

From the perspective of Chinese medicine, the taste associated with the lungs is "pungent" or spicy, so we think of hot peppers, horseradish and other radishes, ginger, garlic and other members of the onion family, and peppercorns. In Chinese medicine, peaches are also thought to be particularly good for the lungs.

From the perspective of clinical nutrition, vitamins C and E are important pulmonary anti-oxidants. Magnesium relaxes the smooth muscles of the bronchial tree, allowing us to breathe easier and if mucus has accumulated, the antioxidant NAC (N-acetyl-cysteine) can safely dissolve it.