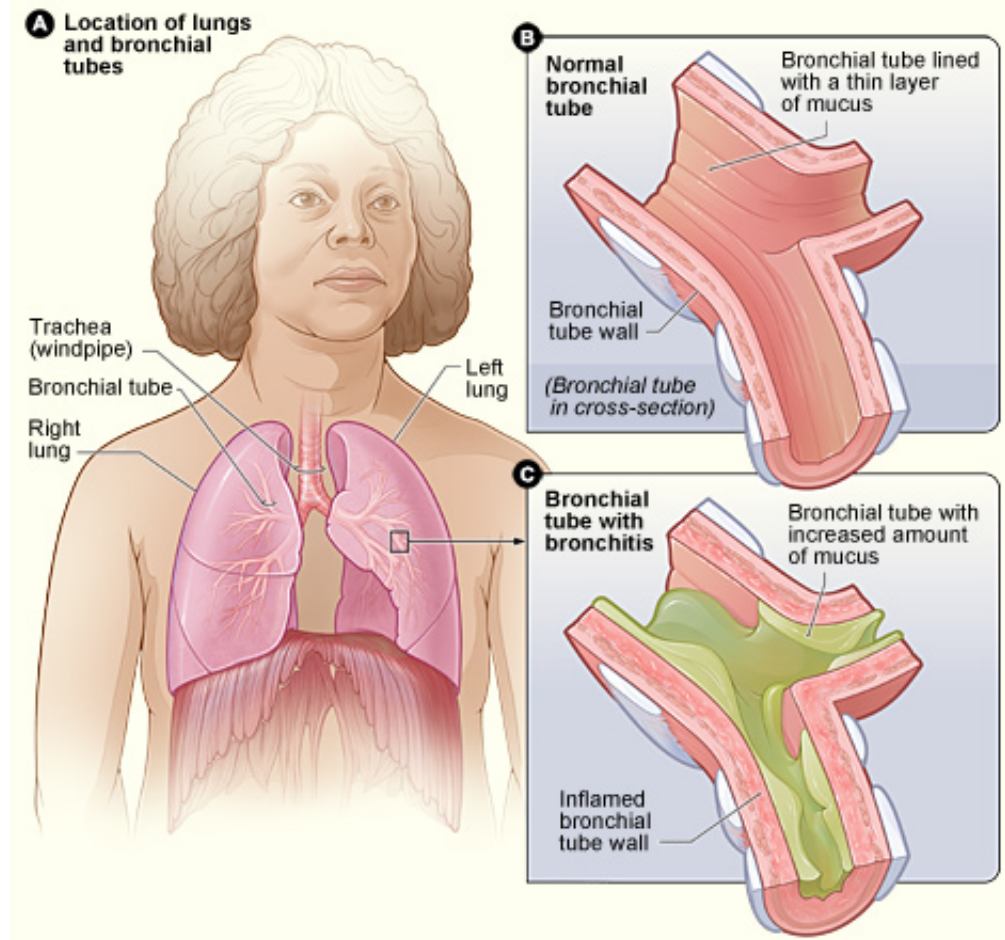


9 Home Remedies for Chest Congestion

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If you are congested and full of mucus, give one of these 9 home remedies for chest congestion a try. In many cases some of these home remedies are actually more effective than the expensive drugs you can buy from the pharmacy. Read on to find out more...

As you breathe throughout your day, you inhale microscopic particles floating in the air around you. These include dust, allergens, viruses and bacteria. Generally, these particles become encased in the mucus that lines your nose and airways, which are then transported to your throat where you can cough them out or swallow them. However, there are times when these particles can irritate the sensitive mucus membranes or a virus/bacteria can stimulate an infection. When this happens, inflammation begins to build throughout your respiratory system resulting in extra mucus. Chest congestion is the physical symptoms of having excess mucus and your body is unable to eliminate it at an efficient manner. This typically results in coughing, wheezing and a sensation of tightness -

or congestion - throughout your airways.

Home remedies for chest congestion actively work to loosen the excess mucus while simultaneously treating the causes of its accumulation. Although there are many over-the-counter medications capable of accomplishing this same task, home remedies for chest congestion use the power of nature and non-synthetic compounds to eliminate mucus and restore healthy breathing.

Be sure to check out our related post - [8 home remedies for post nasal drip](#).

Home Remedies for Chest Congestion

The following home remedies for chest congestion were selected based upon their ability to ease inflammation and promote the release of mucus buildup. As a general rule of thumb, if your congestion worsens after a week of self-care, you should visit your physician as a more serious underlying condition may be taking hold.

Remedy #1 | Salt Water Gargle

Perhaps one of the most effective, and common, home remedies for chest congestion is gargling with salt water. The saline content found within salt water directly supports the safe and gentle removal of mucus from your airways. Bring 1 cup of water to a rolling boil and then add 2 tablespoons of table salt. Add just a dash of turmeric powder to the hot water and stir well. When the water has slightly cooled, pour the solution into your mouth and gargle for 2 minutes. Repeat up to five times per day for immediate relief.

Remedy #2 | Bay Leaf Tea

The bay leaf is an excellent home remedy for chest congestion as it features various active compounds capable of stimulating the release of excess mucus. To utilize this home remedy, bring 1 cup of water to a rolling boil. Remove from heat and pour over three fresh bay leaves. Allow the tea to steep for 10 minutes. Remove the bay leaves and consume once a day until your congestion is relieved.

Remedy #3 | Honey and Onion

Both honey and onion feature powerful anti-inflammatory properties. When used regularly, this simple concoction can reduce respiratory inflammation and promote the release of excess mucus. To utilize this remedy, simply place several slices of onion into a 5 tablespoons of raw honey. Allow the ingredients to soak overnight. The next morning, remove the onion and consume. After eating the onion, take 1 teaspoon of honey. Repeat up to four times per day.

Remedy #4 | Raw Ginger Tea

The pungent volatile oils found in ginger act as an expectorant, which means it directly supports the release of mucus and phlegm from your throat and airways. Simply cut 1-inch of ginger from a fresh ginger root and place in 1 cup of boiling hot water. Allow the ginger to steep for 10 minutes. Once the tea has steeped, add 1 teaspoon of raw honey and consume up to three times per day. Ginger can also help soothe an irritated stomach.

Remedy #5 | Warm Lemon Water

Much like ginger, lemons feature powerful volatile oils capable of releasing the hold of mucus within your respiratory system. Simply bring 1 cup of water to a rolling boil and squeeze the juice of 1 whole lemon into the hot water. Grind 1/2 teaspoon of lemon rind into the water. Once at a comfortable temperature to drink, consume up to three times per day.

Remedy #6 | Black Tea With Lemon and Honey

This home remedy for chest congestion is not only effective, but also great tasting. Each ingredient - black tea, honey and lemon - feature potent anti-inflammatory and expectorant properties. Not only will you experience relief from your chest congestion symptoms, but the caffeine within the black tea can help provide a much-needed energy boost. Simply brew 1 cup of black tea. Once fully steeped, add 2 teaspoons of raw honey and the juice from 1 lemon into the tea. Drink up to three times per day. If you're sensitive to caffeine, decaffeinated black tea may also be used.

Remedy #7 | Boiled Vinegar

The strong odor that's released from boiling vinegar is a powerful home remedy for chest congestion as it works as a vapor expectorant. Simply bring 1 cup of vinegar to a rolling boil and pour into a heat-safe bowl. Lean over the vinegar and take deep breaths. Make sure to have tissue nearby as this home remedy will release mucus from your airways, which will need to be coughed up.

Remedy #8 | Apple Cider Vinegar

There isn't much apple cider vinegar can't do. However, one of its most successful uses is as a home remedy for chest congestion. The acetic acid found within ACV acts as an expectorant, which actively works to release mucus and phlegm from your respiratory airway. Simply pour 1 ounce of ACV into a 1 cup of warm water and drink every eight hours.

Remedy #9 | Eucalyptus Oil Steam Inhalation

Because chest congestion is primarily located within the respiratory tract, the most effective home remedies for chest congestion involves medicinally-treated steam. Eucalyptus oil features a host of active compounds; however, the bulk of its mucus-eliminating qualities rests in its ability to perform

as an expectorant. To utilize this home remedy, simply bring 3 cups of water to a rolling boil. Pour the steaming water into a heat-safe bowl and add 10 drops of eucalyptus essential oil. While leaning over the bowl, drape a towel over your head and breathe deeply for three to five minutes. Make sure to keep your eyes closed during this treatment as the volatile oils from eucalyptus can create a stinging sensation if your eyes are left open.