

# Phlegm in Lungs

**P**hlegm in *lungs* can be more commonly seen in people who have been suffering from bronchitis, asthma, or with the Chronic Obstructive Pulmonary Disease (COPD). For these people, it is very important to clear phlegm from the lungs, because they can cause serious medical problems for example shortness of breath and problems in the airways due to their clogging.

Expectorants are often used for damp or productive cough, whilst cough suppressants are useful for the treatment of hacking or perhaps dry cough. You can find a number of over-the-counter and medications for cough, although not all of them are safe to be used during pregnancy.



## Common Cold

Common cold is a viral infection of the upper respiratory tract. As the name suggests, it is commonly found in people of all age groups, all over the world. Runny nasal area, overcrowding, and sneezing will be the other symptoms of typical cold.



LungsCoughBronchitis AsthmaBronchitis

You may be approved to take expectorants to maintain phlegm away from your own respiratory tract. Consuming about 10 glasses of water, utilizing Nonprescription saline nasal spray for hair loss the phlegm, taking guaifenesin, using common antihistamine in order to allergy related phlegm, as well as decongestant medications for bacterial or even viral attacks, are the ways of dealing with phlegm inside lungs.

## Cough Medicines With Iodine and Codeine Should be Avoided At Any Cost

If you can contact your gynecologist, then he/she will be the best person in order to suggest a pregnancy-safe cough medicine. Nevertheless, minimize the use of cough drops while pregnant, especially during the first trimester. It's also possible to make use of a few undamaging home remedies, like steam inhalation. A mixture of honey and ginger juice may also provide relief. If the symptoms are severe, or are usually accompanied with other symptoms, such as fever and pain, you have to look for medical attention.

## Stop Smoking, When You Haven't. It Will Help You Get Better, Sooner.

Bask in ample rest. Your body might feel worn out as it may have used up all its reserves to get the system back on track. Sleep aids replenish the reserves.

- Breathe right.
- Deep breathing exercises work well to improve the blood flow.
- Belly breathing in stops the lungs through contamination.
- Besides, it relaxes the body, mind and spirit, making a systemic harmony.

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