Deep Clear Sinus Flow Tincture - Mystic Breath

DESCRIPTION

Breathe Freely Again

This blend opens your airways, clears congestion, and soothes a cough — bringing together seven of the most effective respiratory herbs in Native American and European folk medicine. These are the classic lung-and-sinus plants, the expectorants and soothing demulcents healers reached for long before cough syrup.

The blend:

- **Mullein** — the premier lung herb, traditionally used to clear and soothe the airways.
- **Thyme** — an aromatic herb long used for the chest and a stubborn cough.
- **Elecampane** — a classic deep-lung restorative root.
- **Wild Cherry Bark** — calms a ticklish, persistent cough.
- **Licorice Root** — soothing and harmonizing (a classic in Chinese formulas).
- **Peppermint** — opening and refreshing for the breath.
- **Oregano** — aromatic and rich in volatile oils.

What it does: opens the airways, clears sinus and chest congestion, soothes coughs, and helps you breathe easily — especially through colds and seasonal changes. (For asthma or any serious or persistent breathing trouble, please see a clinician.)

How to use: take 1–2 droppers (about 1–2 ml) under the tongue or in a little water, 2–3 times daily or as needed. For best absorption, hold under the tongue for 30–60 seconds before swallowing. Shake well first.

Disclaimer

This is a handcrafted herbal extract. It is not intended to diagnose, treat, cure, or prevent any disease, and it is not a substitute for medical care for a serious or persistent condition.

We recommend consulting a qualified integrative healthcare professional before use — especially if you are pregnant, nursing, have a medical condition, or take any medications.

Important safety information:

- For internal use.
- Contains alcohol (vodka) unless you choose the glycerin-only version.
- Not recommended for children. Keep out of reach of children.
- Store in a cool, dark place. Shake well before each use.
- Results may vary. Always use as directed.
