

How to Eliminate Mucus and Phlegm from the Throat and Chest for Immediate Results

People with nasal and throat blockages have phlegm deposits in the lungs which cause breathing problems and increased coughing. Although this is not a fatal issue, it can interfere with your everyday life.

Also, if you do not treat this problem, it may cause you even more health problems in the future.

Phlegm in the Lungs

For those who do not know, phlegm is a sticky substance secreted by the mucus of the ventilator system. This substance is sticky because of its protective role to catch dust, viruses, and allergens. Among its primary roles, is preventing infections such as colds.

When one feels an urge to cough, it means they have excess mucus in the throat and the chest, which can be a result of bacteria, viruses, flu, and so on.

The rest of the symptoms include: fever, weakness, difficulty breathing, and runny nose. The phlegm blocks the bronchial tubes if it is not removed properly.

How to Remove Mucus in a Natural Way

Even though there are medications that can be helpful, in order to avoid side effects, there are natural methods as well. Below, we offer you a couple methods you may find useful:

1. Ginger Tea

Ginger is a healthy remedy which is antibacterial, antiviral, antihistamine, as well as a natural decongestant. So, it can ease throat and chest congestion by removing excess phlegm. The best way to use ginger is in tea. If you want to prepare this tea, you'll need:

- 2 cups of water
- 1 teaspoon of honey
- 1 teaspoon of peppercorn
- 6 pieces of ginger

How to Prepare it?

Boil the water, then add the peppercorn and the ginger. Wait for the mixture to boil. When it starts boiling, cover it and let it sit for one minute. After a minute, set the heat to medium and let the tea simmer for five more minutes. Finally, when you remove it from the heat, add the honey. You can consume two cups/day.

2. Cough into a Warm, Moist Wash Cloth

By covering your mouth with a warm, moist cloth and coughing into it, it will help to extract the mucus from the chest and the back of the throat.