

COLDS & INFLUENZA

HEAL Marketplace, 360 Carpenter Road, Rutherfordton NC 28139
<http://www.healmarketplace.com> healletters@aol.com 866-581-4390



Definition

A cold is a disorder in the respiratory tract resulting from exposure, with catarrh and invasion of microbial cleansers.

Symptoms

Common cold, coryza, cold in the head, etc., these symptoms are evidenced by an inflammation of the upper respiratory tract, marked by an acute catarrhal condition of the nasal mucous membrane, a slight rise in the temperature, chilly sensations and general indisposition.

Cause

It is caused by viral or bacterial infection feeding on excessive or copious secretions of mucus (waste materials) often due to the body's inability to properly assimilate milk and concentrated starches. When a cold or fever just gets started, it can be cleared up very easily, if the procedures are started early, before it becomes too advanced.

Herbal Aids

- ❖ **Burdock:** To promote perspiration (diaphoresis) in colds and fevers: Double the dose in hot water, adding 1/8 - 1/4 teaspoon of ginger (*Zingiber officinale*) to each teacupful.
- ❖ **Sarsaparilla:** As a diaphoretic for colds and fevers. Drink the decoction or compound decoction hot.
- ❖ **Garlic:** At the onset, place a clove of garlic on each side of the mouth between the teeth and cheek. The cold will disappear within a few hours or within a day.
- ❖ **Tansy:** For low fevers, ague, colds. Take small and frequent dosages of the warm infusion.
- ❖ **Bayberry:** Colds, flu, fever, etc. Use bayberry in combination with diaphoretics (yarrows, catnip, peppermint, sage, etc.); it is very effective here.
- ❖ See formula for colds using bayberry, pinus bark, ginger, cayenne and cloves.
- ❖ **Diaphoretics:** The old herbal practitioners were wonderfully successful in their practice because they sought to restore the circulation to its equilibrium. It was they who made the vapor bath famous, for along with herbal diaphoretics there is nothing more effective than the vapor bath in the treatment of fevers, inflammation, colds, congestions, etc.
- ❖ **Yarrow:** Taken freely in the hot infusion form at the beginning of a cold, alone or preferably in combination with other herbal remedies (such as elder flowers and peppermint), it will break up a cold overnight or within 24 hours; wrap the patients feet in flannel that has been wrung out in apple cider vinegar, keeping it warm with a hot water bottle.
- ❖ **Camomile:** Give a warm infusion with a little ginger (*Zingiber officinale*) added.
- ❖ **Boneset:** Influenza, colds, fevers, etc. Give the patient 1/2-1 teacupful hot, every hour until freely perspiring and the fever begins to subside- then give in smaller dose as a tonic (cold)

every 2-3 hours and keep closely-covered in bed 24-48 hours until all signs of the fever are gone.

- ❖ See formula for colds and pneumonia using pennyroyal and elder flowers.
- ❖ **Blue Cohosh:** Recent colds (children). Give 1 dessert spoonful - 1 tablespoonful of the infusion in 1/2 teacupful of sweetened hot water, while closely covered in bed, if the first dose does not produce free perspiration within an hour, repeat hourly until it is produced.
- ❖ **Motherwort:** for influenza, severe colds, low fevers: Give 2 tablespoonfuls in 1/2 pint of boiling hot water (or as hot as can be taken), watch for beads of perspiration to appear on the forehead within 1 hour; if they do not, repeat the dose until the patient is perspiring freely (this is a specific and effective cure).
- ❖ See formula for colds using mullein, boneset, pennyroyal, hops, chestnut leaves, catnip, cudweed, wintergreen, peppermint, bloodroot and coltsfoot.
- ❖ **Horehound:** Children's cough, croup, and chest colds. Make a syrup of the infusion (or concentrate, etc.) and honey (as much as desired) or take the warm infusion freely.
- ❖ **Garlic and Rosehips:** These tablets and capsules are to act as an aid, to assist in relieving colds, etc., or wherever garlic aid in relieving infection can be used as an aid. These are made up of garlic with parsley, watercress, rosemary, and rosehips. The adult amount to be used can vary from one to six or more as needed several times in a day.
- ❖ **Dr. Christopher's Program for Colds etc. Especially for Children:** One of the most simple remedies is to stop the use of all foods and beverages, take a high herbal enema (catnip is good), and drink only red raspberry leaf tea. Between cups of this tea, distilled water may be used, and, if desired, give the child some good organic (natural) vitamin C. It is possible to use quarts of red raspberry tea during the day and nothing else. For children, use according to age. The runny nose, fever, headache and weariness will leave and you will feel like a new person. Even after feeling greatly improved, continue on with the red raspberry leaf tea all that day and well into the next day. If an adult would stay on the tea for three days it would do a wonderful cleaning job for the body.

To make red raspberry leaf tea use one heaping teaspoonful of cut or granulated (powdered) raspberry leaves into a teacup. Fill the cup with boiling distilled water, cover and let stand in a warm place for five or ten minutes. Strain, and drink it while it is very warm.

Another simple procedure: If you feel a cold or flu coming on in the evening, use boneset tea). This herb is a nervine stimulant, tonic, diaphoretic, diuretic, and in large doses, emetic, aperient. Here is another wonderful remedy for breaking a chill in intermittent fever (so-called break-bone fever), muscular rheumatism, bronchitis, influenza, dyspepsia, sore throat, etc.

To use boneset tea take one ounce of cut boneset herb and over it pour 1 1/4 pints of boiling distilled water. Cover and set in a hot place to steep (not boil) for thirty minutes.

As one of our favorite teachers, Dr. Shook, expressed it: In our long experience with herbs, we have learned an important fact and that is that if the American Indian approves of an herb, we can be sure that it has outstanding merit. The Indians knew all about influenza, and some of their people were stricken with it long before the great world war. But it was then not called "influenza," but "break-bone fever" because the pain attending it produced the sensation of breaking bones, probably because of the unbearable tension and contraction of ligaments which, when temporarily relaxed in clonic (convulsive) spasms, produced the sensation that the bones were breaking.

We explain this because boneset immediately relieves that clonus and sets and rests the bones. Therefore it is a superb remedy for not only "break-bone fever," but also for every other kind of

fever man is subject to. In all cases of influenza, severe colds, chills and fever, the patient must be in bed warmly covered, and hot drinks of the infusion of boneset given in one half teacupful doses every half hour until a copious perspiration sets in. If it produces vomiting at first, so much the better. In that case wait until vomiting has completely subsided, then proceed until free perspiration is produced.

We have never known this herb to fail to overcome influenza and we are of the opinion that there would never be another death from this disease if boneset were at hand and freely used.

Another great flu remedy: For the treatment of fevers of all kinds, colds, and influenza, this remedy of elder flower and peppermint leaves is a safe, sure and speedy remedy. Aside from being anti-febrile, elder is an all around alterative, blood purifier and general systemic cleanser.

The great herbalist, Henry Box of Plymouth, England, says: For colds, influenza, fevers, inflammation of the brain, pneumonia (inflammation of the lungs), stomach, bowels or any part, this is a certain cure. I have never known it to fail, even when given up, and at the point of death. It will not only save at the eleventh hour, but at the last minute of that hour. Besides, it is so safe and harmless that you cannot use it amiss. This wonderful, wise old man had been a physician of herbs for over sixty years and was known as one of the great doctors of all times. See preparation of elder and peppermint tea.

- ❖ **Dr. Christopher's Formula for Colds and Flu. (Garlic, Rosehips & Parsley)** This combination of garlic, parsley, watercress, rosemary, and rosehips is to act as an aid to assist in relieving colds, etc., or wherever garlic is needed to help stop infection! The adult amount can vary from one to six or more cups in a day or two or more capsules or tablets six or more times per day taken with a cup of steam-distilled water.
- ❖ **Dr. Christopher's Herbal Composition Power.** Herbal composition powder is made of bayberry bark, cloves, ginger root, cayenne and white poplar bark. As Dr. Nowell, our instructor at the Dominion Herbal College, Let. of Vancouver, British Columbia gave in our textbook, quote: "We have made and used composition powder for over forty years. When we state we regularly mixed it in batches of sixty pounds the student will readily see that we have had at least some experience with it. As a remedy in colds, beginning of fevers, flu, hoarseness, sluggish circulation, colic, cramps, etc. We believe it has done more good than any other single preparation ever known to man. If this compound were kept in every home, and used as the occasion arose, there would be far less sickness. Give it freely in your practice and your patient will bless you. Look over the ingredients, and consider how it will clear canker, ease cramps and pains in the stomach and bowels, raise the heat of the body equalizing the circulation, and remove congestions. It is safe. It is effective. We have on numberless occasions given a cup of composition tea every hour as warm as the patient could drink it, until the patient has perspired freely, and after four or five doses have seen our patient in a free perspiration, thereby removing colds and febrile trouble."
- ❖ **Juices for Colds:** Carrot & garlic, carrot, grapefruit, lemon.
- ❖ **Vegetables for Colds:** Carrots, broccoli, brussels sprouts, cauliflower, collards, kale, spinach, turnip greens.
- ❖ **Apples:** Research has proven daily apple-eaters show a reduced incidence of colds and other minor upper respiratory ailments.
- ❖ **Grapefruit:** Grapefruit rinds can be dried and later used for colds. A tea is made by steeping a teaspoonful of the dried grated rind in a cup of water and drinking a cup each hour until relief is obtained.

- ❖ Ginger: Ginger tea is commonly used for indigestion, cramps, and nausea. One ounce of the fresh root is grated into a pint of boiling water. You can add honey and lemon to this to make quite a nice drink; this also helps break up colds and flu.