5 Detox Secrets for Cleaner Lungs

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www.LungDetoxification.com
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Your body has an amazing ability to heal itself and as such a detox diet or detoxification regime of any kind is based around giving the body what it needs to heal you as far as is possible. It is also about getting rid of the undesirable toxins, pollutants and mucus inside your lungs that are hindering the natural detox process. To help you get started on doing a lung cleansing detox here are 5 top secrets that target the lungs for the most effective cleansing available.

1. **Hydration**

All detoxification regimes start of with this vital element: Water, the old H₂O. In fact, our bodies are made up of around 70 percent water. It is the second most important life-giving substance just behind oxygen (the supply of which can be problematic to smoker’s too).

In modern city living we usually have easy access to water at most times, but with our busy lifestyles and with most peoples preference for complex beverages (other than water), often with diuretic effects (such as caffeine and alcohol - drinks that actually dry you out because they make you pee more), we often do not get enough of the pure water we need to cleanse our body. However, if you drink about 8 glasses of water a day, your body will be properly hydrated, and is not taking in additional chemicals and toxins from the processed juices, coffees, sugary soft drinks or cordials you will have replaced with water. This cleansing fluid is then free to filter through your body and has a number of beneficial effects.

- Water helps cleanse the bloodstream of toxins.
- Water helps with digestion which helps the bowels and liver too.
- Water also helps you flush out a lot of impurities as you will have far more clean water filtering through your digestive system, circulatory system, and kidneys.

Staying hydrated is essential when doing any detox. When undertaking a lung detoxification program this is no different, as when the rest of your body is cleaner, your immune system is more able to target other problem areas, like the lungs. Being properly hydrated also helps thin mucus, and helps reduce the stickiness of the tar in your lungs, improving the speed of their removal.
2. Lung Exercises

Exercise is also essential for a detox. Sweating helps get rid of impurities in the skin (as long as you stay hydrated, see point 1) and also the cardiovascular workout from exercise helps the blood flow better and gives you heart and lungs a workout.

For a lung detox however you want to really target the lungs in a more systematic way because of the tar build-up. The tar that coats your lungs is one major barrier against healing as its unnatural effects make it difficult for the body to flush from the lungs quickly. This being the case doing specific lung exercises will help initially to shake loose some of the less ingrained tar and mucus which will be coughed up (unpleasant but necessary) or at least broken down for the body to flush out through other systems.

Here are a few ways you should exercise your lungs:

- Laying your hand on your stomach as you inhale fully and then exhaling slowly in a controlled manner.
- Breathing in slowly and deeply while lifting your arms above your head, and then exhaling slowly while dropping your arms back to your sides.
- Try taking deep breaths and holding them for as long as you can.
- Pursed lip breathing; inhale through your nose and breathe out through pursed lips, as if you were blowing out a candle. Your exhale should be twice as long as your inhale.
- Do any or all of these for at least 10 minutes a day. The rule with static lung exercises is to make sure you breathe deeply, as most lost of lung volume and lung muscle tone comes from shallow breathing, which we switch to when we are feeling stressed, and when our lungs are damaged and tar laden from smoking. You may well find that the first few times you take deep breaths you feel the tickle of mucus coming away from the air sacks and bronchioles and you will cough. This is perfectly fine.

This will help get rid of some of the easier to dislodge tar and mucus as has been mentioned but further steps will need to be taken to get rid of the tar that has seeped into the tissue.
3. Super Foods

Part of any detox is changing your eating habits. What we feed our bodies makes a massive impact on our general health and how our body functions. With the correct types of food we can give our immune system and ammunition it needs to fight disease and get rid of toxic chemicals that hurt our health.

In regards to the lungs in particular there are a few very good foods that will help with this process.

**Hot foods such as chili peppers, hot mustard, radishes, pepper, and others** contain substances called "mucolytics" (similar to over-the-counter expectorant cough syrups) that liquefy thick mucus that accumulates in the sinuses and breathing passages. This can help you break up the mucus in your lungs and get it out more easily, especially if your lung cilia are still recovering.

**Onions** have long been known to be beneficial, even if they have a potent smell. The onion is rich in many different components that are good for you, including Vitamin C and B6, as well as folic acid, and even potassium. Onions also contain quercetin, with is an antioxidant. This may be responsible for preventing many diseases, including lung cancer and even heart problems. This component also helps prevent blood clots. The outer layers of Red Onions are considered especially beneficial.
4. **Super BAD Foods**

Just as some foods are excellent at helping the immune system and cleansing your lungs, others have the opposite effect and add to the problems you face. Now the obvious types of super bad foods you should avoid are those that ruin your body quite directly: processed foods, excessively sugary foods, foods high in saturated fats, caffeine and alcohol. Eating healthier with more raw unprocessed foods is definitely the way to go to help your body (and your waistline). There are also one other type of food you should stay away from when you are targeting your lungs for a detox.

**Milk and dairy products.** These cause you to generate a lot more mucus. With the mucus that builds up in your lungs because tar is stopping the natural cleansing processes from working, more mucus is a very bad thing. While you get a lot of good things from dairy foods as well you should minimise your intake and find those nutrients from other foods if you can.

**Oily or Greasy foods.** These sorts of foods can have even a non-smoker coughing as their lungs produce extra mucus in reaction to the oil in such foods as hamburgers, anything deep fried, or foods with oily sauces. So for someone recovering after quitting smoking, keeping clear of these sorts of foods is very important.
5. **Supplements & Herbal Fortifications**

A lot of natural cures relay on herbs as some sort of miracle cure but this is not the case. It can be part of the bigger picture though so they should not also be discounted. A lung detox can be aided by some herbal supplements that can help you cleanse the lungs of toxins are tar to some degree but there are also mineral and vitamin supplements that help in this regard.

**Vitamin A.** I'm mentioning this terrific vitamin here because of one specific effect it can have on your lungs. Smoking has a bad effect on the cilia (tiny, hair like protrusions on the inner surface of your lungs that, in non-smokers, help clear them of mucus and foreign substances such as pollution and toxins), paralyzing them or burning them off completely in some cases. A supplementation (or a high dietary intake) of carotenoids (and epically beta carotene, the substance that vitamin A is made from in our bodies) can rapidly speed up the recovery of these very important little hair like structures, thus greatly speed up improvements in healthy lung function after quitting. Foods high in beta carotene include carrots, spinach, kale, cantaloupe, apricots, papaya, mango, and oatmeal. You can get a lot of the other carotenoids from sweet potato as well.

**Sunflower Seeds.** Try a handful of raw Sunflower Seeds before those times that you'd normally light up. Sunflower seeds reduce the body’s craving for nicotine by filling the nicotine receptor sites, and thus for some people quitting, can really help with the cravings.

**Licorice.** Try chewing on a piece of licorice root when the urge to light up hits, or a small piece of natural licorice. Use licorice with care if you suffer from hypertension (i.e. have high blood pressure).

**Nettle or Oatstraw Infusion (Tea).** Every day, for 4 to 6 weeks before quitting, try a cup of nettle or oatstraw infusion. These infusions strengthen blood vessels and nerves, and cushion the impact of nicotine withdrawal.
The Complete Lung Detoxification Guide

We hope you have enjoyed this report and found the information enlightening and encouraging. The advice within will help you get a start on cleansing your lungs of the tar and toxins that are the remnants of hundred and thousands of cigarettes.

This is but a small part of a complete solution to detox your lungs however which if left unchecked could take over a decade or more to naturally heal. Using the five tips within this report you could shave a few years off this total, but a complete lung detoxification regime can reduce it to just a few months!

For more information on how you can achieve this, visit the Lung Detoxification website to get empowering information that if applied will speed up the detoxification process to light speed and leave your lungs pink, healthy and able to breathe in the full amount of life giving oxygen that it is capable of!

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