



BREATH THERAPY



Breathe Easy: A Guide to Lung Health

Your lungs work hard every day to keep you breathing and energised. Protecting them is essential for overall well-being. Follow these simple tips to improve your lung health and avoid harmful habits.

What to Avoid

Smoking & Vaping: Cigarettes and e-cigarettes contain harmful chemicals that damage lung tissue and increase the risk of chronic lung diseases like COPD and lung cancer.

Air Pollution & Allergens: Dust, pollen, mould, and pollution can irritate your lungs. Avoid spending time in heavily polluted areas, and keep your indoor air clean.

Harsh Cleaning Chemicals: Many household cleaners contain toxic fumes that can irritate the lungs. Avoid ammonia, bleach, and strong disinfectants whenever possible.

Scented Candles, Plug-in Air Fresheners, & Open Fires (Log Burners): These release pollutants and irritants into the air, which can harm lung function over time.

Excess Mucus-Producing Foods: Dairy, processed foods, and sugary drinks can increase mucus production, making breathing more difficult for some people.

Holding Your Breath Too Long: Whether from stress or poor breathing habits, holding your breath too often can reduce oxygen intake and weaken lung function over time.

Overuse of Nasal Decongestants: While nasal sprays and decongestants provide temporary relief, frequent use can lead to rebound congestion, making symptoms worse over time.



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Tips and Swaps for Better Breathing

Deep Breathing Exercises: Try diaphragmatic breathing, also known as belly breathing, to strengthen lung capacity and reduce stress.

Swap Candles & Air Fresheners for Natural Alternatives: Use essential oil diffusers, houseplants, or open windows for fresh, clean air. Great air-purifying plants include peace lilies, snake plants, aloe vera, and spider plants.

Trade Processed Foods for Fresh Produce: Foods high in antioxidants, like leafy greens, berries, and nuts, help reduce inflammation and improve lung function.

Choose Natural Cleaning Products: Opt for vinegar, baking soda, and castile soap instead of chemical-heavy cleaners to keep your airways irritation-free.

Stay Hydrated & Drink Herbal Teas: Water and herbal teas like ginger or peppermint help keep airways clear and reduce congestion.

Exercise Regularly: Activities like walking, swimming, and yoga improve lung capacity and overall respiratory health. *Top tip – learn to nasal breathe during exercise whenever possible*

Improve Indoor Air Quality: Use air purifiers, keep windows open when possible (unless you live in a built-up, polluted area), and clean vents and filters regularly.

Swap Nasal Decongestants for Natural Remedies: Try saline nasal rinses, steam inhalation, and eucalyptus oil to help clear nasal passages without the risk of rebound congestion.

By making small, mindful changes, you can significantly improve your lung health and breathe easier every day!