

Chronic Cough

What Is Chronic Cough?

If you have a cough that has lasted for over three weeks, it could be chronic. A health condition that is chronic means that it lasts for quite some time.

Ask yourself:

- Am I coughing up thick green or yellow phlegm?
- Am I wheezing or whistling when I breathe in?

Answering yes to either of those questions could mean that you need to see your doctor right away.

What Causes Chronic Cough?

A virus is the main cause of chronic cough, in most cases. Smoking can also contribute to a cough that won't go away. It's important to stop smoking as soon as possible.

Postnasal drip related to allergies can trigger a cough. Postnasal drip means that mucus will run down the throat from the back of the nose.

Chronic Cough FAQs

Q: How can Serrapeptase help with Chronic Cough, and how many do I have to take?

A: Start with 3 tablets of SerraEnzyme Serrapeptase 80,000IU x 3 times per day on an empty stomach and increase it to 4 x 3 if no relief within 7 days. Then gradually reduce to 1 x 1.

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“Orthodox drugs often have unwanted side effects. That’s why I was interested when someone told me about Serrapeptase. To be honest I am delighted with it. If I have a cold or a chesty cough, I find it’s completely gone in a couple of days.”

- S.T., Doncaster

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Follow the Health Plan as recommended for the best results:



CHRONIC COUGH HEALTH PLAN

The plan to help your chronic cough includes: Resolving the immune problems and clearing the inflammation, scarring, and dead tissue. By adding important nutrients such as Vitamin D3, the recovery should be apparent within 30 days.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy lungs - in order of priority:*

- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Ancient Minerals Magnesium Oil Ultra** - Increases absorption of magnesium and reduces pain. Apply liberally onto skin such as the chest, arms and leg muscles to cover a wide area of absorption.
- **D.I.P. Daily Immune Protection**- Take 1 capsule twice daily with food. Protects against infection and maintains a balanced immune system.
- **OxySorb** - Promotes oxygen absorption. Take OxySorb formulation if you have breathing problems. Take about 20 drops in the mouth, swish around for at least 30 seconds and then swallow. Use as needed.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days. **(See www.Probiotic29.com/studies.)**
- **Active Life Capsules** - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.

Other Recommended Products

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- **Essential Digestive Plus** - For healthy digestion and nutrient absorption. Take 1 capsule as you start your meals, 3 times per day.
- **Naturally Better Vitamin E** - Protects healthy fats from oxidising and causing free radical damage. Take 1 capsule, 2 times daily.
- **The Krill Miracle** - Krill oil replaces missing essential nutrients. Take 1 capsule, 2 times per day with food.

As A Vegetarian Alternative To Krill Oil...

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.