

COLD, INFLUENZA, COUGH, BRONCHITIS, SINUS, AND FEVER

From time immemorial, there have been numerous special cures for colds. People have an idea that they catch colds. This is far from the case, as the truth is that man first produces the material in which the cold develops, and this material goes into the various parts of the body, including the nasal cavities. If this material was not placed there, he would never have a cold at all, just as mosquitoes could not breed without breeding places. This mucous deposit is made up of all the wastes from the excess of foods which are consumed, excesses which the body cannot use and cannot dispose of in a natural manner, and hence are put away in convenient pockets in the body. Then any lowering of the body health level may cause inflammation in the mucous membrane, or this inflammation may be simply caused by this increasing deposit of waste matter. In any event, the body attempts to unload this excess mucous, and this unloading is called a COLD.

When the cause is known, is it not more sensible to help the body to cleanse out this unwanted mucous, rather than try to suppress it? If it is not cast from the body, it may do a great deal more harm than to cause a runny nose, sniffles, or a cough. After all, a cough is merely one method that the body has to bring wastes from the chest area so it can be eliminated from the body by way of the mouth.

Rather than trying to suppress the symptoms that are causing the distress, it is much better to try the following:

The moment you feel the first symptoms of a cold STOP EATING AT ONCE.

1. Drink six to eight glasses of warm lemon water daily.
2. Take an enema every night. Also take a very hot Epsom salt bath, using about 2 pounds of Epsom salt in the bath water, for about fifteen minutes. Then dry and go directly to bed being careful to keep warm.

What You Can Do?

For Cough, Sore Throat, Asthma, Bronchitis and all Lung problems, wheezing, and fluid on lungs:

Mix 1/2 cup horseradish, 1/2 cup chopped garlic, 1/2 cup chopped onion, 1/2 tsp. cayenne, 1/3 tsp. peppermint oil, one cup honey, puree in a blender and take 1/2 tsp. as needed.

VEGETARIAN PENICILLIN

(use for colds & flu)

Garlic 2 bulbs chopped
Vitamin C 15,000 mg.
Lemon juice 3 chopped whole with the peel/rind
Grapefruit 1 chopped with the peel/rind
Juice of 2 fresh squeezed Oranges
Cayenne 1 tsp.
Onions 2 whole chopped

Put all of the above in a blender and puree it

Then add antibiotic herbs:(you may substitute a number of other herbs according to your preference, learn the qualities and properties of herbs and use what is most agreeable to your physiological need)

Echinacea 1/2 cup

Yarrow 1/3 cup

Possible alternative herbs: Pau D'Arco, Astragalus, Reishi Mushroom, Oregon Grape Root, (powerful but bitter)Goldenseal or Chaparral, etc.

GARLIC

Garlic is generally not prescribed by the medical profession in the form that the world's greatest chemist created it. When God created the Herbs for man, He made garlic to contain a volatile oil with Allicin, diallylsulfide and other sulfides.

Therapeutic Benefits of Garlic

1. Fight infection.
2. Cancer-preventative chemicals.
3. Thins the blood.
4. Reduces blood pressure.
5. Stimulates the immune system.
6. Relieves bronchitis.
7. Expectorant and decongestant.

Facts About Garlic

The National Library of Medicine in Bethesda, MD, contains about 125 scientific papers on garlic published since the 1800's. Garlic retards heart disease, stroke, cancer and a wide range of infections.

In 1944, a chemist named Chester J. Cavallito, identified garlic's smelly compound, Allicin as an antibiotic. Tests even found raw garlic more powerful than penicillin and tetracycline.

In 1987, Tarig Alodullah, MD. revealed that garlic dramatically augmented the powers of the immune system. This research was done at Akbar Clinic and Research Center in Panama City, Florida.

THERAPIES FOR RELIEF OF COLD & FLU

HOT FOOT BATH

WHAT IT IS-This is not a contrast bath for the feet, as described in the previous therapy ("Contrasts Baths"), but a continuous bath in hot water.

HOW IT CAN HELP YOU-When the feet are placed in hot water, the excess blood which is congesting other parts of the body is brought to the legs and feet. This helps the entire blood circulation in the body, and relieves congestion in the brain, lungs, abdominal and pelvic organs. The blood is shifted from one part of the body to another, and the entire body is helped.

The Hot Foot Bath also helps to ward off infection and sickness in cold weather, when one is beginning to catch a cold, sore throat, etc. The body has become chilled, and a hot foot bath warms the entire body and stimulates the circulation.

Lastly, when an individual is nervously fatigued, the feet are generally cold and the blood circulation is poor and unequal. A hot foot bath will relieve the nervous tension, lessen congestion in the brain, and balance the circulation.

Thus, the Hot Foot Bath can prevent or shorten colds, relieve headaches, stimulate the circulation when the feet are cold, relieve pelvic cramps and chest and pelvic congestion, stop nosebleed, aid relaxation, and prepare one for a cold water treatment (such as a cold shower, etc.)

WHAT YOU WILL NEED-A foot tub or similar container large enough and deep enough,-such as a five-gallon can, large mouthed bucket, or deep dishpan. Thermometer to test the water, or test it with your elbow (103°-110° F.). Bath towel. Teakettle or pan for boiling water. Basin of cold water. Pitcher or dipper to add hot water. Two blankets to wrap about him. Cold compress (hand towel wrung out of cold water), if needed for the neck. Floor or bedding protection (rubber sheeting, plastic, or newspaper).

PITCHER OF DRINKING WATER: The person receiving this therapy should drink at least one glass of water during the therapy or as needed 2 or 3 glasses

HOW TO APPLY IT - (See picture on page 118.)

1- The room should be warm with no drafts. Place the plastic, with towel over it, on the floor under the feet. Fill the foot tub with water (about 104° F.) so that the ankles are fully covered. Test with the thermometer or your elbow.

2- Instruct him beforehand as to what you are going to do. Place his feet in the tub and cover him with the blanket. (If he is sitting up, wrap him well.) If he is lying down, do not let the calf of his leg touch the foot tub.

3-Slowly add hot water to increase the temperature up to 112° or 115° F. Pour the water against the inside of the tub, with your hand between the flowing water and his feet, stirring the water as it is added.

4-Continue the bath for 10-30 minutes, depending on the effect desired. Keep his head cool with a cold compress. A cold head compress is especially important if the foot bath is continued for any length of time, or if he is in a sitting position, and always if there is a tendency to faintness.

5-When the feet are removed from the hot water, pour a dash of cold water over them quickly. This cold water should come in contact with both the dorsal (side) and plantar (bottom) surfaces of the feet. In some cases, the cold water is omitted.

6-Quickly place the feet on the towel and remove the foot tub. Dry the feet well, especially between the toes. If he is perspiring, dry him thoroughly with a towel. **CAUTION**-Do not give a Hot Foot Bath to one who has hardening of the arteries of the feet, or if there is a loss of skin sensation (no sense of feeling) in the feet, or those with diabetic neuropathy.

HOT & COLD CONTRAST SHOWER

A simple therapy one can do for themselves is a Hot & Cold Contrast Shower.

HOW IS IT DONE?

Simply take a shower as hot as you can bear for 3 minutes. Then turn the water to cold as you can bear for 30 seconds. Repeat this 3-4 times which give you a total shower time of about 15 minutes. Then dry off and immediately lie down and sleep for at least 30 minutes.

~An alternative to this shower is below

HOT SHOWER

Simply take a shower as hot as you can handle for 10-15 minutes then end with 30 seconds - 1 minute cold.

Please consult your Physician for diagnosis and treatment.