Hello, my name is Dylan George, welcome to the Bronchitis Home Remedy Guide!

You really have made the first step in ridding your body of the bacteria that is causing you such bad breathing problems.

If you deal with bronchitis or asthma which is either severe or persistent, then I want you to feel better.

The information contained within this guide has actually assisted thousands of people with their bronchitis and asthma, and now you have the opportunity to alleviate your very own suffering.

In the years to come when you are enjoying your life, you can look back on your life and really say “I am so glad I decided to take up Dylan’s offer of the Bronchitis Home Remedy Guide”.

You already know a little about my story from the main page of my website. But I will explain more about how I managed to create this wonderful natural and safe cure to help rid my body of this evil bacteria.

If you want to skip my story (I suggest you do read it), then skip to page 11 to start using this remedy now!
My Story

Today I am a healthy, successful, 43 year old businessman who really enjoys life. When I am not busy with my other businesses, I spend my free time with my family and friends enjoying my life. At weekends or during vacations we go for walks in the local woods or on one of the excellent local beaches, which are only a few minutes' walk from our home. Words alone are not enough to describe to you how it feels to be able to breathe a proper breath once again! But remember that it wasn’t always like this!

When I was a young boy of 14, I thought it was a good idea to smoke cigarettes. But only to be part of the gang and to look like a grown up. What started out as the occasional puff quickly became a habit. By the time I was 16 I was smoking on a regular basis, easily 15 a day.

At 17 I landed my first job as a waiter in a small café, with my new job I was bringing home some money so I could afford to smoke as much as I wanted. It didn’t take long before I was smoking at least 20 a day! Smoking really is bad for you and it is very hard to stop smoking.

At 19 years old I found myself at the doctor’s surgery as I was getting pains and hearing strange noises coming from my chest! The pain really was a problem and the sound in my chest was very frightening to say the least. But the worst part was the continual coughing, the energy that it took to cough just made me feel tired and I did not want to do anything at all. The doctor informed me that I had bronchitis! “Bronchitis, are you sure, I thought only old people got bronchitis!” The Doctor gave me a prescription for antibiotics, and guess what? After a couple of weeks I was feeling ‘me’ again. Don’t get me wrong, I was by no means back to my ‘normal self’ but I was a lot better.

The next winter I ‘got’ bronchitis again. The same symptoms, the same Doctor, the same antibiotics. This kept on happening until I was 35 years old. But it was getting worse, the older I got the more I could feel my body not being able to recover like before.

My body was tired. My lungs were damaged. My immune system was weak from constant use of antibiotics. My whole body was beginning to say just give up!
The next winter bronchitis struck early, maybe September time. Only this time it was different. Much different. My lungs began to feel sore. Within 24 hours each breath felt as if razor blades were slashing my lungs. I lay in bed exhausted, frightened to cough... frightened of the pain. When I did cough I spat solid thick green phlegm into my handkerchief.

I was too ill for work, so my sister called the Doctor and he came over later that day. He checked me out, then checked me again. He simply said ‘You are going to the hospital’. I was stunned. Here I was, a young man in his thirties, being carted off to the hospital.

I was ashamed. This ‘problem’, this ‘bad chest’, was my own fault... my own doing... my own stupidity. But this was no time to beat myself up. I was ill. Really ill.

The ambulance came. The neighbours watched and the wheels rattled on the wheelchair as I was pushed along the street and into the back of the vehicle.

As I lay in my hospital bed - I felt so alone. My chest was searing with each breath. Every muscle in my body ached, I was exhausted. I was given an injection and some tablets, antibiotics galore.

There was no improvement. They changed the medication to another antibiotic and slowly I began to improve.

A few days later, I said a brief ‘Goodbye and Thank you’ to the hospital staff. They were kind, gentle and caring people who were decent enough not to point out that my illness was self-inflicted. They simply encouraged me to quit smoking as soon as I felt I could.

In the days that followed, I thought about my past... and my future. I knew I had to stop smoking. I tried everything to stop me smoking. Nicotine gum, nicotine patches, hypnotherapy, herbal cigarettes, will power, Chemical drinks to make cigarette smoke taste awful, NLP, ...nothing worked.
Ok, sometimes I would stop for a day, sometimes a week, once for two months… then I somehow just started again. I just couldn’t stop smoking. I was down, really down. My chest was on the verge of bronchitis. I smelled like an old ash tray, my libido was gone… along with the little bit of self-esteem I had left.

And then, by accident, I discovered a simple yet amazing technique that literally had me stop smoking overnight. I was wary. I gave it a week. A month. Three months. I had been able to stop using a simple Breathing/Meditation Technique. I was free!

No more cigarettes, no more coughing, no more smell, more money in my pocket… I felt great, really great. I really felt the vitality of my youth had returned!

Until the next winter. Something was wrong. Very wrong.

I had bronchitis again. The same Doctor. The same antibiotics. Only this time I was different. I realised that something had to be done.

My body’s natural defences were weakened through years of antibiotic use – so my lungs were unable to defend themselves, hence the bronchitis. What I needed was two things:

1) A regime to boost my immune system

2) A replacement for the antibiotics.

The next morning, whilst still taking my antibiotics, I began my research. Finding the answer to my first need, a regime to boost my immune system, was pretty easy, in fact too easy. What I discovered was that our immune systems are so complicated – that they can be treated and boosted effectively in a hundred different ways – it all depends what is specifically wrong with it. And that needs the diagnosis of a professional health care provider, (in my case, a Naturopath), or at least an extensive self-appraisal, using professional questionnaires, which are available in many health book shops. In my own case it was established that I had a chronic candida infestation which was exhausting my immune system. A regime of specific minerals and food
supplements was recommended to me, which I started immediately. I was also given a strict diet to follow. It was difficult – but I stuck to it, and slowly my health improved.

I strongly recommend that anyone who has used antibiotics for a long period of time, or used them regularly, get themselves checked out by an experienced therapist. Ask at your local health centre, look on the web or at your local natural health supplement store, they may be able to recommend someone.

Back to my research. I was delighted with achieving my first goal - I had found a regime to boost my immune system. But until my immune system could successfully defend my lungs from infection - I needed a replacement for the antibiotics.

I needed something to use if I got bronchitis again. And there was the problem. Nobody could help me. Ok, people suggested Echinacea herb and stuff like that, but nobody could suggest to me anything that could be used to fight infection if I got bronchitis.

I studied all kinds of books, on all kinds of branches of medicine. Herbalist books, Homeopathy books, Reflexology books, the list went on and on. I was looking for something that was natural, that could be used to destroy bacteria, viruses and whatever else that could infest my lungs. I was uncompromising, I needed something that worked, not something that somebody said might work, or may increase my resistance.

I already had found a substance that was proven in a laboratory to kill viruses on contact, what I now needed was something to kill bacteria. Seven months later, after reading countless books and papers, I came across a research paper that really caught my eye. I read it over and over again. I began to get excited. I am a businesswoman. I am not a Doctor. Maybe I had seen something in this latest research that others hadn't seen? I raced home and wrote down all the relevant information.

I had before me, research which proved in a laboratory, that certain plant substances killed on contact over 90% of bacteria and 100% of yeast and mould. Were these substances the answer that I had been looking for? How do I get the
substances to come into contact with the bacteria? I thought about these questions and quickly came up with a simple answer.

The next morning I visited Bill, an old friend of mine. Bill has had bronchitis, on and off for years. I knew he was at home, sick in bed. I explained to him my simple ideas. I showed him all the information I had. He read the books that said if the substances were ‘used correctly’, they were safe. I told him that I had no idea whether the substances were safe or not. Yes, I had many books stating for a fact that these substances were safe, but, as I already said, I am not a Doctor.

Bill read the information slowly, looking at each book in turn. He then read the new research data, turned to me and asked ‘Are you sure nobody has tried this combination before?’ I shook my head. Then he simply said ‘Get on with it’, and he began to cough.

I looked at his tired wincing eyes, his pale drawn skin and then slowly began to unpack the case I had brought. I first removed a small bottle which contained a fluid which looked like plain water. I then removed three small brown bottles which also contained fluid. Lastly, I removed a facial sauna unit. I took Bill through the Bronchitis Home Remedy. In a short time it was all over.

I asked Bill how he felt. Bill smiled and said he felt fine. I told him that if he still felt fine later, then he could repeat the same process three times a day until he felt better.

In no time at all, he was better– he was much better. We were both elated. And this was only the beginning. As time went by I invited many people to test the process. Young and old, the results were the fantastic. It seems that it cleared people’s chests of infection.

And that’s not all. Remember, I had bronchitis every year. Well, I thought that if it could help get rid of bronchitis, it may prevent it too. So I used the process on myself once a week, even though I did not have bronchitis at the time. And guess what?
I haven’t had bronchitis since that day – and that was almost three years ago. Today I can breathe freely, I don’t take antibiotics and I feel great, really great.

A Brief Word On Our Environment And Bronchitis.

Health is a major problem the world over. Our whole environment is changing faster than it ever has in the history of mankind. Never before have our bodies had to cope with new plastics, new chemicals, new gasses, new cleaning materials, new vapours, new radiations, new drugs, new microwaves, genetically modified crops, new foods... the list goes on and on.

Mother Nature tries her best. Our immune systems have an amazing ability to try and protect us from the ravages of an ever changing environment. But we don’t really know how any of the new ‘stuff’ in our environment is affecting us. Indeed, it may be that some of the wonders of the 20th century, like processed food and drugs, are actually weakening our immune systems, leaving us susceptible to all kinds of ailments, including Bronchitis.

So, what is Bronchitis? According to a simple dictionary- Bronchitis is an infection of the bronchi, the tube that takes air into the lungs. Orthodox medicine considers infection by bacteria to be the main cause of Bronchitis. The infection is often very painful and leads to congestion of the lungs. It is this congestion that causes much of the coughing and difficult breathing.

Before I explain to you the new method I discovered that can relieve the symptoms of Bronchitis, I want to state something very, very clearly. Bronchitis is a very serious condition. If you or someone else thinks they may have Bronchitis, they should always get themselves checked out by a Doctor or other suitably qualified medical practitioner.

Mother Natures Secret

Orthodox medicine believes that bacteria and viruses are the cause of Bronchitis. They breed and multiply in your chest. Millions and millions of them.

So, how are you going to kill them?
You could use antibiotics. That will probably work. But the antibiotics may kill all your ‘good bacteria’ too.

Good bacteria? What are they? They are the bacteria that Mother Nature uses and allows to live in your body. You also have all kinds of yeasts and moulds living in your body too. They are there for a reason.

Antibiotics can kill the lot. Which means you may have got rid of your bronchitis, but you have left your body, including your immune system, depleted of several, possibly essential allies. This could leave you exposed and vulnerable to further infection. (I personally had a yeast infection (candida albicans) for years as a direct result of repeated dosing with antibiotics).

I am not a scaremonger. Since their discovery, antibiotics have saved millions of lives, including my own. So they have their place!

But, if you could kill the bacteria and viruses using another, more natural method, you would use it, wouldn’t you? Of course you would.

So how are we going to kill the bacteria which infect the lungs of a bronchitis sufferer? We use Mother Natures Secret.

These secrets have been under our noses (literally!) for thousands of years. We may have known a little about their medicinal properties and we may have guessed that they made a difference to our health, but never before, until now, have we scientifically proven that these are the best of Mother Natures Secret. Only in the last few years have scientists discovered the amazing killing power of these natural substances.

Before I show you the simple and amazingly effective way of using them, I shall first tell you what they are.

The first three substances are plant extracts called essential oils and they can be bought at almost any reputable health shop or on the web. They are:
Number 1. Cinnamon Oil.
This plant, which is a member of the Lauraceae family, has been used as a foodstuff and spice for thousands of years. However, in controlled laboratory experiments, Cinnamon oil was proven to kill 85% of bacteria in culture and 100% of other yeast cultures. This product is not expensive and can usually be bought from your local stockist or on the web. It is normally sold in tiny 10ml or ½oz bottles and one bottle should last you for a very long time.

Number 2. Thyme Oil.
This plant, which is a member of the Labiatae family, has been used as an antiseptic and foodstuff for thousands of years. Again, in controlled laboratory experiments, Thyme Oil was proven to kill 95% of bacteria and 100% of other yeast cultures. This product is not expensive and can usually be bought from your local stockist or on the web. It is normally sold in tiny 10ml or ½oz bottles and one bottle should last you for a very long time.

Number 3. Clove Oil.
This plant, which is a member of the Myrtacea family, has been used as an antiseptic, a foodstuff and as a remedy for toothache for thousands of years. This oil, in controlled laboratory experiments, was proven to kill 83% of bacteria and 99% of other yeast cultures. This product is not expensive and can usually be bought from your local stockist, on the web or even your local pharmacy. It is normally sold in tiny 10ml or ½oz bottles and one bottle should last you for a very long time.

Number 4. Colloidal Silver.
This really is an amazing ‘natural’ antibiotic. When properly prepared, it is a completely non-toxic, tasteless, broad spectrum germ and virus killer, and disinfectant, which can significantly reduce the length and severity of many bacterial infections – including Bronchitis.

Jim Powell reported in a Science Digest article, March 1978, titled “Our Mightiest Germ Fighter“,
‘Thanks to eye opening research, silver is emerging as a wonder of modern medicine. An antibiotic kills perhaps a half dozen different disease organisms, but silver kills some 650. Resistant strains fail to develop, moreover, silver is virtually non-toxic”.

Colloidal silver is slightly more difficult to get hold of than essential oils, but it can usually be got or ordered from your local health store. It can obviously be ordered from many places on the web.

It is worth mentioning here that it is possible to buy colloidal silver generators, so that you can make your own (much less expensive) colloidal silver. You will also need a Facial Sauna Unit. These electrical appliances are not expensive and can be bought from most department stores, electrical stores, mail order stores, on the web, even some beauty shops. They usually cost between $15 to $30. Apart from getting rid of your bronchitis, you will have lovely clean skin too!

Before we find out exactly how to use the essential oils and the colloidal silver, I want to state the following.

**A Word Of Warning About Using Essential Oils.**

Essential oils are used nowadays by millions of people. Because of this and because essential oils are natural plant extracts, some people think they are harmless or not dangerous – nothing could be further from the truth.

Some neat essential oils are powerful – so they must not come into contact with the skin, unless they are diluted first.

Before you use them, it is important that you test yourself to see if you are allergic to any essential oil. This simple test is explained at the end of this manual. They must never be taken internally. Always supervise children who use essential oils. In general, keep neat oil off your skin.

Keep essential oils away from your eyes. Never put neat essential oils into or onto anything plastic.
The Bronchitis Home Remedy Method

Step 1
You will need the following items.
- One bottle of Cinnamon Oil.
- One bottle of Thyme (White) Oil.
- One bottle of Clove (Bud) Oil.
- One bottle of Colloidal Silver.
- One facial sauna unit.
- A cup of normal water.
- A teaspoon.

And that is it. Nothing else.
Get ready to get better!

Q. Where do I get these items from?

A. I have been getting emails from customers saying that the oils are no longer made and are very hard to get hold of. That is simply not true. There are many online health stores that have all of the essential oils and Colloidal Silver available to purchase. Also any good Health shop should carry these items. You should also find that most good pharmacies will carry them.

If you have problems in obtaining any of the required items then please don’t hesitate to contact me for assistance.
*NOTE*
There are two types of Clove and Thyme oils. For the Thyme you should use “Thyme White”, and for Clove you should use “Clove Bud” which is more potent than Clove Leaf

PREGNANT WOMEN SHOULD NOT USE THYME OIL

PLEASE ALSO SEE THE NOTE ABOUT ESSENTIAL OIL ALLERGY TESTING BELOW BEFORE USING THE REMEDY

I have also provided an alternative method to using a facial sauna. See the notes after the Allergy Test section

Step 2
- Place the steamer unit on a level table, near a power point, but do not plug in the power yet.
- Remove the face rest.
- Half fill the small heater cup with normal water.
- Put 2 drops of Cinnamon oil into the water.
- Put 2 drops of Clove oil into the water.
- Put 2 drops of Thyme oil into the water.
- Replace the face rest.

Do not worry about the precise size or number of drops. Some of the oils are thicker than others – just aim for about 2 of each.
Step 3

- Plug the sauna unit into the power and switch on.
- Some sauna units have a STEAM or MIST option switch. If your unit has this option, switch it to STEAM.
- After a couple of minutes the water will have heated up and you will notice steam rising out of the unit.
- Now simply close your eyes, lower your head down into the sauna and INHALE SLOWLY AND GENTLY.

Inhaling the oil and steam mixture from the unit. Your first inhalation may surprise you. The oils and the steam are a strong mixture – but if you feel ok, persevere. If you can slowly take 4 to 6 gentle breaths that will be fine. If you feel you can only manage one breath at this stage, that is no problem. However, if you feel ok, you can breathe the oil and steam mixture for several minutes if you wish.

Now switch the power to the unit off

Now you move on to the colloidal silver.

You take one teaspoon of colloidal silver and drink it.

Sip one teaspoon of colloidal silver three times a day. Repeat the whole inhalation process three times a day. Each time breathing in the oil and steam mixture and then sipping one teaspoon of colloidal silver. You may inhale the oil
mixture more or less often, but do not take more than 3 teaspoons of silver per day.

A word about Colloidal Silver. The ‘recommended’ dose for colloidal silver varies depending on who you talk to. I know some people who say three drops per day is enough. I personally know of one person who drinks three cups per day with no apparent side effects.

I personally have taken one teaspoon per day for over two years without any apparent side effects and without a cold or flu either!)

Top up the water level in the facial sauna as necessary. You can clean out the water bowl and replace the oils with a fresh mixture as often as necessary.

After your health has returned, it is advisable to use the oil/sauna method about once or twice a week, just to keep the bacteria levels down.

Take one teaspoon of colloidal silver every day to help keep the rest of your system free from bacteria, viruses and yeasts.

Allergy Test

Please note, allergic reactions to essential oils are rare. However, it is worth doing these tests.

- Roll your sleeve up and place one drop of the neat essential oil on the inner part of your forearm. Leave for 15 minutes.

- Observe your skin very carefully. Is it swelling? Becoming sore? Becoming red or inflamed? If so, it could be that you are allergic to the oil, and it is better that you do not use that particular oil.

- If your skin shows any signs of reaction then please see a list of tested and proven replacement oils, which may be substituted for any of the given
oils is given at the end. These are between 10 and 27% less effective than
the recommended oils, but still very powerful bacteria killers.)

*Alternative to Facial Sauna Usage*
I am aware that some of you might not want to purchase a facial sauna. So here is an alternative. Please note that although this is a much cheaper way, it is also a much less effective. Simply use a bowl, add boiling hot water (be careful) and then add the droplets of essential oils. Then breathe in the steam (you could also place a towel over your head creating a curtain effect to keep the steam from escaping).

Scientific Data Proving Exactly How Effective Essential Oils Are At Killing Various Bacteria.

The testing of the antimicrobial effects of essential oils can be a very technical and complicated procedure. However, in simple language, these are the two ways how it is done in the laboratory.

Every living thing needs to eat, and that includes bacteria.

Method 1. The Drop Diffusion Method.
First of all a ‘plate’ of ‘food’ is prepared for the bacteria to eat. This food is called agar, which in the bacteria world is the equivalent to the best five star restaurant.

They will feed and breed on it at an amazing rate. Bacteria love this stuff! The ‘plate’, which is called a Petri dish, is put in a warm, controlled environment in the laboratory. Here the bacteria are allowed to feed and breed. As the bacteria grows on the agar, it can be seen by the naked eye as a colored disc. Depending on the type of bacteria, it may be pink, brown, red or some other color. The more the bacteria grows and flourishes, the bigger the disc becomes, until it covers the whole plate.
Then a tiny drop (0.5ml) of the test oil is applied to the centre of the Petri dish. After a fixed period of time, the bacteria growth in the dish is examined and the amount of killed bacteria is measured. The amount of bacteria killed by the oil drop is can be measured and graded as low (1-10mm average diameter), medium (11-39mm average diameter) or high (40-80mm average diameter).

<table>
<thead>
<tr>
<th>Oil</th>
<th>Part</th>
<th>E.Coli</th>
<th>S.aureus</th>
<th>P.aerugenosa</th>
<th>C.albicans</th>
<th>S.pombe</th>
<th>S.cerevisiae</th>
<th>T.utilus</th>
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<tr>
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</table>

Method 2. The Broth Dilution Method

A more accurate, exacting method of testing the oils is the Broth Dilution Method. This basically involves making a bacterial ‘soup’ containing a known quantity of bacteria. Then a fixed quantity of oil is introduced. If the oil kills off any bacteria or yeasts, then a reduction in cell growth is measured as a percentage.

% Reduction In Growth Caused By Essential Oil In Broth Dilution.

<table>
<thead>
<tr>
<th>Bacteria</th>
<th>Oil</th>
<th>E.coli</th>
<th>S.aureus</th>
<th>P.aerugenosa</th>
</tr>
</thead>
<tbody>
<tr>
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<td>Palmarosa</td>
<td>42</td>
<td>47</td>
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</table>
Whilst there is a difference in the results between the two methods, this data proves that essential oils really do kill the bacteria and yeasts that can cause ill health.

If you prove to be allergic or sensitive to any of the oils recommended (Thyme, Clove and Cinnamon), you could substitute with either Peppermint, Lemongrass or Coriander.

**Conclusion**

The amazing antimicrobial properties of these oils have been proven in a laboratory and in people’s homes the world over. Also the benefits of using
colloidal silver as an antibiotic and anti-viral are becoming more and more acknowledged.

**Your health is in your hands.**

Follow the instructions carefully, and persevere with the method. Whilst some people need only one or two sessions, some need a prolonged series of sessions before they have completely eradicated the bacteria and viruses that cause their Bronchitis.

**Good Health.**

*Dylan George*

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