



## **Module 1: Protection For The Respiratory System: Using herbs and aromatic preparations for respiratory immunological support, antimicrobial resistance and environmental protection**

*As atmospheric climate changes accelerate and air pollution increases, medicinal plants offer great protection against a wide range of microbial pathogens, respiratory allergens and environmental toxins. The pharmacopeia of botanical protectors is large; it contains many species of plants, numerous ways of preparing them, and countless formulas and easy to use products.*

Low cost common herbs for a highly effective kitchen apothecary

Important tinctures to have in the family medicine cabinet for preventing and treating colds and flus

Medicinal mushroom preparations for boosting immunity

Aromatherapy protection from indoor and outdoor air pollution

Combining herbal and aromatic preparations to protect the lungs from congestion, dryness and inflammation

Herbs and essential oils to help stop smoking

Herbal and aromatic preparations for protecting against pollen and chemical allergens

Ayurvedic preparations for protecting the sinuses and reducing environmental sensitivities