

The Magic Lung Cleanse:

The pollution levels are beyond scary and dangerous. While we can ignore it and expect the government to make changes, it is the leading cause of most lung diseases in children and adults and this is serious.

What we can do at this point is: detox our lungs and help the body expel toxins through simple methods.

Sharing a **simple detox plan + some tea/juice recipes + lifestyle changes** that you and your family should get on as soon as possible.

A. Lung cleanse:

- **PREVIOUS NIGHT:**
 - Soak 1 tbsp fenugreek (methi) seeds in half cup water
- **ON THE DAY OF CLEANSE:**
 - Wake up to 250ml warm water with lemon and a dash of cayenne pepper. (just a dash!)
 - Drink the fenugreek water and chew on the seeds.
- **10 mins later** – 2 cloves of garlic crushed and consume with 1 tbsp raw organic honey or manuka honey.
- **Steam Time:**
 - Boil some water, pour it into a large bowl, add 5-10 drops of pure eucalyptus oil or 1 drop peppermint oil, cover your head with a towel and do steam inhalation for 5 mins. Gentle, deep inhalations and slow exhalations.
- **BREAKFAST:**
 - 300 ml fresh carrot juice with 1 tsp pure cold pressed virgin coconut oil or extra virgin olive oil and 1/4th tsp black pepper into it.
- **Magic Lung Breathing Exercise, post 1-2 hour of breakfast:**
- Procedure:
 - a. Take a standing position. Keep your arms at your sides and your feet slightly apart. Relax.
 - b. Take a few deep breaths and exhale through the nose.
 - c. Now breathe in through your nose and exhale slowly through your mouth until you cannot exhale anymore. But do not stop here, because there is still air remaining in your lungs. Some of the air remains in the lungs and is not replaced as we breathe. (called as residual air)
 - d. Now, force your diaphragm to exhale all the air from your lungs with wheezing. Exhale through the mouth several times with a **“ho, ho, ho, ho”** until you feel there is no more air in the lungs. At this point you will feel you have pulled in your belly towards the spine.

- e. Through the nose, slowly inhale fresh, clean air in your empty lungs. Fill your lungs with air completely, and then hold your breath for 6 seconds, counting them slowly. At this point, the oxygen has filled your lungs.
 - f. Again, exhale through your mouth until there is no air left in your lungs and repeat the “ha...ha...” to expel the stale air out of the lungs.
 - g. Repeat the whole procedure as many times as you like. Besides purifying the lungs, this exercise has another benefit: Your stomach will eventually become strong and toned and your skin will look radiant with a glow as you have helped remove excess carbon dioxide.
- **Magic Lung Tea:**
 - Post breathing exercise prepare a litre of the following concoction and have one cup (warm):
 - Recipe:
 - 1-inch piece ginger /1 tsp dried ginger powder,
 - 1 small cinnamon stick / 1/4 tsp cinnamon powder (Ceylon cinnamon only)
 - 1/2 tsp basil/tulsi leaves (fresh/dry)
 - 1 tsp oregano dry (or fresh leaves)
 - 3 pepper corns
 - 2 crushed elaichi
 - (optional- 1 to 2 garlic cloves-crushed)
 - 1/4th tsp fennel seeds
 - pinch of ajwain
 - 1/4th tsp jeera (cumin seeds).

Boil for 10 minutes, let it simmer. Then strain and sip warm (can add raw organic honey or jaggery to sweeten it up).

- **MID-MORNING (only if hungry):**
 - -1 fruit (preferably **Pineapple** as the bromelain content helps loosen up mucus) topped with 1 tbsp pumpkin seeds (the seeds can be soaked over-night to get rid of the anti-nutritional factors)
- **LUNCH:** as usual (simple and balanced)
 - 30 mins post lunch: 250 ml lemon water with dash of cayenne pepper
- **EVENING** (2 – 2.5 hours after lunch)
 - 300 ml fresh carrot juice with 1 tsp cold pressed virgin coconut oil or extra virgin olive oil and 1/4 tsp black pepper and a few drops of lemon, along with the evening snack



- **30 mins later:** Magic Lung Breathing Exercise followed by cup of Magic Lung Tea (explained above)
- **Later, go for a light walk or yoga.**
- **30 mins before dinner:** 250 ml lemon water with cayenne pepper.
- **DINNER – as usual (simple, balanced and light) + 300 ml carrot juice as given above,**
- 30 minutes post dinner: one more cup of Magic Lung Tea.
- **Steam time:** 1 hour before bed – steam with 5-10 drops of eucalyptus oil for 5 minutes.
- **Castor oil pack:** Post that, go for a Castor Oil Pack or Rub (details below)
 - Get a good quality castor oil (cold pressed)
 - Warm a cup of it. Soak a flannel in it and squeeze it.
 - Place it over the chest/lung area for 20 to 30 mins.
 - You can use a heat pad over it, if needed.
 - This helps to loosen the chest mucous.
- **Alternatively**
 - You can also rub warm castor oil deeply and gently into your chest area and lie down and then put 2-3 drops of the oil in your belly button/navel area and rub some oil within 1 to 2-inch perimeter around the belly button and let it be there. It will soak in automatically.

- **Before bed:** Repeat the Magic Lung Breathing Exercise, Meditate and Sleep well.

B. Additional recipes:

Perfect for lung congestion

- **Recipe no. 1:**
 - Turmeric powder - 2.5 tsp
 - 1-inch piece of ginger
 - 2 garlic cloves
 - 1/4th tsp of dried oregano
 - Boil this into a tea in 1 L water till it is 500ml and sip on it.

- **Recipe no. 2:**
 - Carrot – 1-2 med
 - Lemon juice – 1 tsp





- Garlic – 1-2 cloves
- Ginger – 1 inch
- Dash of cayenne pepper
- Mint leaves – 4-5
- Dash of oregano
- Make this into a juice and sip slow.

C. Lifestyle changes:

- Air pollution depletes certain vitamins and minerals from our body and hence we must make it a point to replenish them either through foods or supplements. The list of vitamins and minerals that get depleted are:

- *Vitamin D*
- *Vitamin E*
- *Vitamin C*
- *Curcumin*
- *Omega 3*
- *Beta -Carotene*
- *Bromelain*
- *Calcium*

- Air pollution may also deplete iron levels which reflect as low haemoglobin levels. Hence its necessary to boost that too.

Top 10 iron rich foods to boost haemoglobin:

- *Green leafy vegetables*
- *Garden cress seeds (Halim seeds)*
- *Moringa, Wheatgrass*
- *Beetroots*
- *Kulekhara leaves (Hygrophila plant)*
- *Dates*
- *Dark organic jaggery*
- *Black raisins*
- *Lentils , Legumes*
- *Pomegranate*
 - Pair iron rich foods with Vitamin C rich foods for max. absorption.
 - Avoid tea / coffee when you have iron rich foods as that blocks absorption.
 - Having calcium rich food with iron rich food also hampers iron absorption as both calcium and iron have the same binding site for absorption.



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- A glass of overnight copper treated water will boost iron absorption too.
- Use of cast iron vessels in cooking helps boost haemoglobin too.
- Try to make the base for most of your curries, soups and all meal preparations from: *tomato, garlic, ginger, onion, black pepper, turmeric and either cold pressed coconut oil or pure gir (A2) cow ghee.*
- Additional note: Its usually the best to rely on whole foods as much as possible, but since the situation is so bad and if you have a lot of congestion in the lungs, your kids too, you should get 'bromelain' which is pineapple extract. It helps improve respiratory function and congestion due to build-up of mucus and toxins. Its surely worth a try.

Watch Video: [The Magic Lung Detox](#)

Read Blog: Magic Lung Cleanse:

<http://www.lukecouthino.com/blog/lifestyle-en/the-magic-lung-cleanse/>

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