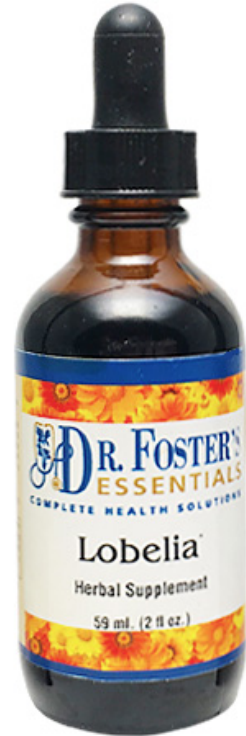


Lobelia:

Cynthia Foster, MD | DrFostersEssentials.com

Actions:

- **Lungs:** Bronchodilator – assists constricted breathing, eases bronchospasms, coughing spasms. Anti-tussive (eases coughs), opens up breathing passages, Invaluable aid to help breathing during cold and flu season. Combines well with Lung Support, Cider Blaster, Cold & Flu Formula if needed.
- **Cramps, Spasms, etc:** an antispasmodic (voluntary and involuntary muscles), helps stop muscle cramps, spasms, leg cramps “Charlie Horse,” twitches, tics, throat spasms, laryngospasm, vocal chord spasms (spasmodic dysphonia), calms anxiety, Helps open up circulation to heart (can ease coronary artery spasms) Helps stop intestinal cramping, esophageal spasms (food gets stuck when swallowing) stomach cramping, convulsions and can lower high blood pressure. One of the strongest anti-spasm and calming herbs in the Herb Kingdom.
- **Blood Pressure:** eases spasms in arteries, sometimes lowering high blood pressure. Please monitor effect on your blood pressure while taking lobelia. Your blood pressure medication may need to be lowered,
- **Pain:** can relieve many types of pain, especially pain caused by cramps and spasms. Can help relieve migraine (Take with Brain Regain for optimal benefits for a migraine)
- **Purgative:** (helps purge toxins from all body systems), stimulates urination and bowel movements. Can help drain sinuses.
- **Natural diuretic:** helps remove excess fluid anywhere fluid has accumulated. Helps stimulate urination, can be helpful for blocked urination due to enlarged prostate (take additional prostate herbs and do liver cleanses to help an enlarged prostate)
- **Relaxing effect:** assists in calming anxiety and getting to sleep. Take 1 dropper full around 15 to 20 minutes before bedtime for sleep and 1 dropper full as needed for anxiety.



Suggested Dose for Lobelia:

Caution: In large doses, lobelia acts as a strong purgative, so it may cause nausea if the dose is too high. If you experience nausea, you have not hurt yourself. There are many cases of lobelia overdose where a person took too much and vomited, but after the episode of vomiting, reported back that they felt better than they had in many years, as if a great weight had been lifted after the toxins came out.



Temporary Scratchy Throat Sensation: is normal for a few minutes after taking a dose of a strong lobelia extract. It is caused by the active constituents in the herb and is completely harmless. You are not getting a sore throat or getting sick. The presence of the sensation means that the herbal preparation is potent and active. It is a characteristic of strong lobelia.

How to take it: Mix in with any beverage. Diluted apple juice helps disguise the taste pretty well, although any juice will work. Stevia or other natural sweetener can also be added to sweeten the taste.

- **Test dose:** Take 5 drops. Even just 5 drops can help ease a spasm. The right dose depends on the individual. Some people are very sensitive and need only a little, while others need larger doses to experience the same effect.
- **Typical dose:** Average dose is around 1 dropper full per dose taken when needed.
- **Intense Use in a Crisis:** Take 1 dropper full up to 6 times daily for more intense symptoms. Back off on the dose if you experience nausea. **Life-saving Lobelia Purge:** (In an extreme emergency, lobelia can be taken at high doses (2 to 3 droppers full every 10 minutes until vomiting starts) to cause a very strong cleanse of the lungs. This will cause vomiting. (In Ayurvedic Medicine, this is called Vamana or therapeutic vomiting – it is one of the five therapies of Panchakarma). The vomiting induces a strong purging of fluid and phlegm from the lungs and can save a person's life during a bout with pneumonia or other severe lung illness. You don't want to do this unless you are severely ill because it's very uncomfortable, but it can be life-saving. Prepare the stomach beforehand with a couple of cups of peppermint tea. This information is for educational purposes only. Only you can decide if this is right for you.

- **Maintenance dose:** if you suffer from chronic issues in your lungs, take as little as one dropper full a day to further the healing of your lungs and up to 3 times daily. Benefits accumulate over time, so keep taking it if you need it. You can combine it with any other Dr. Foster's formulas except don't take it in the same dose as Colon Soothe and Colon Detox Caps. You can take them on the same day, just not in the same dose.

Lobelia Lemonade Recipe

This will make a lemony flavored beverage that Disguises most, if not all of the taste of the vinegar



- 1 dropper **Lobelia**
- 4 ounces **Filtered or Distilled Water**
- 12 drops **Liquid Stevia** (or other natural sweetener)
- Juice of ½ **Lemon** or 1 apple

Squeeze lemon and add to water. Add lobelia and stevia. The lemon is a dietary therapy for congestion and aids in cutting mucous. If you have gastritis or a stomach ulcer, or just prefer apples, use the apple juice.

Optional Variations: use lemon-flavored or orange-flavored stevia. Add lemon zest for added benefit for arteries, veins and capillaries.

Potency/ Strength of this Formula: For maximum effectiveness, lobelia is extracted with apple cider vinegar to bring out the full spectrum of healing constituents. It is supposed to have a vinegar-y taste. An alcohol extraction with apple cider vinegar is the strongest, most potent way of taking this herb for severe health issues, is stronger than herbs in a capsule, and stronger than herbal teas.

How Many Herbs/ Formulas to Take: Children, pets and young adults may only need one remedy. Others with chronic or severe long-standing health issues are naturally going to need more herbs to help them recover (the same way some people need more than one prescription medication when they have complicated health issues). Don't judge yourself if you need more than one herb. To maintain your health, follow the Foster Method and do a Dr. Foster's Essentials herbal cleanse once every 3 months.

What Else Can Be Done to Heal My Lungs?

Any or all of these Dr. Foster's Essentials formulas: [ALRG Oil](#) (to help asthma and difficulty breathing), [Cold & Flu Formula](#), [Cider Blaster](#), [Lobelia Tincture](#) (opens up breathing, reduces spasm and constriction), [Germ Shield](#) combined with steam therapy (for chronic or intense issues), [Intestinal Rejuvenation Program](#) (toxins in the colon affect lung function), [Liver Regeneration Program](#) (Liver toxins increase body inflammation and pain and affect lung function).

What Else Can Be Done to Heal My Nervous System?

If you are taking this herb for seizures, you can also use it with [Peaceful Nerves Formula](#), or [Nerve Calm](#). You can also use [Grounding Essential Oil](#) and [Frankincense Essential oil](#) to help brain function. Seizures have been known to stop after applying Frankincense oil and after taking antispasmodic herbs (Peaceful Nerves, Lobelia, Nerve Calm). Check for any infected teeth, root canals and have a holistic dentists specializing in mercury amalgam removal, remove any mercury amalgam (silver) fillings. In the case of seizures, check also for parasites and/or diabetes. Avoid all shots at your doctor's office designed to prevent future illness, especially the yearly one given during cold and flu season – these can be highly neurotoxic and result in seizure disorders.

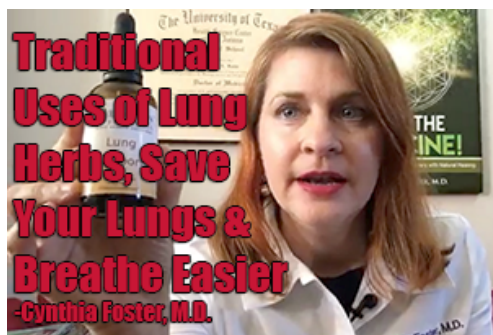
How Are Herbs Different From Pharmaceutical Medications?

Always keep in mind that herbs contain nutrition – vitamins, minerals, trace minerals, enzymes, co-factors and many other trace elements that are missing in pharmaceutical drugs. This means that taking herbs over time will help heal your body from the inside out nutritionally and are not simply relieving symptoms. Pharmaceutical drugs do not detoxify your body, nor do they contain any nutritional elements. They sometimes work more quickly for a specific symptom, but they do not heal the underlying root causes of what's wrong.

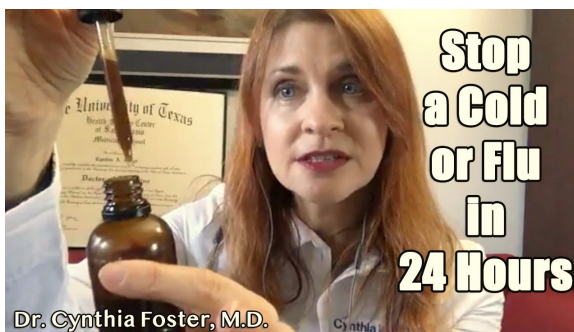
Pharmaceutical drugs are often modeled after natural remedies, but then synthesized chemically to make an artificial and far cheaper "Product" for which the price can be risen to astronomical levels and after which side effects often occur. In the case of antibiotics, kidney damage and ringing in the ears is a common side effect. Asthma inhalers can sometimes increase the heart rate and increase anxiety while lung herbs help calm the heart and calm a person down from anxiety. Over time, lung herbs are GOOD for the heart (and the kidneys) and not a strain on the heart like asthma medications often are.

YouTube Videos and Articles for Even More Info:

For more extensive information about what to do for colds and flu, please see the following videos on Dr. Foster's Essentials YouTube Page: [YouTube.com/DrFostersEssentials](https://www.youtube.com/DrFostersEssentials):



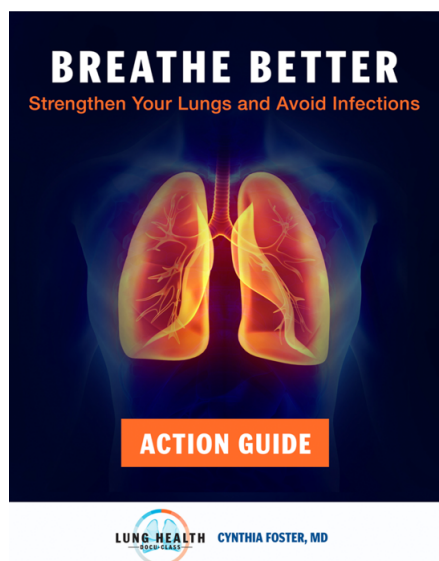
How to Save Your Lungs & Breathe Clearly Again Naturally:
<https://bit.ly/3v30mvq>



Stop a Cold or Flu in 24 Hours:
<https://bit.ly/3K5vPRS>



Natural Remedies for Colds and Flu:
[drfostersessentials.com/store/Cold_Flu_Season.php](https://www.drfostersessentials.com/store/Cold_Flu_Season.php)



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Comments About Lobelia:

Appreciation of product 04/22/2022

By Ted Diggins

I have had a slite cough since I quit smoking, then I had Convid which did not help my cough. A Client/Friend recommended Dr. Fosters Lobelia Tincture to ease the cough and congestion. I was relieved of the persistent cough after the second day of administering the Lobelia Tincture n continued to use it. Thank You, Doctor Foster

Helps reduce asthma attack 03/27/2021

By Allison McPherson

I've used lobelia for several years to treat my boys allergy induced and upper respiratory illness induced asthma attack. Ever since lung support came along I've added it on top of Lobelia, and it's shown even more effective. I highly recommend this product.

Fabulous Stuff!! 07/02/2020

By Cynthia Louise Dellit

The Lobelia Tincture is wonderfully effective. Reduced my chronic muscle spasms rapidly. Thank you Dr Foster ... another great product that truly delivers.

Lobelia's Great 07-07-2016

By P.B.

It basically does what it's said to do. I occasionally had light bouts of asthma and chest phlegm which was expelled when taking Lobelia. I also like the relaxation effects; the only thing, being that it is a purgative, if taking a large dose, I have to have a full stomach to prevent momentary nausea. Otherwise, it's something I want to have on hand, along with Peaceful Nerves, Head Relief and Blood Detox. These're my tops.