

## Please print out the following and keep it and the following herbs in your “medicine cabinet”.

\* Herbal chest rub (*in place of decongestant*): olive oil mixed with a few drops of eucalyptus oil and peppermint oil, just like Vicks, only without the toxic petroleum base.

\*Wet cotton socks on the feet covered with wool socks. This is supposed to help draw moisture from the head downward, and it always works for my kids if their noses are stuffy.

\*Amla powder (*can be purchased cheaply in Indian food stores*) mixed with juiced carrots and a little raw cream. A good vitamin tonic.

### **\*NO WHITE SUGAR OR GRAINS and minimized dairy when congested (as dairy is mucus-forming)**

\*Licorice root tea for sore throats/cough

\*Broncofoot herbal elixer works wonder for coughs

\*Kombucha tea full of antioxidants, probiotics, and vitamins, this is hydrating, nourishing, and energizing.

\*Plenty of water (Kangan restructured water which is alkalizing and has a high ORP, so that helps keep bugs at bay because most cannot thrive in an alkaline environment)

\*Coconut oil "candy" (raw honey, raw nut butter, coconut oil) for the kids to eat. Coconut oil is high in antibacterial and antifungal medium-chain fatty acids, the same fatty acids found in breast milk! The raw honey also has many benefits and has been used for centuries to cure sore throats and coughs.

\*Salt water gargle for sore throats.

\*Failproof "so you can rest medicine" is to consume one clove of raw garlic. Yes, it's kind of intense, but you can almost feel head congestion begin to flee when you eat it.

### **Herbal Remedies for Cold :**

Taken at the first sign of symptoms, [echinacea](#) can reduce a cold's intensity and duration, often even preventing it from becoming a full-fledged infection.

[Goldenseal](#) helps clear mucus from the throat. It also contains the natural antibiotic berberine, which can help prevent bacterial infections that often follow colds.

### **One of the Best Cold Remedy**

For a good "cold tea," combine equal parts of elder (*Sambucus nigra*), peppermint (*Mentha piperita*), and yarrow (*Achillea millefolium*) and steep 1 to 2 tsp of the mixture in 1 cup hot water. Take it hot just before going to bed. This will induce a sweat, and if the cold is caught early enough, may stop it altogether. Even if it is too late for this it will still be very useful. This tea can help the body handle fever and reduce achiness, congestion, and inflammation. They may be taken with a pinch of mixed spice and a little honey to soothe a painful throat.

Other herbs that may be added to the infusion include:

- Cayenne (*Capsicum minimum*): a favorite North American Indian remedy: use 1.25 ml (1/4 tsp) of the powder to really stimulate the circulation.
- Cinnamon (*Cinnamomum zeylanicum*): use a cinnamon stick, and break it into the mixture of herbs, for a gentle, warming and sweat-inducing effect.
- Ginger (*Zingiber officinalis*): grate a small piece of fresh root ginger into the mixture for extra heat.

**Caution:** Peppermint tea may interfere with the beneficial action of homoeopathic remedies.

### Herbal Fever Remedy

1 ounce dried Elder Flowers  
 1 ounce dried Peppermint Leaves  
 ½ pint distilled water

Mix the herbs. Place in a quart saucepan. Pour 1/2 pints of distilled boiling water over it. Cover and allow to steep in a hot place for 10 to 15 minutes (do not boil). When ready, strain into another saucepan. Sweeten with honey if desired.

This remedy drops high temperature associated with flu quite effectively. In some cases, the temperature has been reduced from 104 to 99 degrees within two hours!! According to Dr. Dr. Edward E. Shook, well known herbalist, "there is no remedy for colds and fevers of any description equal to this simple life-saving formula

### Ginger Tea: Best Remedy from the Orient

In both ayurvedic and traditional Chinese medicine, ginger is considered the best home remedy for colds. Drink a cup of ginger tea several times (at least 3 times) a day. Ginger contains a dozen antiviral compounds. And it tastes good. To make a tea, add 1 heaping teaspoon of grated fresh gingerroot to 1 cup of boiled water. Allow to steep for 10 minutes. If you use dried ginger powder use 1/3 to 1/2 teaspoon of powdered ginger per cup.

### Children's Herbal Antibiotic Formula

2 cups water  
 ½ teaspoon echinacea root  
 ½ teaspoon licorice root and  
 ½ teaspoon barberry bark (or Oregon grape root)

Place water and herbs in a saucepan. Simmer for 2 minutes, then remove from heat and steep for about 20 minutes. Strain out herbs. For a 50-pound child, give 1 cup of tea or half a dropperful (30 drops) of tincture daily. To improve the flavor, the tea can be mixed with an equal amount of juice. In fact, homemade apple and grape juice, unlike bottled juices, contain strong antiviral agents that fight colds and flu.

### Other Herbal Remedies

Use inhalations of chamomile, eucalyptus or thyme to help loosen mucus and heals the throat, nasal passages and bronchial tubes. Horsetail inhalations reduce swelling of mucous membranes. Onion or nasturtium inhalations disinfect. Ginkgo biloba leaf inhalations kill bacteria and heal the cells of the damaged mucous membranes almost immediately.

Inhale steam for fifteen minutes three times daily in acute stage; when the condition is improving.

Inhale steam in the evening before retiring for a week or so to help heat the bronchial passages.

Boneset and sage help to break up congestion and bring down a fever. Take a cup of sage and boneset tea up to three times daily for three to five days.

At the onset of a cold, add 1/2 teaspoon each of cinnamon and ginger to 1 cup of scalded milk. Add 1 tablespoon of honey and drink while hot. This remedy is very soothing and stimulating.

## **Comfrey - Elderberry Cold and Fever Remedy**

This remedy reduces fever associated with cold by inducing perspiration.

1/2 cup of elderberries  
several leaves of comfrey - chopped  
1 cup of honey  
1 cup of distilled water

Chop several leaves of comfrey. Add 1/2 cup of elderberries, 1 cup of honey, and 1 cup of water. Simmer for 30 minutes. Strain. Take as needed to produce perspiration and reduce fever.

The comfrey leaves produce an aspirin- like substance that help to ease the discomforts of a cold. It also soothes inflamed mucous membranes of the throat. Comfrey is a demulcent, and an expectorant. The elderberries, a diuretic, serve to flush the system.

## **Herbal Cold Tea**

One of the Best Cold Remedy

This herbal tea, purported to be one of the best cold remedies, helps handle fever and reduce achiness, congestion, and inflammation associated with common cold. This delicious cold remedy will get rid of symptoms of cold pretty fast. It will also clean your system.

### **Ingredients**

1 part - elder (*Sambucus nigra*)  
1 part - peppermint (*Mentha piperita*)  
1 part - yarrow (*Achillea millefolium*)

### **Directions**

Combine the ingredients. Steep 1 to 2 tsp of the mixture in 1 cup hot water. Allow it to steep for 10-25 minutes covered. Strain and drink it hot just before going to bed. It may be taken with a pinch of mixed spice and a little honey to soothe a painful throat.

Note: Prepare a fresh cup for each dose. Sip the dosage slowly, never gulp it down. Swish it around the mouth before swallowing. This helps the liquid to mix with the enzymes in the saliva and rapidly assimilates the herbs into the blood stream.

This tea will induce a sweat, and if the cold is caught early enough, may stop it altogether. Even if it is too late for this it will still be very useful. This tea can help the body handle fever and reduce achiness, congestion, and inflammation.

### **Optional Additions**

Other herbs that may be added to the infusion include:

- Cayenne (*Capsicum minimum*): a favorite North American Indian remedy: use 1.25 ml (1/4 tsp) of the powder to really stimulate the circulation.
- Cinnamon (*Cinnamomum zeylanicum*): use a cinnamon stick, and break it into the mixture of herbs, for a gentle, warming and sweat-inducing effect.
- Ginger (*Zingiber officinalis*): grate a small piece of fresh root ginger into the mixture for extra heat.

**Elderberry** may help to reduce both the severity and the duration of colds. Choose an extract standardized to contain 5 percent total flavonoids and take 500 milligrams three times daily.

**Garlic** (*Allium sativum*) appears to shorten a cold's duration and severity. Any form seems to work: capsules or tablets, oil rubbed on the skin, or whole garlic roasted or cooked in other foods. If you elect capsules, take three of them, three times daily, until the cold is over.

### **Important Herbs for Cold:**

#### **Echinacea**

Echinacea is considered to be an immune stimulant. It appears to activate the body's infection-fighting capacity.

#### **Recommended Dosage:**

Powdered extract - 300 mg 3 times daily.

Alcohol tincture (1:5) - 3 to 4 ml 3 times daily.

Echinacea juice - 2 to 3 ml 3 times daily.

Whole dried root - 1 to 2 g 3 times daily.

Many herbalists feel that liquid forms of echinacea are more effective than tablets or capsules because they believe that part of echinacea's benefit is due to direct contact with the tonsils and other lymphatic tissues at the back of the throat.<sup>18</sup>

Take echinacea at the first sign of a cold and continue for 7 to 14 days. Long-term use may not be helpful.

#### **Andrographis**

Andrographis is a shrub found throughout India and other Asian countries. It is sometimes called "Indian echinacea" because it is believed to provide much the same benefits as echinacea.

Andrographis reduces the cold symptoms such as fatigue, sore throat, sore muscles, runny nose, headache, and lymph node swelling. As in the case of echinacea, the dosage used is important for its effectiveness.

**Recommended Dosage:** Take 400 mg 3 times daily with lots of liquids at mealtimes.

#### **Ginseng**

In Eastern Europe, ginseng is widely believed to improve overall immunity to illness. It appears that regular use of ginseng may prevent colds.

There are actually three different herbs commonly called ginseng: Asian or Korean ginseng (*Panax ginseng*), American ginseng (*Panax quinquefolius*), and Siberian "ginseng" (*Eleutherococcus senticosus*).

**Recommended Dosage:** *Panax ginseng*: 1 to 2 g of raw herb, or 200 mg daily of an extract standardized to contain 4 to 7% ginsenosides.

*Eleutherococcus*: 2 to 3 g whole herb or 300 to 400 mg of extract daily.

#### **Fenugreek**

Fenugreek seeds act as a mucus "solvent," having the ability to soften and dissolve hardened masses of accumulated mucus. The change in consistency allows fenugreek to help the body expel mucus and phlegm from the bronchial tubes more easily.

## **Ginger**

Ginger contains nearly a dozen antiviral compounds. Scientists have isolated several chemicals (sesquiterpenes) in ginger that have specific effects against the most common family of cold viruses, the rhinoviruses. Some of these chemicals are remarkably potent in their anti-rhinovirus effects.

Other constituents in ginger, gingerols and shogaols, help relieve cold symptoms because they reduce pain and fever, suppress coughing and have a mild sedative effect that encourages rest.

## **Onion**

Onion is a close to garlic biologically and contains many similar antiviral chemicals. Steep raw onion slices overnight in honey. Take the resulting mixture at intervals like a cough syrup. You can also use more onions in cooking whenever you have a cold.

## **Goldenseal**

Goldenseal increases the blood supply to the spleen, an organ that's the staging area for the fighting cells of your immune system. It is antiseptic and immune stimulating.

The major healing component in goldenseal, berberine, activates special white blood cells (macrophages) that are responsible for destroying bacteria, fungi, viruses and tumor cells. Several related chemicals in the herb appear to help the berberine do its job.

Take 10 to 15 drops of goldenseal in an alcohol-free form, known as tincture, two to three times a day for seven to 10 days.

## **Licorice**

Licorice contains antiviral compounds that induce the release of interferons, the body's own antiviral constituents.

## **Other Herbs**

Various herbs are said to work like ginseng and enhance immunity over the long term, including ashwagandha, astragalus, reishi, and maitake.