COLDS & FLU

DIET:

One cooked onion a day, every day if no nausea
Include garlic in foods or take 4-6 capsules as supplements, if no nausea
Eat alkaline foods (fruits, vegetables)
Cut out fried foods, alcohol, spicy foods
Drink lots of fruit juices
Distilled Water
Juices: lemon, black currant, orange, pineapple, elderberries (esp. for bronchial catarrh), carrot, beet, tomato, green pepper, watercress, plus onion and garlic juice in small doses added to veg. juices.
Also drink hot grape juice if you can. Sweeten with honey, not sugar
Rest after eating

SUPPLEMENTS:

Work up to 160,000 IU Beta Carotene over 4 day period, maintain for 2 weeks
8,000 mg Vitamin C (with bioflavonoids) in divided doses.
In acute situation: 1,000 mg every second hour.
200 - 600 mg bioflavonoids if taken separately from Vit. C
20,000-25,000 drops Vit. D daily for 3-4 days (no longer)
Honey
Bee Pollen spray for sore throats
100 mg B6 (natural antihistamine)
B complex high potency
600 IU Vit. E
30 mg Zinc or zinc lozenges if sore throat
1 Selenium tablet daily
1-2 Quercetin a day (especially for respiratory infections)
Salt water gargle for sore throat: pinch salt in ¼ cup warm water (should be salty but not overly). Can do every 15 minutes to calm down the throat pain.

HERBAL:

Oregano
Take 4-5 drops Wild Oil of Oregano at the back of the tongue, take a swig of water, gargle and swallow. Follow with a little water to quell any burning feeling. Do at the beginning of the virus, as soon as you feel any symptom eg. Hot nose, burning eyes, tickle in throat or sore throat. Do every half hour for 3 doses, then do twice a day for several days.

Wild Cherry Bark
Cold, coughs, respiratory infections, breathing pains, laryngitis.

Elderflower
Flu, colds (viruses)

Elecampane
Lung problem, pneumonia

Horehound
Persistent coughs, colds, pulmonary problems, bronchial congestion. Expands blood vessels and eliminates mucous from upper respiratory tract.

Golden Seal Root
Contains hydrastine and barberine which have antibiotic and antiseptic properties. Curtails secretion of further mucous. Clears sinuses, improves digestion. Take only up to 10 days.

Cayenne
Strong germicidal properties inhibiting growth of harmful bacteria.

Ginger

Esp. in combination with other herbs like cayenne. Good for indigestion, stomach flus, cramps and sore throat.

Licorice Root

Fevers, colds, any distress of breathing. Works best in combination with other herbs like ginger and cayenne.

Mullein

Expectorant and soothing for the lungs.

Echinacea

Favours the lungs, but good for the whole immune system. Take only up to 10 days.

Orange Peel

Promotes discharge of mucous and helps alkalinizes system.

Slippery Elm Bark

Soothing, esp. to sore throats. Indians also use for fevers and bowel complaints.

Fenugreek

Seeks for lung problems and help to clear bronchial passages of catarrh and other irritants. Helps lubricate intestines, lower fevers, aid in digestion.

FEVER:

Many people favour "sweating it out". Fever is the body's way of killing off the virus and so many will get better success at inducing a fever (as long as it is only 2 or 3 degrees above normal.

- **Herbs to promote perspiration for colds and fevers:**
  Cayenne, elder, garlic, ginger, peppermint, yarrow.
- **Take a hot tea like yarrow, or peppermint, then sit in a hot tub until you feel uncomfortably hot, next go to bed with a sweatsuit or flannel pajamas and sock, a warm towel or scarf around your neck. Take some vitamin C, drink hot grape juice, and pull the covers over you and rest, letting your body build up heat, and perspire. After the cold is broken with the sweating aids, the patient should be sponged with equal parts cold water and vinegar to close the pores, put to bed, and given fruits or fruit juices.**
- **A good Cold/Flu tea: equal parts of Boneset, Yarrow, Peppermint and Elderflower. Steep 1 tsp of the mixture in 1 cup boiled water, cover and steep 20 min., strain and drink 2 cups a day.**
- **If the fever goes too high bring it down by sponging the body with tepid water (can add a touch apple cider vinegar if you wish to balance pH of skin).**

GEMMOTHERAPY – tree buds, maximum 10 drops daily:

- **Rosmarinus is anti-viral**
- **Vaccinium myrtillus (bilberry) for herpes, influenza. Kills or inhibits bacteria, fungus, yeast, protozoa**
- **Acer for chronic viral infections. Inhibits the growth of viruses. Changes the environment so viral load is reduced not for colds and flu, more the chronic viruses.**
- **Pinus montana (mountain pine) pineol stimulates general antiviral activity**
- **Olea europea (Olive) inhibits viral replication, stimulates immune system, antibacterial, antifungal, antiparasitic**
- **Secale cereale (rye) powerful antiviral for colds and flu**
- **Betula pub (white birch) for HPV, colds, flus, antibacterial**
- **Rosa Canina: adjunctive in viral infections**
- **Equal parts: Ribes nigrum (black currant), Hippophae (sea buckthorn); Alnus glutinous (black alder)**

HOMEOPATHY – these are the most common used

- **Arnica if feeling bruised**
- **Oscillococcinum: general flu symptoms, use it in the first 24 hr.**
- **Aconite:**

- **at first sign of flu, esp. after exposure to cold air. It can abort the disease.**
- **Sudden violent onset with dry red face, great anxiety, restlessness, unquenchable thirst, dry painful cough, racing pulse.**
- **Repeat remedy at least 3 times, every 3 hr is good.**

- **Bryonia:**
  - **Hot and dry. Lies perfectly still, worse from any motion, very irritable, wants to be left alone.**
  - **Thirsty for large, cold drinks.**
  - **Dry cough, headache (worse when coughing), constipation, and muscle and joint pain all over. Sharp pains when moving or coughing (worse with slightest motion). Holds the chest when coughing. Dry mouth and lips.**
  - **Grumpy and feels miserable with the flu.**

- **Eupatorium perf:**
  - **deep aching pains in the bones or back as if bones are broken.**
  - **Exhaustion.**
  - **Restless, but moving about doesn't help.**
  - **Intense thirst for cold drinks.**
  - **Hacking cough.**
  - **Yellow tongue.**
  - **Fever preceded by chills, esp. from 7-9am.**

- **Rhus tox:**
  - **Restless with stiff muscles. Must keep changing position which gives some relief.**
  - **Sore throat.**
  - **Nausea/bloating.**
  - **Worse after lying still. Worse when first starting to move, but better after moving.**
  - **Anxious, chilly and thirsty.**
  - **Red tongue or triangle at the tip of the tongue.**
  - **Craves milk. Desires cold drinks but is worse from them.**
  - **Feels better from hot showers or getting up and pacing. Better from rubbing, stretching, warmth and movement helps.**

- **Arsenicum alb:**
  - **Anxious, restless, thirsty for small sips. Frequent changes of position**
  - **Extreme weakness from the start. Exhausted from the least exertion.**
  - **Chilly and craves warmth.**
  - **Worse after midnight.**
  - **Burning pains in throat, chest, abdomen, which are relieved by heat.**
  - **Diarrhea.**

- **Gelsemium:**
  - **Hot head and face but chills go up and down back.**
  - **Burning headache but not much thirst.**
  - **Fatigue and achiness that comes on gradually, increasing over several days.**
  - **Face feels heavy, eyes look droopy or intoxicated with drooping eyelids and flushed face.**
  - **Limbs feel heavy.**
  - **Wants to be left alone.**
  - **Chills up and down the back.**
  - **Pain in eyeballs or the back of the head - begins at back of neck and skull..**
  - **Slow pulse**
  - **Anxiety, dizzy, moderate fever, trembling, perspiration.**

- **Belladonna:**
  - **sudden onset with hot, red face.**
  - **Dilated pupils, red throat, high fever, throbbing headache.**
  - **Worse from noise, being jarred, from stopping or from light.**
  - **Sometimes delirious.**

- **Nux vomica:**
  - **extremely chilly, chill from uncovering or just moving is main symptom – can't get warm.**
  - **Limbs and back aching, stomach upset.**
  - **High fever; violent chills, strong nausea; cramping in digestive tract or painful cough and constricted breathing if the flu is respiratory). During a fever with a hot body, the patient cannot uncover.**
  - **Irritable, angry, oversensitive to noise, lights, odors or imagined insults.**
  - **Constipation with urging for stool.**
  - **Worse after eating, in the morning, from cold or drafts. Insomnia from 3-5 am. Better from warmth, covering, napping, and passing stool.**

- **Phosphorus**
  - **especially when pneumonia threatens.**
  - **Great thirst for cold drinks. May be tendency to vomit when liquids warm up in stomach.**
  - **Fever with an easily flushing face; weak/dizzy; headache; hoarseness; sore throat; cough; stomach pain/nausea or vomiting.**
  - **Burning sensations (anywhere).**
  - **Worse lying on left side.**
  - **Afraid to be alone, desires company and reassurance.**
  - **Easily startled and afraid of thunderstorms.**
  - **Hypersensitive to odors, sounds, lights.**
  - **Tickling cough with tightness in chest.**
  - **Craves salt, spices, or ice cream.**
  - **Pneumonia with burning in chest - worse lying on left side. Bloody sputum.**
  - **Better from short naps, eating, cold food, drink, company, sitting upright, lying on right side.**
  - **Worse being alone (wants others near), warm food, or drink, evening**
  - **Strong anxiety.**

- **Ferrum Phos.**
  - **Stuffiness, sneezing that starts a cold. That bout of sneezing is a first sign that a cold is threatening.**
  - **Fever. Headache. Rosy Cheeks. Feeling of weariness. Sensitive eyes.**
  - **Short hard cough. Strong thirst. Vomiting after eating.**
  - **Good for early stages of flu or fever, even if symptoms are not very clear.**

- **Pulsatilla.**
  - **weepy and desires company and sympathy. Fearful when alone.**
  - **Great craving for fresh air, even when chilly.**
  - **Worse from warmth or being in a closed room.**
  - **Thirstless even with dry mouth.**
  - **Greenish-yellow discharges.**
  - **Cough, which is worse when lying down. Better from company, sympathy, cool open air, sitting upright, cold food and drinks.**
  - **Worse from warmth, closed room, being alone, warm food or drink.**

- **Sulphur:**

- **try when other remedies fail.**
- **Feels very hot and feet burn.**
- **Worse from heat.**
- **Burning pains.**
- **Redness of lips, ears, eyelids, anus.**
- **Worse at 11 am.**
- **Diarrhea in the morning.**

- **Nat. Mur**
  - **for running, watery colds with chilliness and a general feeling of discomfort.**
  - **Loss of taste and smell**
  - **dryness of the skin.**

How to dose: Dose should be taken every half hour if the case is acute the first day, then 3 times a day. In less urgent cases, every two hours during the first day you dose, and then three times a day. In chronic cases, 3 times a day.

BEDREST

Although almost no one does this. Best remedy is to stay in bed for a week. Most last one or two days and then get up.

IF SYMPTOMS PERSISTS:

In persistant chronic conditions, try staying in bed for a week resting and taking highly nutritious juices and echinacea tincture. If that doesn't work, do repeated short repeated juice fasts for 3 to 10 days.

HERE'S ANOTHER HELPER FOR VIRUS (Cold/Flu):

Stop eating meat until you are fully recovered. Take an enema with 1/2 juice of lemon and 1 quart warm water. Take a nice hot bath for about 10 minutes and with the other half of lemon, squeeze and rub it all over the body. Drink 2 glasses of plain purified water and bundle up, go to bed. In the morning you should feel quite a bit better.

OTHER:

- **Often all that is needed is copious amounts of raspberry leaf tea and some bowel cleaning**
- **Keep rooms well ventilated at comfortable temperature. Retain some moisture in your home (pan of water near heaters, keep kettle boiling etc).**
- **Keep away from drafts. If you must go outside, cover head and neck.**
- **Hot epsom salt baths**
- **Headache: if it feels tight, like in a vice: hot wet clothes on head area. If it feels like it is exploding: cool wet clothes on head area.**
- **Nasal dryness: Hydrate home or room.**
- **Sore nose from blowing: cover inside surfaces with vasoline to help protect.**
- **Do not suppress the cold, assist process of elimination by giving copious drinks, lemon barley water etc. and keeping bowels active.**
- **In acute stage of disease, when fever is present you should abstain from all solid foods and only drink fresh fruit and vegetable juices, diluted with water, 50-50, plus herb teas from herbs recommended in this section. After fever subsides, a low calorie raw fruit and vegetable diet with plenty of raw juices and herb teas, sweetened with honey. Some raw seeds, nuts and sprouted seeds and grains.**