



Name 90-day Lung Programme

Caps

Code Name

LUN-C3 90-day Lung Programme

Available in 30-day packs. If you are following a programme, we can either send a pack a month for 3 months, or send all 3 packs at once; 10% discount applies in either case. Also available as an individual 30-day pack code LUN-C1 which attracts no discount. There is no 'drops' version of this programme.

Area concerned

Lungs, bronchial tubes, sinuses

Ingredients

Each 3-day pack includes:

100 **Lu Capsules** 100 **Power Garlic Capsules** 1 tub of **Lu Tea**, and a comprehensive advice pamphlet about all aspects of the programme.

See data sheets for individual products for more detailed information.

Description

The **Lung Programme** has been designed to give thorough support to the lungs and bronchial areas. The accompanying pamphlet advises you on how to get the most out of this holistic programme through use of herbs, diet, exercise, and other relevant lifestyle suggestions.

Lu Capsules include herbs long used in the English tradition, including elecampane, golden rod and thyme, as well as those from other traditions, such as pau d'arco (immune system) from Brazil and aniseed, cinnamon and black pepper from Ayurveda. These herbs combine to make a formula which is very supportive for lungs and bronchial areas. Garlic is a wonderful herb for helping the lungs breathe more easily and helping mucous levels.

Our **Power Garlic Capsules** are particularly beneficial as they have good strength while the odour is controlled at a low level by a patented method.

Lu Tea completes the programme, further helping to support the lungs, including hyssop, comfrey and marshmallow leaf.

Taken for 3 months in this programme, these herbs can help to keep your lungs and bronchial areas working well. In conjunction with healthy diet and a good exercise and relaxation regime this programme can help you keep feeling well and full of energy.

Why use the **Lung Programme**?

Every cell in the body needs oxygen for its survival. Nearly every process involves oxygen in one way or another. Very many processes in the body result in carbon dioxide being produced as a waste product, which needs excreting from the body. The lungs are the prime organ dealing with taking oxygen in, and excreting carbon dioxide.

One way we can help preserve lung health is through deep breathing. Breathing exercises from the yoga tradition are designed to do this and, also, regular exercise encourages us to use more of our lung capacity.

In fact, most of us use less than half of our lung capacity. Simply by learning to breathe from the lower abdomen rather than from the top of the chest, we will be increasing our lung efficiency thereby increasing oxygenation of the blood and improving our health. This is just a matter of practising abdominal breathing persistently until it becomes unconscious. These exercises are especially important for asthma sufferers. (Start off gently and build up.)

On top of such exercises, the **Lung Programme** can be a great help to keeping the lungs and bronchial areas working well, so helping to preserve good health in the long term.

We recommend carrying out the **Lung Programme** every one or two years to help keep the lungs healthy.

LOOK AFTER YOUR LUNGS!

Standard use

1 capsule of each of the 2 encapsulated products, 3 times a day. Once a day, make a small pot of **Lu Tea** with 1 teaspoon of the herb. Leave for 10-15 minutes and drink when you like during the day.

How long to take it for

We recommend taking this programme for 3 months (90 days). If you wish, it can be repeated annually.

Cautions

Do not take if pregnant or nursing. Do not use if taking blood thinning drugs such as Warfarin.

Companion Products

Anti-Cat Capsules; Anti-Spas Capsules or Tincture; Chickweed Tea; Lu Capsules or Tea; Power Garlic Capsules; Sin/All Capsules; Three Continents Healing Tea.

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