

## CONGESTION INFORMATION

Congestion, the build-up of fluid or “swollen tissue” in the body—particularly the lungs and/or nasal cavities—poses great risk for ALS patients. The decreased ability of the diaphragm makes it difficult to sneeze out the excess mucus or cough up phlegm. Mucus and phlegm both contain bacteria and attract more bacteria. If left unaddressed, they can lodge in the lower lobes of the lungs and ultimately cause pneumonia, one of the three leading causes of death a month those with ALS.

### Phlegm and Mucus Reduction

PharmaNAC, available through the company BioAdvantex, are effervescent, wild berry flavored tablets that help thin and reduce phlegm. They support a healthy immune system and help to maintain good respiratory function. Additional home remedies for phlegm and mucus reduction include:

- Drink plenty of water with or without thickener as needed
- Hot saltwater gargle helps dissolve phlegm
- Avoid dairy as it tends to produce phlegm
- Garlic and radishes can both reduce phlegm
- High-fiber fruit, specifically apples and pears, reduce phlegm

### **Information for Purchasing**

PharmaNAC is the most effective product on the market for dealing with congestion and the build up of phlegm. It is available over-the-counter so there is no need for a prescription. A box of 24 tablets costs \$22.50 plus shipping. You can purchase them through the internet at this link: <http://www.bioadvantex.com/home-page-products/pharmanac-berry-canada.html> or call the company directly: 1-888-550-5350 to place your order.