



Five Proven Wellness Tips for Respiratory Health



During Rainy & Winter Months

Tip 1: Steam Inhalation with Herbs

Clear nasal passages and reduce mucus buildup.

Add **tulsi, ajwain, or eucalyptus oil** to hot water. You can use shredded **ginger pieces** too. **Inhale** deeply for **1-2 minutes**. This reduces inflammation and open airways (Chest Journal).



Tip 2: Practice Pranayama Daily

Boost your lung capacity and calm your system.

You can try **Nadi Shodhana (alternate nostril)** & **Bhramari (humming breath)** for **3-5 minutes**. This Improves **oxygen** intake and reduces **stress-induced** breathing issues



Tip 3: Eat Foods That Heal the Lungs

Nourish and protect from the inside.

Include turmeric, ginger, garlic, citrus, flaxseeds, and tulsi tea.



Curcumin in **turmeric** and quercetin in **ginger** reduce airway inflammation.

Avoid paneer, cheese, smoothies and milk shakes at nights.



Tip 4: Purify Your Indoor Air Naturally

Breathe better indoors during closed-door seasons.



Use **beeswax aromatic candles, salt lamps,** and **air purifying** indoor plants like **snake plant or areca palm** in your living room. Make sure the walls are **dry and mold free.**



Indoor pollution is a major trigger for respiratory issues in winter



Tip 5 Apply Warm Chest Rubs.

This practice eases breathing before bedtime and soothes congestion.

How to do:

Warm **mustard or sesame oil** with a pinch of **camphor and turmeric**. Massage gently on **chest and back**.

This **improves sleep** and helps to **relieve cough** in **respiratory illnesses**.



For doubts and queries, please reach out:

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Prevention is the best medicine.

Make these simple practices a part of your daily ritual to keep your lungs strong and your breath clear—naturally and effectively