



RAJA WELLNESS

BREATH OF LIFE: NURTURING HEALTHY LUNGS



WHY IS LUNG HEALTH SO IMPORTANT?

In TCM, the lungs are considered a vital organ responsible for the exchange of Qi (pronounced "chee"), which is the life force or energy that flows through the body's meridians.

One of the primary goals of acupuncture is to restore the flow of Qi throughout the body, as the smooth circulation of Qi is crucial for optimal health. When there is an imbalance or blockage of Qi in the lungs, it can manifest as respiratory issues, such as asthma, allergies, bronchitis, or even a susceptibility to frequent colds and flu.

Certain foods and teas are known to be beneficial for lung health due to their anti-inflammatory, antioxidant, and respiratory-supportive properties.



Lung Healthy Foods Include:

Radishes (red, black, daikon), rice, mustard greens, spinach, oats, fresh ginger, horseradish, seaweeds, the entire onion family (garlic*, scallions, etc.), cruciferous vegetables (cabbage, broccoli, rapini etc.), apples, all mushrooms, watercress, pears, persimmons, rice, sweet potato/yam, turnips, herring and other similar small salt water fish.

Herbs/Teas for Lung Health:

Matcha Green Tea: Contains polyphenols that have anti-inflammatory and antioxidant effects, potentially benefiting lung health.

Peppermint Tea: Peppermint has menthol, which can help relax and open up the airways.

Licorice Root Tea: Licorice root has anti-inflammatory properties and may soothe respiratory irritation.

Ginger Tea: Ginger has warming properties and may provide relief from respiratory discomfort.

Eucalyptus Tea: Eucalyptus leaves contain compounds that may ease respiratory congestion and support clear breathing.

Thyme Tea: Thyme has antibacterial properties and may be beneficial for respiratory health.

