

DEPHLEGMATE

Meaning: DEPHLEGMATE (verb): To clear or expel mucus from the respiratory passages.

1. The doctor prescribed an expectorant to help dephlegmate her congested lungs.
2. After catching a cold, he found it challenging to dephlegmate his throat during meetings.
3. Drinking warm tea with honey can help to dephlegmate the respiratory tract effectively.
4. She used a humidifier at night to dephlegmate her airways and ease her cough.
5. The herbal remedy was known to dephlegmate the body, promoting clearer breathing.

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