



Asthma Recommendations:

Nettles tea or tincture or in capsules

https://www.amazon.com/dp/B0019LVL9I?ref_=cm_sw_r_cp_ud_dp_R4NGF2N2CBCAA7CB3TW3

Mullein tea or tincture

https://herblore.com/products/mullein?fbclid=IwAR2_CPb1qAbGw0-YAjPNj7a7Q0qzuLsnhC8XsLo6Dk101In4AtAQq3QndAQ

Nature's Sunshine Seasonal Allergy (labeled for allergies but helps with respiratory issues in general)

<https://www.naturessunshine.com/product/seasonal-allergy/>

Standard Process Allerplex

https://www.amazon.com/dp/B0055KS6JM?ref_=cm_sw_r_cp_ud_dp_FEA8JK81DK0SS9S84M1D

Standard Process Congaplex

https://www.amazon.com/dp/B001AJD822?ref_=cm_sw_r_cp_ud_dp_1QCE02ZAC6G4DKGQCY3V

Quercetin with bromelain, I typically use NOW foods brand but any would work. 500mg up to 3x daily

Essential oils, diffused, apply diluted topically: lavender, eucalyptus or pine, Breathe or Raven blends.

For acute attacks, vitamin B12 by lozenge or sublingual tablet.

Lobelia tincture. Lobelia can act as a bronchial smooth muscle relaxant.