



Disclaimer: I am not a qualified health practitioner. You should always consult a qualified health practitioner if you are sick. Opinions expressed on this website are my own or come from my own experience or research

LUNGWORT FOR POST INFECTIOUS IRRITATING COUGH

My husband and daughter both caught a very nasty cough earlier this year. It was deep and hacking and they could not stop coughing. Their ribs and stomachs hurt and felt bruised from all the coughing and they could not sleep at night for coughing.

I mixed up the coffee and honey mixture posted on the Health Issues page of this website which gave them much relief and enabled them to get a good night's sleep.

However, once the infection had passed, they were left with a persistent irritating cough. My daughter has a weak chest so I was worried that the cough would not resolve easily.

After a nasty chest infection, people are often left with an irritating cough for weeks and weeks which can be quite debilitating.

I turned to Lungwort. Lungwort is primarily known for its ability to support respiratory health, helping to soothe coughs and relieve symptoms of bronchitis and asthma. It can also be helpful with COPD.

I gave them each a 1 month course. I bought the Lungwort from British Supplements. The dose is 1 capsule per day containing 625g of Lungwort extract plus 60mg of uptake blend.

Their coughing improved quickly and steadily and by the end of the course they were fine. Next time they get a cough, I will start them on Lungwort immediately along with the coffee and honey mixture.

Lungwort is a traditional herb for lungs though there are few studies on it. Certainly, my own experience of it with my family is that it is effective. However, these testimonials from the company British Supplements, indicate its efficacy. I buy a number of supplements from this company because they are clean (no fillers or additives), high quality and of sufficient strength to have an effect.



Zest for Life

Amazing lungwort

My husband seems to get a chest infection every year without fail and ends up taking antibiotics. He had one recently so reading the reviews I purchased these little beauties for him and within a few days it went without the antibiotics. So thank you Chris and team and all those reviews they do work. I have now ordered more to be on the safe side. I have also noticed as well he hasn't used his inhaler either.

Chloe Deas

Great product

Took Lungwort to clear a nasty chesty cough quickly. It worked really well in conjunction with vitamin C & zinc. Love British Supplements. They are super helpful at answering questions too

Megan Bowe

Lungwort ... finally something that works!

Whenever I get run down and ill I suffer from upper respiratory tract ailments and annoying relentless coughs. This time when my night time coughs began I started taking lungwort and WOW ... the usual 8 weeks of disrupted sleep was only 1-2 weeks.

I will be recommending and buying more.

Mari

I took this for two months last winter (2023)

I have used Lungwort this last winter successfully, it assisted in keeping my chest clear during winter months when I'm prone to bronchitis. I had colds, which usually results in persistent cough, but didn't last winter. I've just received this winters (2024) order which I will take for 3 months. I'm going into this winter knowing that a daily Lungwort dose, an invisible shield, will help keep me healthier until spring.

Steve B.

Brilliant stuff!

Just one of my many "saviour" discoveries with British Supplements. Really helps every time I get a chesty cough or even when the hay fever kicks in. Now started taking this during a good detox, twice a year. Very, very highly recommended.

For more reviews, [click the link below](#)



https://www.british-supplements.net/products/clean-lungwort?tw_source=google&tw_adid=669765286792&gc_id=20449018488&h_ad_id=669765286792&gad_source=1&gclid=Cj0KCQjw3vO3BhCqARIsAEWblcAMbjtuZF1KqCyMiVfF4YiE4Miba3U-kQNVzReHNB_NIXFmn5i1nq8aAnJVEALw_wcB&variant=39741899243594

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