

Ways to Combat the Effects of Wildfire Smoke

For some of us, dealing with wildfire smoke has become a new way of life. Below are some strategies to help decrease the damage smoke will cause on the respiratory tract. As always, please consult your own physician before acting on any recommendations below.

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To decrease exposure to toxic particles:	change your clothes and shower once you are in for the night run an air filter in your home and bedroom (cheap option: tape a HEPA furnace filter with a MERV rating >13 to a 20 x 20 box fan)
For irritated sinuses:	saline nasal spray or rinse (neti pot)
For dry cough:	baked pears
To soothe dry, irritated throats:	honey slippery elm lozenges
For undoing oxidative damage:	hibiscus and/or rosehips tea vitamin C/bioflavonoids/quercetin
For supporting and detoxifying lungs (and relieving stress):	holy basil (Tulsi) tea or supplement
For breaking up phlegm and detoxification:	NAC
For protecting the lungs against oxidative stress, injury and inflammation:	glutathione (ideally nebulized or IV, otherwise liposomal or acetyl glutathione)