

Mystic Breath - Deep Clear Sinus Flow Tincture

DESCRIPTION

Open Your Airways — Clear Your Sinuses — Breathe Freely

When your respiratory system is compromised — whether by seasonal allergies, sinus infections, bronchitis, asthma, or simply the effects of air quality and chronic stress — breathing becomes work instead of effortless. Our **Breathe Sinus Tincture** is a precision respiratory formula drawing on the world's most effective botanical lung and sinus herbs. Seven herbs, each with a distinct and complementary action, combine to open airways, clear mucus, kill pathogens, reduce inflammation, and restore healthy respiratory function.

What This Tincture Is Made For

- Sinus congestion and sinus infections
- Bronchitis and persistent cough
- Allergic rhinitis and hay fever
- Asthma support (non-emergency)
- Post-illness respiratory recovery
- Chronic respiratory weakness and lung restoration

The Formula — Ingredient Breakdown

Mullein (*Verbascum thapsus*) — The premier lung herb of Native American and European folk medicine. Mullein leaves are expectorant (loosening and expelling mucus), demulcent (soothing inflamed mucous membranes), and antispasmodic (reducing bronchial spasm and cough). It is specific for any lung or sinus condition with thick, sticky mucus that is difficult to clear.

Thyme (*Thymus vulgaris*) — A potent antimicrobial respiratory herb proven in clinical trials to reduce the duration of acute bronchitis equivalently to synthetic cough syrup. Thymol and carvacrol, its primary phenolic compounds, kill the bacteria and viruses that cause respiratory infections while simultaneously loosening mucus

and reducing bronchial spasm.

Elecampane (*Inula helenium*) — The deep lung restorer. Elecampane is specifically indicated for chronic, stubborn respiratory conditions — old, deep-seated mucus that other herbs cannot clear. Alantolactone, its primary compound, is antimicrobial against respiratory pathogens including *Mycobacterium tuberculosis*. An essential herb for smokers, those with chronic bronchitis, or anyone in polluted environments.

Wild Cherry Bark (*Prunus serotina*) — The cough calmer. While most respiratory herbs work by expelling mucus, Wild Cherry Bark uniquely sedates an overactive, spasmodic cough reflex. Prunasin, its active compound, calms the nervous system's cough response — essential for dry, irritating, sleep-disrupting coughs that have nothing left to expel.

Licorice Root (*Glycyrrhiza glabra*) — The harmonizer of respiratory formulas. Known in TCM as "the herb that harmonizes all other herbs," Licorice Root soothes and protects inflamed mucous membranes from mouth to lung, enhances the effectiveness of every other herb in the formula, and provides its own anti-inflammatory and expectorant actions through glycyrrhizin.

Peppermint (*Mentha x piperita*) — The instant airway opener. Menthol activates cold receptors in the nasal passages and airways, producing the immediate sensation of open, clear breathing. It acts as a local anesthetic on irritated mucous membranes, reduces congestion, and has mild antimicrobial properties against respiratory pathogens.

Oregano (*Origanum vulgare*) — One of the most potent natural antimicrobials known. Carvacrol and thymol in Oregano kill bacteria, viruses, fungi, and even antibiotic-resistant organisms in laboratory studies. It provides the antimicrobial firepower of this formula, targeting the pathogens responsible for sinus and respiratory infections.

How to Use

Take 2 droppers (2 ml) in warm water with honey, 3 times daily. For acute sinus or respiratory infection: increase to every 2–3 hours for the first 48 hours. Can be added to steam inhalation: add 2 ml to a bowl of hot water, cover head with towel, inhale steam for 10 minutes.