

## Foods that causes mucus

1. Red meat
2. Milk
3. Cheese
4. Emulsifiers (yogurt/mayo)
5. Ice cream
6. Butter
7. Bread
8. Pasta
9. Cereal
10. Cabbage
11. Potatoes
12. Corn and corn products
13. Sweet desserts
14. Candy, especially sour candy
15. Coffee
16. Tea
17. Soda
18. Alcohol
19. Bananas
20. Cabbage
21. Eggs

## Foods that reduce mucus

1. Salmon
2. Tuna
3. Sardines
4. Flounder
5. Pumpkin
6. Pumpkin seeds
7. Grapefruit
8. Pineapple
9. Watercress
10. Celery
11. Pickles
12. Onion
13. Garlic
14. Honey or agar
15. Ginger
16. Lemon
17. Cayenne pepper
18. Chamomile
19. Olive oil
20. Broth
21. Decaf tea

If you are experiencing congestion, psoriasis, eczema, acne, redness to your skin, lingering coughing, raspy voice, throat clearing or bad breath you have excess mucus build up. Skin Rx offers a 10 day mucus cleanse that will clear excess mucus from your throat all the way through the end of the digestive tract. This mucus cleanse is called Skin Clarifier. This all natural supplement, will gently cleanse the digestive tract excess mucus, unwanted toxins and candida build up. This cleanse will contribute to clearing blemishes, blackheads, irritation and dry skin, and improved energy.

Check out this one of the kind ingredient list:

### Skin Clarifier ingredient list:

**Mullein** is a woolly-leaved biennial grown in the USA. The polyphenols found in the mullein are effective at treating the symptoms of upper-respiratory tract infections, as well as digestive and skin issues.

**Lobelia** is an herbal medicine able to naturally thin mucus and phlegm. Due to this plant's ability to naturally help in respiratory illness, Lobelia is used traditionally for asthma treatment, bronchitis, apnea and whooping cough.

**Plantain** as a natural remedy relieves constipation, reduce phlegm, treat urinary tract infections, soothe the throat, and also provides relief for skin infections.

**Elecampane** is a lung cleansing, mucus thinning plant traditionally used by the Native Americans for a host of respiratory diseases. This plant is known for its antimicrobial and restorative properties, making it an excellent herbal treatment for coughs, asthma, colds, and even tuberculosis.

**Serrapeptase** has long been touted for its ability to alleviate throat pain, hoarseness, and sinus congestion associated with upper respiratory infections and illnesses.

**Lactase** is an enzyme that breakdown undigested lactose which can be fermented by gut flora producing occasional belching, cramping, diarrhea and flatulence.

