FLU

- **if you can get the symptoms right away give: 1-2 drops oil of oregano mixed in 1 tsp honey.**
- **Do once an hour for 2-3 hours - usually will stop flu right away. The trick is to do it at the first sign or symptom.**
- **drink yarrow tea or a combination of yarrow, red clover blossom, parsley leaf tea. Prepare by pouring boiling water over herbs, covering and let stand 20 minutes before straining and drinking.**
- **stay in bed, keep covered, rest**
- **do not eat food, especially if not hungry**
- **increase intake of liquids, esp. water and herb teas**

If fever lingers:

- **simmer 1 oz Hyssop in 1 pint water 3 minutes, let stand where it can keep warm and drink 1 small glassful every hour to bring some moisture to the skin and relieve the kidneys and bladder.**

To Lower Fever:

- **take no vitamins or minerals during fever**
- **raw cranberries can stop a fever**
- **herbal catnip enema, sage, or red raspberry tea to help move bowels if constipation present, after bowel cleaned, finely grated garlic in one-half pint distilled water and one-half pint apple cider taken as enema, follow with warm diaphoretic tea and a hot bath to which one ounce each of cayenne, ginger and dry mustard is added to stimulate system and promote perspiration.**

  To prevent fainting while in bath place cold towel or wash cloth on forehead. As soon as step out of bath, wrap body in cold wet sheet so only head and feet can be seen, put to bed, cover with wool blankets, oil feet and ankles then apply grated garlic and Vaseline to soles of feet, use bandage or gauze to cover feet and large sock to hold in place, pin bottom of cold wet sheet closed. The fever should break during the night and the sheet will mostly likely be stained with the toxins that have come out of the body.

  Warm baths to dilate the blood vessels of the skin, dilate the pores, allow the individual to sweat to get rid of poisons.

For Children: Cabbage leaves on their heads to avoid brain damage.

Lingering Fevers, esp. children:
Simmer slowly in covered pan:
1 oz Hyssop in 1 pint water for 3 minutes. Let stand where it will stay warm. Take 1 wine glassful every hour. Brings gentle moisture to skin and thereby relieves kidneys and bladder.
In eruptive diseases like scarlet fever, measles etc. use this. It is excellent if combined with Marigold flowers. In addition, always sponge down the person with apple cider vinegar and warm water once a day to help eliminate toxins.

Children's Fever Formula:

1 oz Catnip
1 oz. Pleurisy root
1 oz. Lobelia
1/2 oz. Composition powder (4 oz Bayberry bark powder, 2 oz Ginger powder, 1 oz Pinus Hemlock Spruce (inner bark), 1 tbsp powdered cloves, 1 tbsp cayenne pepper.

Grind herbs into powder. Put 1 tsp into cup boiling water, infuse 5 min. then administer 1 cup every 1-2 hours.

Herbs to lower fever: boneset, cayenne, feverfew, hyssop,

Essential Oils for Fever Control:

Add few drops oil to cool water, use as compress.
Chamomile Mixta - mix with bit of peppermint and apply cold compress on head wrapped in plastic to last longer. Use only little massage oil. Chamomile Mixta is strong, use only 2-3 drops.
Eucalyptus -
Peppermint - few drops in bath
Spearmint - cooler than peppermint

Increasing A Fever

Sometimes you want to increase a fever because it can be beneficial. You don't want to increase a dry hot fever (103°F) though and fevers of 103°F when the person is chilled are dangerous and you should take the person to the hospital.

Single Herbs to Increase Fever: Thyme or Hops (febrifuges), Bayberry, Blessed Thistle, Catnip, Tame Sage, Chamomile, Yarrow (diaphoretic).

How to take a temperature without a thermometer:

Take the normal pulse rate - say it is normally 65. If when you are ill, it is 75, you can assume that your temperature is one degree higher than normal because your pulse increases 10 beats for every 1 degree of elevation of temperature.

To eat or not to eat?

One of the basic principles of treating acute disease is DO NOT FEED DURING FEVER. You are feeding the fever and poisoning the body. You are putting more poisons into the body precisely at the time when the body is trying to get rid of these poisons.

As soon as the body spikes a fever, the secretions of the GI (gastrointestinal) tract stop. That's why you get a dry mouth when you get a fever because saliva is no longer secreted. There are no secretions, food is not digested, it turns to poison and adds to the auto-toxemic heap which is causing the acute or necessitates the acute illness in the first place.

OTHER WAYS TO LOWER A FEVER

- take a warm bath or shower
- sponge down with a moist cool towel, leave a cloth on the forehead to soothe any discomfort from the fever.
- lower the room temperature to help feel more comfortable, have some movement of air in the room eg. using a fan
- remove layers of clothing which helps keep fever present
- rest, stay in bed (movement increases body temperature)
- avoid foods, drink lots of liquids, as in fruit juices and water
- sip on ice cubes or ice water or home made popsicles
- boil an apple in 1 1/2 cup of water till soft. Pour through strainer to remove pulp, add honey to taste, cool.
- bring 3/4 cup raisins to a boil in 7 1/2 cups water. Then remove from heat, cool, strain, drink cool

juice 6 times a day.

- **apply egg white to soles of feet**
- **use lightweight clothing so heat can escape**

USING FEVER TO HEAL

When I was about 3 years old, I still had not grown much past that of an infant and what happened was nothing short of a miracle. The family doctor thought I would perhaps never grow, but wanting to protect me from Scarlet Fever, gave me the live vaccine, and within a day or so, I mysteriously developed Scarlet Fever. Although the disease came close to finalizing my life, it did something amazing. The high fever seemed to burn out all inhibitors and disease from my body and after the disease finished it's cycle, I started to grow. This was a good example of the power of fever and the therapy it can provide. Even now there are specialists using fever to kill cancer cells and other disease in the body. I was very fortunate. Of course we know there are no accidents, right!

When the body goes into a fever, the blood is directed away from the peripheral tissues and called into the more central areas, especially the spleen. The spleen increases phagocyte production (white blood cells that consume invaders and toxins that are then eliminated through the lymphatic system) and it also increases the antibody count. The temperature of the body is increased in order to assist the body in cleansing and purifying toxins in the body.

During a fever the body is waging a battle with foreign organisms and releasing and dislodging many toxins throughout the entire system and if allowed to be eliminated, all is well. If these are allowed to be stopped short of completion, the toxins will start dropping out into the tissue and perhaps into the major organs. If these toxins settle in muscle tissue where they can produce an acid catarrhal situation in the body it is called latent rheumatic fever which can lead to heart problems, arthritis, rheumatism.

There are some things to consider. Wet fever indicates lots of vital energy but dry fever is not good as it indicates very little vital energy. Therefore in general, if you have a dry fever (no perspiration), you want to try and change it to a wet type fever where the body is perspiring.
Drinking several cups of hot yarrow tea will certainly assist in creating more of sweating situation. Many people in the past have also used dry or wet saunas or hot baths to promote sweating in order to help the body heal itself.

There are exceptions to this rule. Fevers can be harmful in the presence of certain diseases such as infectious disease therefore encouraging sweating is not always the correct approach to healing. Also, fevers above 104 degrees Fahrenheit are considered dangerous (except in children) and the fever should be interrupted by cooling the body with cool wet towels. A good sponge bath of equal parts water and apple cider vinegar will cool the body and help remove the toxins. When sponging, keep the body covered except for the part being sponged in order to avoid chilling the body.

There are however many instances where fevers assist the body to get rid of many diseases especially where the particular organism can be destroyed at higher body temperatures. Many times the taking of aspirin or other drugs to control a fever is in effect halting an important cleansing process and can cause the toxins to fall into muscle tissue and organ tissue, creating further crisis in the body.

Many herbalists feel that the rise in body temperature when you have a fever is the body's way of encouraging the natural bacteria in the body that can eat up the body's stagnant or congested tissues.

Check the Tone of the Skin:

Is it dry, contracted, tight and irritable? A toneless quality is followed by increased pigmentation. This can be helped by alteratives and antioxidants. Instead of Yarrow, use Pleurisy Root which is a more relaxing diaphoretic.

Relaxed skin that is moist, puffy, cold, becoming pallid and slack over time can be helped by using astringents, dry skin brushing with air and sun bathing. Yarrow is indicated here, not Pleurisy Root.

To Treat or Not to Treat?

If temperature is 100ºFahrenheit (37.78 Celsius), we call this a low grade fever. If the person feels chilled, raise the body temperature so they don't feel chilled. Give diaphoretics, not cayenne, but perhaps ginger, or yarrow tea (elderflower tea is good for children).

If the temperature is 103ºF (39.44 celsius) and the person feels comfortable, it might be best to just leave it alone.

If the temperature is 103ºF degrees and the person feels hot. Bring the temperature down with anti-diaphoretics: Willow, and bitter herbs like meadowsweet, mulberry bark. Some put cooked cool cabbage leaves on children's heads to protect brain. A tepid bath of body temperature - about 98F (36.67 celsius) will help cool the body down, as will a tepid water enema. Do not give an alcohol rub.

If the temperature is 103ºF(39.44C) and the person feels chilled. Take the person to the hospital. There may be possible serious implications eg. meningitis.

Using Diaphoretics(herbs that make you perspire) for Fever:

They open the pores of the skin by dilating the superficial capillaries and vessels to increase the blood flow for better perspiration, raise body temperature, encourage sweating by agitating the nerve fibres in the sweat glands and have an effect on the spinal cord and medulla which control the sweat glands. They help rid the body of waste and toxins and stop problems of congestion or inflammation as a result of the body being cold, and help the body absorb dropsical fluid from the body.

Diaphoretics therefore help purify the blood of morbid waste, especially the type that is produced during an illness.

Yarrow is one of the best herbs to use as a diaphoretic to increase the body's temperature, opens the pores of the skin and stimulate perspiration, equalizes circulation. It can be used for colds and fevers. It has a tonic action. It regulates the liver's functioning the the alimentary canal's secretions. It can be used whenever you want to help remove congestion and disease.

Other diaphoretic herbs(usually taken in hot strong tea): Camomile flowers, Blessed Thistle, Spearmint, Garden Sage leaves, Hyssop, Thyme, Catnip leaves.

Here is a formula presuming the fever is not over 104ºF (40C):

Formula:

1 oz. yarrow flower and/or Spearmint, and/or Sage leaves
Pour 4 cups (2 pints U.S.) boiling water over herbs, cover tightly and keep warm 15-20 minutes. Strain. Drink this while it is quite warm. Also, keep the body covered and warm. Honey can be added if desired. Take 1/2 to 1 cupful every 30-45 minutes until perspiration occurs, then 2 tablespoons every hour or two until asleep.
In the morning sponge entire body with equal parts apple cider vinegar and warm water. Do one portion of the body at a time keeping the rest of the body covered, so the body does not get chilled. This is suitable also for babies or children. With children use spearmint instead of peppermint and add honey to make formula weaker and more palatable.

Another Flu Mixture:

1 clove garlic, smashed
1/2 tsp chopped ginger
Juice of 1 lemon
1 tsp honey, mixed in 1/2 cup hot water
1 drop eucalyptus oil
1/8 – 1/4 tsp cayenne (capsicum) powder
Mix and drink

Flu Fever:
Drink yarrow tea or a combination of yarrow, red clover blossom, parsley leaf tea. Prepare by pouring boiling water over herbs, covering and let stand 20 minutes before straining and drinking.
Stay in bed, keep covered, and rest. Do not eat food, especially if you are not hungry. Increase the intake of liquids, esp. water and herb teas.

If fever lingers:
Simmer 1 oz Hyssop in 1 pint water 3 minutes, let stand where it can keep warm and drink 1 small glassful every hour to bring some moisture to the skin and relieve the kidneys and bladder.

To Lower Fever:
Take no vitamins or minerals during fever. Eating raw cranberries can often stop a fever because of the action on the kidneys and the alkalanizing effect on the pH.
Herbal catnip enema, sage, or red raspberry tea can be taken to help move bowels if constipation present, after bowel cleaned, finely grated garlic in one cup distilled water and one cup apple cider taken as enema, follow with warm diaphoretic tea and a hot bath to which one ounce each of cayenne, ginger and dry mustard is added to stimulate system and promote perspiration.

Wet Sheet Treatment
Drink a cup of hot yarrow tea while taking a hot bath (for about 30 minutes). To prevent fainting while taking a hot bath, place a cold towel or wash cloth on forehead. As soon as step out of bath, wrap the body in a cold wet sheet so only the head and feet can be seen, put to bed, cover with wool blankets, oil feet and ankles then apply grated garlic and Vaseline to soles of feet, use bandage or gauze to cover feet and large sock to hold in place, pin bottom of cold wet sheet closed. The fever should break during the night.
Warm or hot baths dilate the blood vessels of the skin, dilating the pores and allow the sweat to get rid of poisons. In the morning the sheet is usually crisp dry and stained with any toxins that have come out of the body during the night.

For Children: Cabbage leaves on their heads to avoid brain damage.

Lingering Fevers, esp. children:
Simmer slowly in covered pan:
1 oz Hyssop in 1 pint water for 3 minutes. Let stand where it will stay warm. Take 1 wine glassful every hour. Brings gentle moisture to skin and thereby relieves kidneys and bladder.
In eruptive diseases like scarlet fever, measles etc. use this. It is excellent if combined with Marigold flowers. In addition, always sponge down the person with apple cider vinegar and warm water once a day to help eliminate toxins.

Children's Fever Formula:
1 oz Catnip 1 oz. Pleurisy root 1 oz. Lobelia
1/2 oz. Composition powder (4 oz Bayberry bark powder, 2 oz Ginger powder, 1 oz Pinus Hemlock Spruce (inner bark), 1 tbsp powdered cloves, 1 tbsp cayenne pepper.

Grind herbs into powder. **Put 1 tsp into cup boiling water, infuse 5 min. then administer 1 cup every 1-2 hours.**

Herbs to lower fever: **boneset, cayenne, feverfew, hyssop**

Using Essential Oils for Fever Control: **Add few drops oil to cool water, use as compress.**

Chamomile Mixta Essential Oil - **mix with bit of peppermint and apply cold compress on head wrapped in plastic to last longer. Use only little massage oil. Chamomile Mixta is strong, use only 2-3**

drops.

Eucalyptus -
Peppermint - few drops in bath
Spearmint - cooler than peppermint

Increasing Fever

Sometimes you want to increase a fever because it can be beneficial. You don't want to increase a dry hot fever of 103F or more. Fevers of 103F when the person is chilled may be dangerous and you should take the person to the hospital.

Single Herbs to Increase Fever: Thyme or Hops (febrifuges), Bayberry, Blessed Thistle, Catnip, Garden Sage, Chamomile, Yarrow (diaphoretic).

How to take a temperature without a thermometer:

You will need to know the normal pulse rate - say it is normally 65. If when you are ill, it is 75, you can assume that your temperature is one degree higher than normal because your pulse increases 10 beats for every 1 degree of elevation of temperature.

To eat or not to eat?

One of the basic principles of treating acute disease is DO NOT FEED DURING FEVER. You are feeding the fever and poisoning the body. You are putting more poisons into the body precisely at the time when the body is trying to get rid of these poisons.

As soon as the body spikes a fever, the secretions of the GI (gastrointestinal) tract stop. That's why you get a dry mouth when you get a fever because saliva is no longer secreted. There are no secretions, food is not digested, it turns to poison and adds to the auto-toxemic heap which is causing the acute symptoms, or it actually necessitates the acute illness in the first place.