



Thyme INFUSION

ANTICATHARRAL

Antiseptic of the respiratory tract

Ingredient			
Thyme	leaf	<i>Thymus vulgaris</i>	Organic

DOSAGE

INTERVENTION: 4-6 cups per day, for 2-3 weeks.

TREATMENT: 3-4 cups per day, for many weeks.

DIRECTIONS FOR USE

Pour 1 litre of boiling water over 2 tbsp of herb, cover and let steep for 15 minutes. Filter.

MODE OF ACTION

Thyme is used for all respiratory tract conditions where there is productive or spasmodic cough. As an expectorant and anticatarrhal, it frees the bronchi and calms inflammation. Thyme's action on the bronchial cilia helps expectorate mucus. It is antiseptic and rich in antibacterial volatile oils. Drinking a hot infusion disperses the essential oils in the lungs, where they have a direct action on the respiratory tract. Thyme has a relaxing effect on the smooth muscles of the bronchi, making it very effective to treat coughs. It soothes spasmodic cough and sore throat. Thyme reduces inflammation of the mucus membrane of ear, nose and throat and is antibacterial and antiviral. It is diaphoretic, relieves fever and is used in the treatment of cold, flu, laryngitis and pharyngitis.

Thyme is used as a gargle to relieve sore throat, tonsillitis and mouth sores. Thyme helps reduce bad breath and is an active antibacterial on *P. gingivalis*, a bacteria that contributes to the development of certain pathologies of the mouth and teeth, such as gingivitis and stomatitis. It is also antioxidant.

Thyme is also beneficial for the digestive system. It is antispasmodic, carminative and calms abdominal pain, bloating and gas caused by dyspepsia. It is antiparasitic and efficient against certain bacteria (*H. pylori*) and yeasts (*Candida albicans*). *Thymus vulgaris* is a mild astringent used for diarrhea, especially in children. A cold or cool infusion tones the digestive system. Also, its antiseptic and diuretic properties are very efficient to treat urinary tract infections.

The active principles of thyme are volatile oils (thymol, carvacrol, linalool), tannins, flavonoids (eriodictyol, luteolin, naringenin), acids (rosmarinic, caffeic), saponins, resins, polysaccharides (arabinogalactane) and bitter principles.

HELPFUL ASSOCIATIONS

PULMONA TEA for spasmodic cough, irritation of the bronchi.

BRONCHIX or **PLANTAIN SYRUP** for irritation of the bronchi, bronchitis.

VOCALIX for sore throat and laryngitis.

ESTOMIX for gas, bloating and digestive troubles.

PARASITIX for parasites.

GINGIVIX for mouth and teeth problems accompanied by inflammation of the gums.

ETHNOBOTANY

Immune system: whooping cough, laryngitis, tonsillitis (as a gargle).

Respiratory system: bronchitis, asthma, emphysema, catarrh of the respiratory tract.

Genito-urinary system: bedwetting (children).

Digestive system: colic, flatulence, abdominal cramps, diarrhea, parasites, fungus infection, gastritis, acid reflux.

Other uses: gingivitis (gargle), inflammation of the mouth caused by chemotherapy (gargle), convalescence, allergies.

HISTORY

Originally from the Mediterranean basin, thyme was used by the Pharaohs and the Sumerians to embalm the dead. In Antiquity, the Romans used it to flavour cheeses and alcoholic beverages and Roman legionnaires felt increased vigor when they added it to their bathwater. The Greeks used it as incense to purify the air and to keep animals away. In his 17th Century writings, the herbalist Nicholas Culpeper mentioned that thyme was used to treat whooping cough, shortness of breath, gout and stomach aches. Today, thyme is included in many products such as soaps and mouthwashes.

CONTRA-INDICATIONS

Do not use if pregnant or breastfeeding. Do not use if hypersensitive or allergic to the Lamiaceae (mint) family.

INTERACTIONS

None known.

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Certified organic ingredients.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

