

# SOOTHE COUGHS NATURALLY

IT IS TEMPTING TO REACH FOR THE QUICK FIX DRUGS-BASED COUGH MIXTURE.



However, some people believe this approach may leave you more susceptible to future bouts. We can't avoid catching winter bugs, however we can use natural ingredients to strengthen our immune system and ensure good health is restored.

Preparations and syrups that contain plant extracts are very effective medications that relieve the symptoms associated with coughs.

Althaea (Marshmallow root), Pimpinella (Aniseed), Drosera (the Sundew) and

homoeopathic Ipecacuanha act together to help soothe irritated mucous membranes in the throat and chest, by reducing inflammation and relaxing constricted muscles. Plantago (Plantain), Thymus (Thyme) and Marrubium (Horehound) are expectorants, helping to break up and eliminate mucous. Inula (Elecampane) helps relieve chest congestion.

Weleda's organic Cough Elixir is exclusively based on organically grown ingredients.

The following may provide some relief:

- Drink abundant quantities of warm fluid to soothe the irritated throat
- Avoid polluted areas and do not smoke
- Avoid sudden temperature changes and dry air

