



Natural Remedy for Mucus

Mucus:

Mucus is a clear, white, or yellow substance with the consistency of jelly that is produced by the mucus membrane of the large intestine. Mucus is also produced by other organs in the body, such as the lungs, where it helps to trap any foreign particles that are inhaled. In the intestines, mucus protects the inner lining and helps ease along the passage of stool.



Causes:

- Bacterial infections, such as those from Campylobacter, Salmonella, Shigella, and Yersinia, may cause mucus to be passed in the stool. A bacterial infection may also cause symptoms of diarrhea, fever, and abdominal cramps. Some bacterial infections may resolve on their own without treatment, but some cases may be serious and require treatment with antibiotics.

Symptoms:

- Belly pain from severe constipation
- Increased gas, bloating, or a belly that appears swollen
- Nausea and loss of appetite
- Stools that are pale or clay colored, foul smelling, have mucus, or that float
- Weight loss

Diagnosis:

- Post-nasal drip takes an expectorant, drink lots of fluids, breathe through a warm washcloth, and use steam to make the mucus more liquid. Congestion is mostly due to swollen nasal membranes, so shrinking those membranes is the goal. Use an oral decongestant or decongestant nasal spray, breathe through a warm wet washcloth, and use steam to ease congestion.

Ingredients:

- Betel leaf juice

Natural Remedies:

- One of the natural ingredients to treat mucus is betel leaf. Prepare about 5 pieces of betel leaf that has been washed clean, boiled until boiling. Drink boiled water wash 1-2 times a day to keep the



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body warm and healthy.

- Demolished the betel leaf and make juice. Take the juice, boiled and cooled it. If you apply on the forehead, mucus will be reduced.

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