

# Respiratory System Herb List

## Respiratory Tonics

Astragalus-A  
Calamus-E  
Elecampane-EA  
Ginseng-A  
Mullein-EA  
Peppermint-Africa, EA  
Pine-N, EA  
Reishi-A  
Sage-Africa  
Schizandra-A

## Decongestant

Burdock-A  
Calendula- Africa,  
EA  
Cayenne-C, S  
Chamomile-EA  
Echinacea-N  
Eucalyptus-AS, PI  
Goldenrod-N, EA  
Ginger-EA  
Green Tea-A  
Holy Basil-SA  
Hops-Africa  
Horseradish-EA

Hyssop-Africa, E  
Lavender-A  
Lobelia-N  
Oregano- Africa,  
Asia  
Pennyroyal-Africa  
Peppermint-Africa,  
EA  
Pine-N, EA  
Rose Hips-A  
Rosemary-Africa  
Sage-Africa  
Thyme-Africa, E  
White Sage-N  
Yerba Santa-N

**From our ancestors + experiences:**

## Stimulant Expectorant

Angelica-EA  
Anise Seed-E  
Benzoin Resin-Java,  
Sumatra,Thailand  
Beth Root-N  
Black Cohosh-N  
Bloodroot-N  
Cajeput Oil-Indonesia  
Camphor-A  
Coltsfoot-EA  
Comfrey Root-EA  
Couch grass-Africa  
Elecampane-EA  
Garlic-A  
Gumweed-N  
Hyssop-Africa, E  
Slippery Elm

## Relaxant Expectorant

Echinacea-N  
Hyssop-Africa, E  
Licorice-A  
Lobelia-N  
Marshmallow-Egypt  
Mullein-EA  
Plantain-SA  
Skullcap-N  
Skunk Cabbage-N  
Wild Cherry Bark-EA  
Yerba Santa-N

**From our ancestors + experiences:**

## Antitussive

Coltsfoot-EA  
Lobelia-N

## Demulcent

Aloe-Sudan  
Astragalus-A  
Borage-Africa, E

Mullein-EA  
Slippery Elm-eastern  
N  
Violet-N

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Marshmallow-Egypt  
Mugwort-EA  
Shatavari-SA  
Tetterwort-EA  
Wild Cherry Bark-EA

Comfrey-EA  
Fenugreek Seed  
Flaxseed-Egypt  
Lungwort-EA  
Marshmallow-Egypt

## Antibiotics for Lung Infections

Angelica-EA  
Cayenne-C, S  
Elecampane-EA  
Garlic-A  
Goldenseal-eastern N  
Usnea-western N

## Cough Suppressants

Elderberry-N  
Elderflower-N  
Honey  
Licorice-southern A  
Mint family-EA, Africa  
Peach Leaf-E  
Sage-Africa

**From our ancestors + experiences:**

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Plant Ancestor is native to:

Africa  
ME-Middle East  
N-Turtle Island/North America  
C-Eagle/Mexico, Central America  
S-Colibri/South America  
E-Europe  
EA-EuroAsia  
A-Asia  
SEA-Southeast Asia  
AS-Australia  
AA-AustralA  
PI-Polynesian Islands  
PAC-Pacific Islands

