

DEPHLEGM

Meaning: To dephlegm means to clear or remove mucus from the respiratory system or airways.

1. The herbal tea was designed to help dephlegm the respiratory system.
2. Doctors often recommend humidifiers to dephlegm the airways during cold season.
3. His persistent cough prompted him to seek remedies that would effectively dephlegm his throat.
4. Certain spices can aid in dephlegging by thinning mucus and easing congestion.
5. After the treatment, she felt relieved as the medication helped to dephlegm her chest.

Source: sentences.whatistheurl.com

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