

Cold and Flu Remedies

Gingerroot tea: Grate a one-inch piece of peeled gingerroot into a pot with two cups of water. Bring to a boil, lower heat, and simmer for 5 minutes. A half-teaspoon of cayenne pepper (more or less to taste) may be added and simmered one minute more. Remove from heat. Add two or more tablespoons of fresh squeezed lemon juice, and/or 1-2 cloves of mashed garlic. Let cool slightly, and strain if desired. Drink. (Helps relieve head and chest congestion.) NOTE: Gingerroot tea may be made alone. An easy way is to blend the root in water and strain out the pieces. Heating is optional.

Lemon water: For some patients, the use of gingerroot, horseradish, and cayenne pepper may not be tolerated or appealing. A half a lemon squeezed into 8 ounces of water may be the answer. Drink up to two lemons per day in water. NO SWEETENER other than STEVIA! The lemon water will alkalize the body enabling the kidneys to unload much water. Lemon alone is particularly helpful if one feels "achey and heavy" all over.

Topical treatments: A heating pad or hot water bottle applied to the chest and back, 30 minutes a day (beware of burns,) may help in loosening mucus. A camphor ointment such as Vicks VapoRub can be rubbed on the chest.

Herbs to boost immunity:

- ❖ Garlic: Eat several cloves at the onset of symptoms. Helps fight bacterial and viral infections. It is easier to take with food or water in mouth to prevent "hotness." Chewing fresh parsley afterwards minimizes breath odor.
- ❖ Echinacea: Best if taken as a liquid extract (either an alcohol tincture or alcohol-free.) Adults should take a dropper full in water four times a day. Children under 10 receive half the amount. Tinctures are best squirted onto a quarter cup of hot water to evaporate the alcohol. Two capsules of freeze-dried extract four times a day is okay if the liquid is not available.
- ❖ Astragalus: Look for it in health food stores as either tincture or capsules. Follow dosages specified on the labels.
- ❖ Goldenseal: A powerful bitter herb with numerous beneficial effects. Again, liquids are best. Follow directions on label. Often sold in combination with Echinacea ("Insure Herbal" is an excellent combo.)

Zinc gluconate lozenges: Lozenges containing 13.3 mg of zinc gluconate can be taken every two waking hours up to six per day. (Maximum of 80 mg/day during the illness – less of an amount for children.) This has been shown to shorten the course of common cold symptoms, including sore throat, cough, runny nose, hoarseness, and headache.

Dietary: One should avoid sugar and other sweeteners, fried food, red meats, caffeine, dairy, refined carbohydrates (white bread, white rice, etc.), chocolate, soft drinks, pizza, and spaghetti. Emphasize fresh fruit (squeezed oranges and grapefruit with lemon) and vegetables (non-starchy), whole grains and beans. Home-made chicken and brown rice soup with celery, onions, and parsley, kale, etc. is an excellent first meal when appetite improves.

Enemas: 1 tsp. baking soda and sea salt into 1 ½ Qt. warm filtered water instilled slowly into rectum will help hydrate, cleanse and alkalize the colon. Many times a fever will decrease dramatically after this.

Supplements to speed repair and recovery, to improve health, and extend longevity:

- ❖ **D-lenolate** (olive leaf extract) 2 – 6 caps per day on an empty stomach. (anti-viral and immune enhancing).
- ❖ **“Viracon”** is a combination product by Vital Nutrients; an anti-viral.
 - Ideal for viral syndromes.
- ❖ Multivitamin and mineral: Take 3-4 days per week (i.e. 3 days off a week.)
- ❖ Buffered (non-acidic) Vitamin C: 2-3000mg per day.
- ❖ Vitamin D 5000: this increases immunity.
- ❖ Calcium and Magnesium 500 mg of each daily.