Broad Spectrum Natural Treatments For Respiratory Health Rated

This chart objectively and numerically shows the perceived effectiveness of key herbs and treaments for respiratory health and recovery. The aim is to reveal some of the best all round helpful treatments for better breathing when problem cause is unclear. Multiple ratings of effectiveness out of 10 by chat GPT & an amateur expert in 2025 plus Gemini and Google AI in 2026 are shown with average overall number shown in right column. Scores reflect effectiveness no matter the mechanism of action. For example, if herb 1 reduces histamine while herb 2 modulates the immune system they may get equal anti-allergy effectiveness scores. Treatments 1 & 2 may get equal anti-viral scores even if one is directly antiviral & the other boosts the immune system. In the anti-allergy category symptomatic relief is included as a factor but the scores in other categories show only the ability of each herb to resolve the actual problem not the symptoms. For example, steam inhalation may help someone with a fungal infection feel better but it's unlikely to greatly help resolve the problem so it gets a low score in the anti-fungal category. Steam inhalation, however, gets a high score in the anti-allergy category thanks to the symptomatic relief.

Many essential oils are toxic to pets, especially cats!
Mix essential oils with a carrier oil before applying to skin. And remember that some essential oils can irritate the airways, trigger asthma or other allergic responses, and can even have neurological side effects if used over the long term. So use with caution! To begin with apply a tiny amount to your hand or to a tissue and place it nearby to see how it makes you feel. Once you know you can tolerate it well, then you can try using a tiny bit with a carrier oil. Use occasionally and in moderation only.

Herb & Supplements	Expert ratings	Anti- viral (colds, covid & flu)	Anti-bacterial	Anti-cancer	Anti-inflammation	Anti-fungal	Anti-phlegm & mucus (expectorant or mucolytic properties)	Anti-allergy (including symptomatic relief)	Average score (effectiveness)	Notes	Other effects & safety (bad side effects = lower score, good = higher score)	Herb & Supplements
Ginger (raw)	ChatGPT	8	7	6	8	5	6	5	6.1	Hugely medicinal. Tried and tested over thousands of years. Buy Ginger powder or keep a fresh piece in fridge or freezer & grate into meals or drinks.	9	Ginger (raw)
	ChatGPT	7	6	6	8	5	8	5			9	
	ChatGPT	6.5	6	7.5	7.5	5.5	7	6.5			9	
	ChatGPT	7	7	7	8	6	7.5	6.5			9	
	Gemini	6	6	5	7	2	5	5			7.5	
	Google AI	4	2	2	7	2	5	3			8	
	Amateur expert	8	8	9	8	6	6	7.5			10	
	Average	6.6429	6	6.071	7.6429	4.5	6.3571	5.5			8.7857	
Garlic (raw)	ChatGPT	9	9	7	7	8	5	5	6.9	Nature's powerful antibiotic. Some spiritual practitioners avoid it believing it increases lust & irritability, interfering with mantras & mindfulness. May interact with blood thinners.	8	Garlic (raw)
	ChatGPT	8	9	7	7	8	6	6			8	
	ChatGPT	8	9	8.5	7	8.5	6.5	5.5			8	
	ChatGPT	8	9	6	7	7	4	4			6	
	Gemini	9	9.5	9	7	8.5	6.5	5.5			7.5	
	Google AI	5	5	3	5	5	4	2			7	
	Amateur expert	9	9	10	7	8	5	6			8	
	Average	8	8.5	7.214	6.7143	7.5714	5.2857	4.857			7.5	
Oil of Oregano on skin of chest area with carrier oil	ChatGPT	8	9	5	7	9	4	3	6.4	Often **claimed** to be an extremely potent solution for chest infections but use with caution and no more than needed. May cause allergic reactions and is toxic to cats and dogs.	5	Oil of Oregano on skin of chest area with carrier oil
	ChatGPT	7	9	6	7	9	7	5			5	
	ChatGPT	7.5	9	5.5	6.5	9	7.5	4			5.5	
	ChatGPT	7	9	4	5.5	9	6	4			6.5	
	Gemini	7	8	2	5	8	3	3			4	
	Google AI	7	8	3	6	8	6	3			4	
	Amateur expert	7	9	5	6	10	7	3			5	
	Average	7.2143	8.714	4.357	6.1429	8.8571	5.7857	3.571			5	
Oil of Thyme on skin of chest area with carrier oil	ChatGPT	8	9	6	6	8	6	4	6	As above	5	Oil of Thyme on skin of chest area with carrier oil
	ChatGPT	7	8	6	7	8	9	6			5	
	ChatGPT	7	8.5	5.5	6.5	8.5	8.5	5			6	
	ChatGPT	6.5	8.5	5	6	8.5	7.5	5			6.5	
	Gemini	4	5	1	3	4	3	2			4.5	
	Google AI	6	7	3	6	7	7	3			5	
	Amateur expert	7	8	5	5	7	5	3.5			5.5	
	Average	6.5	7.714	4.5	5.6429	7.2857	6.5714	4.071			5.3571	
D Vitamin supplements	ChatGPT	8	8	8	7	5	2	6	6.1	A vital daily vitamin whether through sunshine, foods or supplements. Regulates immune	8.5	D Vitamin supplements
	ChatGPT	8	6	7	9	3	4	6			8.5	
	ChatGPT	8.5	7	9	9	6	4	7			9.5	
	ChatGPT	8	6	8.5	8.5	5	2.5	7.5			9	
	Gemini	8	7	6	8	3	2	8			8.5	

	Google AI	7	4	5	7	2	1	6		immune responses. Avoid excessive doses.	9	
	Amateur expert	7	4	8	9	4	3	7			8.5	
	Average	**7.7857**	**6**	**7.357**	**8.2143**	**4**	**2.6429**	**6.786**			**8.7857**	
Nettle tea	ChatGPT	4	4	5	6	5	4	9	**4.6**	An extremely nutritionally rich herb, helps alleviate histamine related inflammation so is good for allergies. Includes dopamine and serotonin to lift mood.		**N**ettle tea
	ChatGPT	6	5	5	7	4	6	7			8	
	ChatGPT	4.5	4	4.5	7	3.5	5.5	8			9	
	ChatGPT	5	4	5	7	3.5	5	8.5			9	
	Gemini	3	2	3	5	1	2	7			8.5	
	Google AI	1	2	1	5	1	2	5			8	
	Amateur expert	2	2	5	9	2	5	9			8.5	
	Average	**3.6429**	**3.286**	**4.071**	**6.5714**	**2.8571**	**4.2143**	**7.643**			**8.5**	
Curcumin tablets	ChatGPT	6	5	9	10	6	3	7	**6.4**	A powerful anti-inflammatory & ultimate 'all round player'. Benefits memory and cognitive health, also antifungal against Candida and Aspergillus. Safe but could interfere with blood thinning medication.	8.5	**C**urcumin tablets
	ChatGPT	6	5	8	9	5	5	6			8.5	
	ChatGPT	6	6.5	8.5	9	7.5	5.5	7.5			8	
	ChatGPT	6.5	6.5	9	9.5	7.5	4.5	7			8.5	
	Gemini	5	5	8	9	3	3	7			7	
	Google AI	3	2	4	8	2	2	5			8	
	Amateur expert	8	7	10	10	7	5	8			9	
	Average	**5.7857**	**5.286**	**8.071**	**9.2143**	**5.4286**	**4**	**6.786**			**8.2143**	
Lemon juice (chest rub)	ChatGPT	4	3	4	4	6	1	4	**2.8**	Very likely underrated due to lack of research. Use with caution as lemon can interfere with skin health if used excessively.	3	**L**emon juice (chest rub)
	ChatGPT	4	4	3	4	2	3	3			3	
	ChatGPT	2	2	2	2	2	2	2.5			5	
	ChatGPT	2	3	2	3	4.5	4	2.5			6.5	
	Gemini	1	2	1	2	1	1	1			2	
	Google AI	1	1	1	1	1	1	1			5	
	Amateur expert	5	5	7	6	6	4	5			7	
	Average	**2.7143**	**2.857**	**2.857**	**3.1429**	**3.2143**	**2.2857**	**2.714**			**4.5**	
Lemon juice in drink	ChatGPT	6	5	5	7	5	5	5	**4.5**	So healthy that most side effects are good ones. However, lemon is acidic so can degrade tooth enamel. Have tooth friendly food or drink after.	7.5	**L**emon juice in drink
	ChatGPT	6	5	4	6	5	6	5			7.5	
	ChatGPT	3.5	4	4	4.5	4	4.5	4			9.5	
	ChatGPT	4.5	4.5	4.5	5	4	5	4.5			9	
	Gemini	4	3	3	3	1	3	2			8	
	Google AI	2	2	1	3	1	4	2			9	
	Amateur expert	7	7	9	8	7	7	7			9	
	Average	**4.7143**	**4.357**	**4.357**	**5.2143**	**3.8571**	**4.9286**	**4.214**			**8.5**	
Echinacea tablets	ChatGPT	8	6	5	6	5	3	4	**4.4**	Good for boosting the immune system, take at early stages of a cold or flu. Not (so) suitable for allergies though & can even cause allergic reactions.	6	**E**chinacea tablets
	ChatGPT	7	6	5	7	3	5	6			6	
	ChatGPT	6.5	6.5	4.5	5	4.5	4	4			7	
	ChatGPT	7.5	6	4	6	4	3.5	4			7.5	
	Gemini	7	4	3	4	1	1	2			4	
	Google AI	5	2	1	4	2	2	2			6	
	Amateur expert	7	7	5	2	6	2	1			6.5	
	Average	**6.8571**	**5.357**	**3.929**	**4.8571**	**3.6429**	**2.9286**	**3.286**			**6.1429**	
Eucalyptus oil on skin of chest area with carrier oil	ChatGPT	8	9	6	8	7	9	6	**6.3**	Inhalation is a direct route of delivery. It is **claimed** to be able to loosen phlegm and highly antimicrobial. Vapors work against airborne fungi like Aspergillus. Not suitable for young children to inhale.	5.5	**E**ucalyptus oil on skin of chest area with carrier oil
	ChatGPT	6	8	5	8	8	9	5			5.5	
	ChatGPT	8	9	5	8	8.5	9.5	6.5			6.5	
	ChatGPT	6	7.5	4	6.5	8	8.5	5.5			7	
	Gemini	3	4	1	3	3	5	3			4.5	
	Google AI	5	6	2	7	4	8	4			6	
	Amateur expert	7	7	5	8	7	9	6			6.5	
	Average	**6.1429**	**7.214**	**4**	**6.9286**	**6.5**	**8.2857**	**5.143**			**5.9286**	

Astragalus (Huangqi)	ChatGPT	7	5	8	7	5	3	6	**5.2**	A host of other benefits not listed. An important herb in TCM (Traditional Chinese Medicine). Ask a doctor before taking if on immunosuppressants.	8	**A**stragalus (Huangqi)
	ChatGPT	6	5	7	7	3	4	6			8	
	ChatGPT	7.5	6.5	7	7.5	4	4	6.5			8.5	
	ChatGPT	7	5.5	6.5	7.5	3.5	3	6			8.5	
	Gemini	7	5	5	6	2	2	4			5	
	Google AI	5	2	3	5	2	2	4			7	
	Amateur expert	5	5	7	7	5	5	5			6	
	Average	**6.3571**	**4.857**	**6.214**	**6.7143**	**3.5**	**3.2857**	**5.357**			**7.2857**	
Reishi Mushroom traditionally prepared decoction - steeped in boiling water	ChatGPT	7	6	9	8	5	3	9	**6.3**	The 'medicine of the emperors', and arguably the king of herbs in TCM. Many other health benefits not listed. Buy whole Reishi, log grown is best or if grown in plastic space bags then discard the stem. An immunomodulator.	9	**R**eishi Mushroom traditionally prepared decoction - steeped in boiling water
	ChatGPT	6	5	8	8	5	5	7			9	
	ChatGPT	7	6.5	8	8	6.5	5	7.5			8	
	ChatGPT	7.5	5	8.5	8	6	5.5	7			8.5	
	Gemini	6	4	7	7	4	2	7			7	
	Google AI	5	2	5	6	2	3	5			6	
	Amateur expert	8	7	10	9	8	6	9			8	
	Average	**6.6429**	**5.071**	**7.929**	**7.7143**	**5.2143**	**4.2143**	**7.357**			**7.9286**	
Inhalation of salt (dry or wet)	ChatGPT	6	5	3	6	4	8	7	**5**	Effects are not so immediate in my experience but supposedly good for respiratory health & keeping clear.	6.5	**I**nhalation of salt (dry or wet)
	ChatGPT	5	6	4	7	3	7	6			6.5	
	ChatGPT	5	5.5	3.5	6.5	5	8	7			8.5	
	ChatGPT	4	4.5	2	7	5.5	8	7.5			9	
	Gemini	3	4	1	4	2	8	5			7.5	
	Google AI	2	2	1	5	2	8	5			6	
	Amateur expert	5	6	1	7	6	7	7			8	
	Average	**4.2857**	**4.714**	**2.214**	**6.0714**	**3.9286**	**7.7143**	**6.357**			**7.4286**	
Inhalation of steam	ChatGPT	5	4	3	7	4	8	6	**4.6**	Immediate relief from nasal allergy symptoms if clogged up.	6.5	**I**nhalation of steam
	ChatGPT	6	5	4	8	3	8	6			6.5	
	ChatGPT	6	6.5	4.5	7	5.5	9	6.5			9	
	ChatGPT	3	3	1.5	6	5	7.5	6			8.5	
	Gemini	2	2	1	3	1	7	3			9.5	
	Google AI	2	1	1	3	1	7	4			7	
	Amateur expert	5	4	1	5	2	10	8			7	
	Average	**4.1429**	**3.643**	**2.286**	**5.5714**	**3.0714**	**8.0714**	**5.643**			**7.7143**	
NAC (N-Acetylcysteine) supplement	ChatGPT	7	4	4	9	5	10	7	**6.6**	A powerful mucus and phlegm clearer, but can produce unwanted side effects.	8	**N**AC (N-Acetylcysteine) supplement
	ChatGPT	7	6	7	9	6	10	6			8	
	ChatGPT	9	8.5	9	9.5	7	10	6			8	
	ChatGPT	5.5	6	7	9	6.5	10	6			8	
	Gemini	5	4	6	7	2	10	6			6	
	Google AI	5	2	2	8	2	9	6			8	
	Amateur expert	6	5	2	8	?	9	7			?	
	Average	**6.3571**	**5.071**	**5.286**	**8.5**	**4.75**	**9.7143**	**6.286**			**7.6667**	
Ginseng drink (pieces in hot water)	ChatGPT	7	6	8	8	5	4	6	**5**	Known to boost qi (vital energy) and invigorate the body. Enhances memory and cognitive performance. Used in TCM. May cause insomnia or interact with medications.	8	**G**inseng drink (pieces in hot water)
	ChatGPT	7	6	7	7	5	5	6			8	
	ChatGPT	6.5	6	7.5	7.5	4.5	4.5	5.5			7.5	
	ChatGPT	6.5	5	6.5	6.5	3.5	3.5	4			8	
	Gemini	6	4	6	6	1	2	4			6	
	Google AI	4	2	3	4	2	2	3			7	
	Amateur expert	5	5	9	2	?	2	2			7	
	Average	**6**	**4.857**	**6.714**	**5.8571**	**3.5**	**3.2857**	**4.357**			**7.3571**	
Ginseng	ChatGPT	Not included in early chat GPT ratings							**4.4**	As above	7.5	**G**inseng
	ChatGPT										7.5	
	ChatGPT	6.5	6	7.5	7.5	4.5	4.5	5.5			7	
	ChatGPT	7	6	7	7	4	3	4			7.5	

tablets	Gemini	6	4	6	6	1	2	4	4.4	As above.	6	tablets
	Google AI	5	2	3	5	2	2	3			7	
	Amateur expert	5	5	7	1	?	1	1			7	
	Average	5.9	4.6	6.1	5.3	2.875	2.5	3.5			7.0714	
Sulforaphane tablets	ChatGPT	Not included in early chat GPT ratings							6.1	In addition to the respiratory benefits this is a neuro enhancer & supports detoxification.	9	Sulforaphane tablets
	ChatGPT										9	
	ChatGPT	8	7.5	10	9.5	6.5	5	6.5			8.5	
	ChatGPT	8	7.5	9.5	9	6.5	4	7			8.5	
	Gemini	5	5	9	8	2	3	6			8	
	Google AI	4	2	5	7	2	3	5			8	
	Amateur expert	5	7	9	8	5	4	5			9	
	Average	6	5.8	8.5	8.3	4.4	3.8	5.9			8.5714	
Brocolli sprouts eaten (high in Sulforapahane content)	ChatGPT	Not included in early chat GPT ratings							6	As above but with a higher safety score because purity guaranteed. Easy to grow in a jar at home.	9.5	Brocolli sprouts eaten (high in Sulforapahane content)
	ChatGPT										9.5	
	ChatGPT	7.5	7	9.5	9	6	5	6.5			9.5	
	ChatGPT	7.5	7	9	8	6	4	6.5			9.5	
	Gemini	5	5	9	8	2	3	6			9	
	Google AI	5	2	5	8	2	3	6			9	
	Amateur expert	6	7	9	8	5	4	5			10	
	Average	6.2	5.6	8.3	8.2	4.2	3.8	6			9.4286	
Quercetin tablets	ChatGPT	7	6	7	8	6	6	7	6.1	Antiviral and antioxidant. A natural antihistamine.	8.5	Quercetin tablets
	ChatGPT	6	6	7	7	5	3	6			8.5	
	ChatGPT	8.5	7.5	8	9	6.5	5	9.5			8	
	ChatGPT	8	6.5	7.5	8.5	5	3.5	9			8	
	Gemini	5	4	6	8	2	3	9			7.5	
	Google AI	5	2	3	7	2	2	7			9	
	Amateur expert	7	7	5	8	5	4	7			8.5	
	Average	6.6429	5.571	6.214	7.9286	4.5	3.7857	7.786			8.2857	
Licorice sweets or tablets	ChatGPT	7	7	6	8	6	7	7	5.8	Another important herb in TCM, often used to clear the lungs from mucus and phlegm. Real licorice (glycyrrhizin) can raise blood pressure & deplete potassium. Not usually recommended for long term daily use & avoid if taking steroids	4	Licorice sweets or tablets
	ChatGPT	6	7	6	8	6	8	6			4	
	ChatGPT	6	6.5	6	7.5	5	7.5	6.5			5	
	ChatGPT	6.5	6	6	7	5	7	6			6	
	Gemini	6	5	4	7	3	6	6			5	
	Google AI	4	2	2	5	2	6	3			4	
	Amateur expert	5	6	2	7	5	10	7			5	
	Average	5.7857	5.643	4.571	7.0714	4.5714	7.3571	5.929			4.7143	
Mullein tea	ChatGPT	6	4	4	6	5	9	6	5.1	A classic herb used to help expel mucus from lungs and aid respiration.	7.5	Mullein tea
	ChatGPT	5	6	5	7	4	9	7			7.5	
	ChatGPT	6.5	6.5	5	7	4.5	8.5	7			9	
	ChatGPT	5.5	5.5	4	6.5	4	8.5	6.5			9	
	Gemini	2	3	2	5	1	7	4			8.5	
	Google AI	2	2	1	4	1	5	2			9	
	Amateur expert	5	6	5	7	2	8	6			?	
	Average	4.5714	4.714	3.714	6.0714	3.0714	7.8571	5.5			8.4167	
Saline Nasal Wash	ChatGPT	6	7	4	6	4	9	9	5.8	Immediate relief from nasal allergies if clogged up. Must use distilled, sterile, or previously boiled water.	6.5	Saline Nasal Wash
	ChatGPT	4	5	4	6	4	9	6			6.5	
	ChatGPT	7.5	8	4.5	7	7	9	9			9.5	
	ChatGPT	4	6.5	1.5	6	5	9	9			9.5	
	Gemini	6	7	1	5	4	6	8			10	
	Google AI	5	5	1	5	3	8	8			8	
	Amateur expert	5	6	2	6	3	7	8			9	

	Average	**5.3571**	**6.357**	**2.571**	**5.8571**	**4.2857**	**8.1429**	**8.143**			**8.4286**	
Black Seed Oil on skin of chest area with carrier oil	**ChatGPT**	Not included in early chat GPT ratings							**4.6**	Another powerful oil with anti-allergic and anti-asthmatic effects. Reduces eosinophilic inflammation.Is somewhat safer around pets than some of the essential oils.	6.5	**Black Seed Oil** on skin of chest area with carrier oil
	ChatGPT										6.5	
	ChatGPT	6.5	6.5	6	7	7.5	6.5	7			7	
	ChatGPT	6	6.5	4	6.5	7.5	6.5	6			8	
	Gemini	2	3	1	3	2	2	2			4	
	Google AI	2	2	1	3	2	2	2			8	
	Amateur expert	5	5	7	6	7	5	7			?	
	Average	**4.3**	**4.6**	**3.8**	**5.1**	**5.2**	**4.4**	**4.8**			**6.6667**	
Black Seed Oil (oral)	**ChatGPT**	Not included in early chat GPT ratings							**6.8**	As above but oral route likely brings more systemic benefits	8	**Black Seed Oil (oral)**
	ChatGPT										8	
	ChatGPT	8	7.5	8	8.5	8	6.5	8			8	
	ChatGPT	8	8	7.5	8.5	8	7	8			7.5	
	Gemini	7	7	6	8	6	5	8			6	
	Google AI	5	4	3	7	4	5	7			7	
	Amateur expert	7	6	7	7	7	5	7			?	
	Average	**7**	**6.5**	**6.3**	**7.8**	**6.6**	**5.7**	**7.6**			**7.4167**	
Herb & Supplements		Anti- viral (colds, covid & flu)	Anti-bacterial	Anti-cancer	Anti-inflammation	Anti-fungal	**Anti-phlegm & mucus** (expectorant or mucolytic properties)	**Anti-allergy** (including symptomatic relief)	**Average score**	**Notes**	**Safety**	Herb & Supplements

Disclaimer: This chart only shows perceived effectiveness, which may be very different from actual effectiveness. Expert's opinions might still be wrong or biased & Chat GPT can make mistakes. All of these could influence the overall ratings. This