

Download Natural Therapies For Emphysema And Copd Relief And Healing For Chronic Pulmonary Disorders

Foods to Avoid With Bronchitis | Livestrong

High-fat dairy products, though valuable sources of protein and calcium, also contain rich amounts of saturated fat. While healthy bacteria found in yogurt may help manage symptoms of bronchitis, whole milk and high-fat cheeses may exacerbate mucus production and interfere with breathing, according to the University of Maryland Medical Center.

Other Files :