horehound, Mullein and Lobelia — herbs traditionally used to support clear airways and ease occasional respiratory discomfort.

ChesTone combines Eucalyptus, Mullein, Lobelia, Elecampane, Coltsfoot, Licorice and Peppermint — a broader chest-support tincture traditionally used to help clear congestion and support easier breathing.

Respo Steam Inhalation Oil & Rub is designed for direct use — a few drops in steaming water for inhalation, or applied topically to the chest, to support clearer breathing when you need it most.

How to Use Your Steam Inhalation

- Add a few drops of Respo Steam Inhalation Oil & Rub to a bowl of hot (not boiling) water.
- Lean over the bowl with a towel draped over your head, eyes closed.

- Breathe slowly and deeply for 5-10 minutes, taking breaks if the steam feels too intense.
- Alternatively, rub a small amount on your chest and throat before bed.

A Simple 5-Day Breathing & Movement Plan

Five short, guided practices to build lung capacity and ease breathing over one week. Each takes under 10 minutes.

Day	Practice
1	Belly breathing: 5 min, hand on stomach, breathe so it rises and falls, not your chest.
2	Steam inhalation (Respo Steam Oil & Rub) + 10 min gentle walk outdoors.
3	4-7-8 breathing: inhale 4 sec, hold 7 sec, exhale 8 sec — repeat 6 times.
4	10 min brisk walk or light cardio to build lung capacity.
5	Steam inhalation before bed + 5 min belly breathing to close the week.

Tip: take your Respopro and ChesTone as directed throughout the week, and repeat this plan whenever congestion or tightness returns.

Your Simple Weekly Checklist

Habit	Goal
Deep breathing practice	5 minutes daily
Water	6-8 glasses daily
Fresh air / light movement	Daily, even 15-20 minutes
Bundle	Take Respopro & ChesTone as directed; use Respo Steam as needed

This guide is for general educational purposes and reflects traditional herbal use. It is not medical advice and does not diagnose, treat, cure or prevent any disease. Please consult your healthcare provider for persistent, severe, or worsening respiratory symptoms, and before starting any new supplement.