

Some Home Remedies for Coughing

Coughing cures that should end it all.

Over-the-Counter pharmacy meds often cause problems.

What is Coughing?

Coughing is your body's way of getting rid of something that is irritating your air passages. Constant coughing may be what they call productive, meaning you cough up mucus or phlegm. When you cough up greenish, brown or grey mucus it is most likely caused by a bacterial infection. When the mucus is white it is probably because of an allergic reaction or viral infection. If however you cough up blood you must immediately contact your doctor since this is extremely serious. Your cough can also be unproductive, meaning it's a dry, grating or rasping cough.

What Causes Coughing?

First of all coughing is often a symptom of an underlying condition, not a condition by itself, so there can be many causes for your cough; too much to talk about them here in detail. We will go over the main ones.

- A common cold (or other viral respiratory infections; cough is triggered by mucus that drains down the back of the throat)
 - Postnasal drip (again a nasal discharge trickles into the back of your throat)
 - Bacterial respiratory infections
 - Food or foreign object in the windpipe
 - Asthma
 - Bronchitis
 - Heartburn (Acid Reflux or GERD)
 - Smoking
 - Allergies
 - Environmental pollutants (smog, dust, fumes, smoke)
 - Side effect of medicine (Beta blockers and ACE inhibitors)

You can either cough voluntarily or involuntarily, why this is important to know we will explain later. There are about as many home remedies for cough out there as there are coughs, so you have to find the one that works for you, and you will, don't worry...

Home Remedies for Coughing

Before you use any home remedies for coughing you have to identify your cough. Determine what caused it and where it came from. This will make it easier to fight your cough. In the end it's best to fight the cause of your cough.

These coughing cures are however very effective and should relieve you of your cough without any problems. They are tried and proven by many people before you. So give it a try.

Honey and Lemon

This time proven home remedy for coughing is probably more effective than any other over-the-counter remedy out there. Honey has been used for many centuries in Chinese medicine against coughs; it promotes the flow of mucus, which eases coughing

Together honey and lemon also coat your upper airways and so locally block your cough reflex

Dissolve 1 tablespoon of honey in a cup of hot water, add 1 tablespoon of fresh lemon juice
(or as much as you can handle)

Drink it every 2 hours.

Ginger and Honey

Ginger stimulates salivation and mucus secretion, which can relieve you from your cough

Mix a tablespoon of ground ginger with a tablespoon of honey. take this three times a day and after a while you should be good to go.

You can also chew on some raw ginger or make a hot ginger drink by grating fresh ginger in hot water.

Chili Peppers (contain Capsaicin)

Eating a meal with a lot of chili peppers encourages your throat to produce calming secretions, which help ease your cough as well as the burning sensation of the peppers ;-)

Ginger and Cayenne

A variation on the ginger theme is to add some Cayenne pepper. Make a ginger drink by grating fresh ginger in hot water and add some cayenne pepper (how much depends on the person in question).

Apple Cider Vinegar and Honey

Take 1 tablespoon Apple Cider Vinegar and mix it with 1 tablespoon honey. Eat it whenever you feel the cough coming up.

Red peppers, Ginger, Apple cider vinegar and Honey.

One of the most potent coughing cures because of the combined powers of the ingredients.

- 2 tablespoons Water
- 1 tablespoon Apple Cider Vinegar
 - 1 tablespoon Honey
 - ¼ teaspoon Red Pepper
 - ¼ teaspoon ground Ginger

Mix the ingredients and take 1 teaspoon as a home remedy for coughing.

Garlic

This home remedy for cough won't gain you any friends during the treatment, but I guess coughing in someone's face also won't ;-)

Garlic is nature's very own antibiotic and also has antiviral properties. It also helps you cough up stubborn bacteria and/or mucus that are using your lungs as a nice, warm and comfortable vacation resort.

Problem is, you have to eat it raw and in some quantity to be effective. Eating 4 to 8 raw cloves a day (recommended) might be a tall task for many. Easier is to cut them raw through a salad or add them at the last moment to your sauce, (chicken) soup or whatever it is you're making. This way it won't spoil the garlic's effectiveness.

Another way is to make garlic broth. Smash 3 fresh garlic cloves; add these to 2 quarts (2 liter) of water in a pot. Boil this on a low fire for about one hour. Take it off the fire and let it cool down a bit. Then strain it and keep the liquid in a sealed bottle. Take sips from this throughout the day.

Turmeric and Milk

How to stop coughing? Mix 2 teaspoons of fresh turmeric powder in a glass of warm milk. Drink it 2 to 3 times a day. Especially helpful fighting a cough caused by bacterial infections.

Red Onion and Honey

A wonderful and proven sweet home remedy for coughing that will go down easily with children.

- 1 big Red Onion
- (dark organic) Honey

Peel and cut the onion in horizontal slices and 'rebuild' the onion in a bowl, as you would make lasagna, by putting honey between each onion layer.

Let it rest overnight. The following day collect the syrup at the bottom of the bowl, it works like a charm and doesn't taste at all like onion. The children will love the sweet taste of it.

We heard of someone who had a different approach to this one. She took a quarter of a Red Onion and half a cup of Honey and blended them together into a puree. Then strained the puree through a strainer. Slightly faster than the one above and just as effective so it seems.

Another variation on this cough cure is to chop the onion, put it in a pot on a low fire, and add the honey. Leave it on the fire for 5 minutes. Let it cool down and 'drink' the syrup you collected from the bottom of the pot.

Echinacea

One of the herbs for coughing, Echinacea is thought to have natural immune-boosting properties. It is a flower traditionally used by Native Americans to treat coughs, colds and sore throats

There is evidence that it can treat the common cold, which is the biggest culprit when it comes to coughing. It works however very slow, so when you're looking for an immediate cough remedy you might want to try something else.

CAUTION:

When you are using these home remedies for coughing your cough will soothe and go away pretty fast. However if during this period the following occurs:

- You develop more and different symptoms such as difficulty breathing, chest pain while coughing, a productive cough or fever
 - You start to cough up blood
 - The cough lasts longer than 2 weeks
- Symptoms become more serious or more frequent

You HAVE to contact your health practitioner.

Most of these remedies, I am aware of, practice or have discovered in recent research. Today, I found them in the above article.

**The source of this information is
Natural-Homeremedies-For-Life.com**