

# Home Remedies for Chest Cold

**C**hest cold is a common term, which is used to denote the symptoms of **bronchitis**. It starts with a common chilly or perhaps an upper respiratory tract infection; but, soon changes in order to chest congestion, accompanied with **cough** and phlegm. These signs and symptoms can be really bothersome, especially, throughout nighttime. This condition is called bronchitis, which can be caused by inflammation of the mucus lining in the bronchial tubes. One of the most common cause of **acute bronchitis** is viruslike attacks, but, this condition can also be caused by fungi or bacteria. Other causal brokers include smoking cigarettes and also pollutants. A chest cold can be either acute or chronic. While a lot of the serious cases can be controlled efficiently with home remedies, persistent kinds require medical attention.



## Coltsfoot & Myrrh

You want to choose homeopathy, then you may make teas with Coltsfoot. Drink this tea 3 times a day, for 2 days. Another treatment is using Myrrh. Gargle with Myrrh extract and warm water. Myrrh has a cleansing impact on the throat and reduces contamination.

## Natural Remedies for Cough

For mild cough, it is always better to utilize the organic cough suppressants. But once again, not all treatments are safe to be used continuously for a long time, especially in pregnancy. Honey is a natural remedy for cough that can be used by pregnant women. You can honey to a glass of warm water, and drink it to get relief from the actual cough.

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