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FREEDOM

New Zealand Herbals Freedom remedy can be used for the treatment of a number of lung conditions, including asthma, persistent coughs, bronchitis, and many other respiratory conditions.

Some asthmatic patients have even found their need for an inhaler has been reduced or even eliminated!

New Zealand Herbals Freedom formula is made from completely organic and pesticide-free ingredients, ensuring you get the finest quality remedy in the strongest possible strength. Herbs contained within this remedy include:

- **Elecampane:** This herb is a gentle, stimulating expectorant and has a strengthening effect on the lungs. It has mild antiseptic and anti-bacterial properties and is often used to treat congestive bronchial conditions or pulmonary disorders (such as asthma or bronchitis). It also facilitates the release of mucus.
- **Euphorbia:** Traditionally, this herb has been used for its spasmolytic, anti-asthmatic, expectorant, and anti-catarrhal properties. Used to treat asthma, bronchitis, nervous coughs, and coughs caused by upper respiratory catarrh (toxic mucus).
- **Ginger:** Ginger is a circulatory stimulant. It also has anti-inflammatory properties and acts as a natural expectorant which reinforces the therapeutic effects of other herbs contained within this remedy. Its use in the treatment of respiratory conditions is well known. Ginger has been described as a 'diffusive stimulant', meaning that it has a natural heating quality.
- **Grindelia:** A relaxing expectorant useful in respiratory conditions which are marked by spasms and tension (e.g. asthma and coughs caused by a number of conditions).
- **Oil of Fennel:** Fennel has a stabilising effect on the nervous system and has powerful pain-relieving properties. It also acts as an anti-inflammatory.
- **Mullein:** Another anti-inflammatory herb which helps to dispel congestion from the lungs. It has been actively used in the herbal treatment of bronchitis, coughs, respiratory catarrh, asthma, and hay fever.
- **Liquorice Root:** Liquorice is a natural anti-inflammatory which aids in the relief of muscle spasms and inflammation. It has a healing effect on all the body's mucous surfaces. It helps to liquefy and expel toxic mucus from the body. It is also a mild laxative which soothes and tones the mucous membranes. It also aids the removal of excess toxins found within the bowels. It also benefits as a distributor of other herbs found within this remedy.

Typical Dose: Ten to fifteen drops, three times daily. In acute cases, twenty to thirty drops may be used.