

SUPPORTIVE MANAGEMENT FOR COUGH

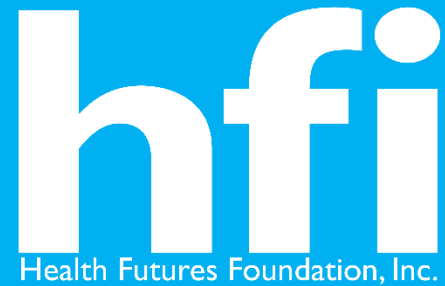
Supportive Management

For cough

- Drink clear liquids all day (e.g. water, tea, broth, water with lemon). Drink around 8 glasses (or 2 liters total) of fluid per day. Avoid juices with high sugar content.
- Take immune-boosting food, like food rich in Vitamin C (e.g. orange, pineapple, grapes, and broccoli).
- Have plenty of rest. Sleep for 7-8 hours every night in a dark room, as melatonin – a powerful anti-oxidant that promotes healing through boosting the immune function – are found to be produced in higher amounts when sleeping in darkness. If sleeping in a dark room is not possible, wear an eye patch instead.

For shortness of breath

- Perform deep-breathing exercises.
 - Find a quiet and comfortable place where you can be alone with yourself.
 - Sit upright in bed or chair, and find a comfortable position.
 - Place one or both hands over the abdomen, just below the ribs.
 - Deeply breathe in through the nose, while keeping mouth closed. Breathe in for a count of four.
 - Feel the abdomen rise with each inhalation, and as far as possible.
 - Through a pursed-lip, breathe out. Breathe out for a count of seven.
 - Feel the abdomen sink with each exhalation.
 - Perform deep-breathing exercises for 5-10 minutes at a time, and as many times each day.
- Stay in a cool, smoke-free, dust-free room with low humidity. Let breeze from an open window or from a fan be directed to face, this may lessen sensation of breathlessness.
- If a smoker, consider to stop smoking.



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Herbal Medicine

• Luya (Ginger) Decoction – Salabat

– Boil three middle-finger-sized luya in 3 glasses of water. Boil in low heat for 15 minute. Strain and serve. May add calamansi and honey for flavor.

• Strong Ginger Tincture

– This is intended to be used only by adults only. Keep it away from children.

– Fill a jar with 50 gram peeled fresh ginger. Pour 90% of alcohol (e.g. tuba) over the top to make 100 mL. Shake the jar well. Keep the jar stored in a dark cabinet and shake periodically for two weeks. After two to three weeks, strain and store the ginger tincture in a cool, dark place. For use, take 0.25 to 0.5 mL.

• Lagundi Leaves Decoction

– The amount of lagundi leaves to be used corresponds to the age of the person the decoction is intended for. For a person aged 2-6, use either 1 tablespoon of dried leaves or 1 ½ tablespoons of fresh leaves; for a person aged 7-12, use either 2 tablespoons of dried leaves or 3 tablespoons of fresh leaves; and for those older than 12, use either 4 tablespoons of dried leaves or 6 tablespoons of fresh leaves. Boil the leaves in 330 mL water for 15 minutes or until the water is halved. Strain. Divide the decoction in 3 doses, and take each dose 3 times a day.

• Calamansi or Lemon Juice

– Squeeze out the juice from the calamansi or lemon, add warm water and sugar or honey to taste. Drink as tolerated.

• Mangga Leaves

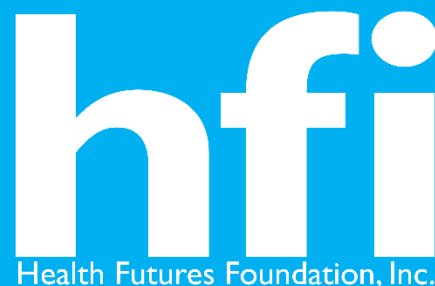
– Boil chopped young leaves (dried or fresh) in 2 glasses of water for 15 minutes. Cool and strain. Divide the decoction into 3 parts. Take 1 part 3 times a day. Amount of water leaves to be boiled:

– If dried leaves:

- For adults: 4 tablespoons
- For ages 7-12: 2 tablespoons
- For ages 2-6: 1 tablespoon

– If fresh leaves:

- For adults: 6 tablespoons
- For ages 7-12: 3 tablespoons
- For ages 2-6: 1 ½ tablespoons



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Herbal Medicine

• Sampaloc Leaves

- Boil chopped young leaves (dried or fresh) in 2 glasses of water for 15 minutes. Cool and strain. Divide the decoction into 3 parts. Take 1 part 3 times a day. Amount of water leaves to be boiled:
- If dried leaves:
 - For adults: 8 tablespoons
 - For ages 7-12: 4 tablespoons
 - For ages 2-6: 2 ½ tablespoon
- If fresh leaves:
 - For adults: 10 tablespoons
 - For ages 7-12: 5 tablespoons
 - For ages 2-6: 2 ½ tablespoons

• Balanoy Leaves

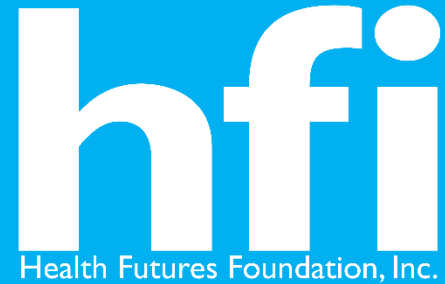
- Boil dried leaves in 2 glasses of water for 15 minutes. Cool and strain. Divide decoction into 3 parts. Take 1 part 3 times a day. Amount of dried chopped leaves to be boiled:
 - For adults: 4 tablespoons
 - For ages 7-12: 2 tablespoons
 - For ages 2-6: 1 tablespoon

• Mani

- Take 50 grams of the peanut kernels, add water and boil, then mash. Drink the water and eat the residue. Do this twice a day.

• Onion Juice and Honey

- Mix equal amounts of onion juice and honey. Take 3-4 teaspoons of this mixture daily.
- This is not recommended to be taken in if with gas pain.



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