

7-Day Better Lungs Tea Plan

A practical daily guide to soothe, support, and refresh your lungs through herbal teas.

Day	 Morning	 Afternoon	 Evening
Day 1	Green Tea + Ginger + Lemon	Thyme Tea + Honey	Mullein + Chamomile
Day 2	Tulsi + Ginger + Black Pepper	Peppermint + Licorice	Mullein + Lemon Balm + Lavender
Day 3	Green Tea + Turmeric + Cinnamon	Ginger + Thyme	Chamomile + Tulsi
Day 4	Lemon Green Tea + Tulsi	Mullein + Peppermint	Chamomile + Lavender
Day 5	Ginger + Tulsi + Black Pepper	Thyme + Licorice + Honey	Mullein + Chamomile + Lemon Balm
Day 6	Green Tea + Mint	Turmeric + Ginger	Tulsi + Chamomile
Day 7	Ayurvedic Immunity Kadha	Mullein + Thyme + Honey	Mullein + Chamomile + Lavender

Tips: Cover while steeping; sip warm (not boiling); drink water through the day; be consistent—benefits build over time; rotate herbs weekly to keep flavors fresh.

Safety: Limit licorice if you have high blood pressure; skip peppermint if reflux; pregnancy—stick to culinary ginger/turmeric; chronic lung issues—teas support care, not replace it.

■ Sip. Breathe. Repeat. ■
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