

Natural Help for Colds, Flu, Fever & Sinus



Companion Natural Remedies for Colds, Flu, Fever, Sinus:

[Immunity Plus](#) - For full immune system support

[Congesto-K Pillow Spritzer](#) - To keep airways clear and aid in relaxation and restful sleep

[Congesto-K KiddieRub](#) - Chest massage oil for a child's congested nose and chest

[BronchoSoothe](#) - Homeopathic remedy temporarily relieves tightening of the chest to open airways

[Viral-Protect](#) - an excellent formula, helping give your immune system that extra 'edge' when it is needed.

[KiddieBoost](#) - Support healthy immune functioning in children

[KiddieCool](#) - Helps to calm, soothe and reduce fever in children

[Throat and Tonsil Dr.](#) - To soothe the throat, promote tonsil health, & support immune functioning

[ComfiCoff](#) - Naturally eases throat and chest discomfort

[CroupEx Sprinkles](#) is a safe, non-addictive FDA registered natural remedy, containing 100% homeopathic ingredients especially selected to temporarily relieve chest congestion and barking cough in babies and children.

[Bio-Oxidate Defense](#) - Supports cell integrity with natural antioxidants to discourage aging due to lifestyle factors

[AdaptoZen](#) - Supports systemic balance, plus encourages resistance to physical, chemical and biological stressors

[SOS Histadrops](#) - Clears symptoms of allergies, hayfever, and allergic rhinitis without drowsiness

[AllergiClear](#) - Stay allergy-free using natural immune system support

[Sniffly Sprinkles](#) - Helps keep airways open and children breathing easy

[Viral-Protect](#) - an excellent formula, helping give your immune system that extra 'edge' when it is needed.

[BaniFlu](#) - Homeopathic remedy temporarily protects against flu virus and germs - safe for all ages

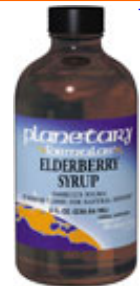
[FluGo](#) - Homeopathic remedy temporarily relieves symptoms of the flu or cold like cough, runny nose, fever, sore throat and fatigue

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.



[Elderberry Syrup](#)

Created for Planetary Herbals by licensed acupuncturist and clinical herbal

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How to Kill Flu Germs Inside and Out

Adapted from The Traveler's Natural Medicine Kit, by Pamela Hirsch (Healing Arts



[Mushroom Glyco Nutrients](#)

NOW® Mushroom GlycoNutrients is a nutritional supplement designed to support



[Zenergize Immunity, Citrus](#)

Getting sick (or at least pretending to) was sort of fun back in the old da



[VRL-X](#)

Overall health can often occur naturally if the body receives the proper nu



[Germ Defense Lozenges](#)

Germ Defense Lozenges are dietary supplements used to boost your immune sys

Press, 2001).

Avoiding the flu is on many people's minds, particularly this year with a worldwide flu vaccine shortage.

The good news is that people have been using [Essential Oils](#) for centuries to ward off illnesses, and we have an antibacterial room spray that can help in just this way.

Antibacterial Room Spray

Here is an excellent antiseptic and freshening room spray. It contains [Lavender](#) and [Thyme](#) oils, both of which are antiseptic and specific to lung infections. If you are traveling, you might like to use it in your hotel room.

1. Fill a 2-ounce glass spray bottle with distilled water.
2. Add to it 7 drops of [Lavender](#) oil and 4 drops of [Thyme](#) oil.
3. Replace the spray top and spray!

If you are unlucky enough to come down with a case of the flu, or a bad cold, there are many natural herbal and [Homeopathic Remedies](#) that also really help. Here is a list of these as well, so you can ride out such an illness with the least amount of misery!

[Echinacea](#) [Echinacea](#) stimulates the [Immune System](#) and helps the body rid itself of microbial infection. *Echinacea angustifolia* and *E. purpurea* are equally effective, and many products contain *E. pallida* as well. Start taking [Echinacea](#) tincture - 30 to 45 drops 3x a days week before traveling to obtain its immune-enhancing effects.

While all treatments work differently, depending on the individual, experience shows that [Echinacea](#) can knock out a cold if taken at the onset of symptoms.

[Astragalus](#) Another effective immune-enhancing formula is a combination of [Astragalus](#) ([Astragalus membranaceus](#)) and [Siberian Ginseng](#) (*Eleutherococcus senticosus*) taken as a tincture twice a day, 20 to 30 drops per dose. This formula is appropriate to take daily throughout the cold and flu season. Begin a month prior to travel.

[Boneset](#) [Boneset](#) (*Eupatorium perforoliatum*) is an immune stimulant that assaults bacteria. In the 1700s and 1800s most U.S. homes in the Northeast had [Boneset](#) drying from the rafters. It was used effectively to treat a flue epidemic in Pennsylvania in 800.

[Redroot](#) This effective botanical stimulates and cleanses the lymph system. The lymph system is responsible for processing and cleansing the body of the byproducts of fighting infection.

[Boneset](#), [Redroot](#), and [Echinacea](#) Make this formula blend yourself by buying single-herb tinctures of each of the three [Herbs](#) and combine them in a larger jar. Fill a 2-ounce tincture bottle with some of the resulting formula and you're all set. This remedy is good to take 20 to 30 drops at a time, every hour, at the onset of cold or flu symptoms.

[Homeopathic Formula](#) A standard remedy for flu is the homeopathic formula



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[Natural Remedies](#)

[Native Remedies](#)

Oscillococcinum. Manufactured by Boiron, Oscillo is taken like any other homeopathic remedy - sublingually (allowed to dissolve under the tongue) 30 minutes before or after eating or drinking anything except water. The standard dosage is three vials; each vial contains hundreds of minute pellets. As soon as you feel flu symptoms, take a vial of Oscillo. Repeat with the second vial six hours after, and with the third six hours after the second.

Note: These recommendations are offered as information only, not as a medical recommendation, or to be used independently of your working with your doctor.

Do You Have a Cold or the Flu?

Here's how to tell:

Colds and flu are distinct and separate upper respiratory infections, triggered by different viruses. (Outdoor environment- drafts, wetness, temperature changes, etc. do not cause either of these illnesses.)

The flu is more serious, because it can spread to the lungs, and cause severe [Bronchitis](#) or pneumonia. In the beginning stages, the symptoms of colds and flu can be similar. Both conditions begin when one or more of the over 200 hundred viruses that cause a cold or flu penetrate the body's protective barriers. Viruses don't breathe, digest food or eliminate, but they replicate themselves with a vengeance. Nose, eyes and mouth are usually the sites of invasion from cold viruses.

The most likely target for the flu virus is the respiratory tract. Colds and flu respond to different treatments. The following symptomatic chart can help identify your particular condition and allow you to deal with it better.

A Cold Profile looks like this:

- Slow onset. No prostration.
- Body aches—largely due to the release of interferon (an immune stimulator).
- Rarely accompanied by fever and headache.
- Localized symptoms such as [Sore Throat](#), sinus congestion, listlessness, runny nose and sneezing.
- Mild fatigue and weakness as a result of body cleansing.
- Mild to moderate chest discomfort, usually with a hacking cough.
- Sore or burning throat common.

A Flu Profile looks like this:

- Swift and severe onset.
- Early and prominent prostration with flushed, hot, moist skin.
- Usually accompanied by high (102'-104') fever, headache and sore eyes.
- General symptoms like chills, [Depression](#) and body aches.
- Extreme fatigue, sometimes lasting 2-3 weeks.
- Acute chest discomfort, with severe hacking cough.
- [Sore Throat](#) occasionally.

My Battle With a Summer Cold

[Natural Health Supplement Shop](#)

[PetAlive Herbal Remedies](#)

[Xtend-Life - Natural Health Products](#)



Ok, we all know that colds are just the pits. A summer cold, however, well, it's further down than the pits! And why does it always seem to take so much longer to get rid of it?

I recently battled one heck of a summer cold, thanks to my teen son who picked it up while traveling with his All Star baseball team.

Here's what I did to knock the cold out within 48 hours:

- 1) I began taking an [Echinacea-Goldenseal](#) supplement. [Echinacea](#) and [Goldenseal](#) are both strongly recommended to help your [Immune System](#) fight infections. [Goldenseal](#) is a natural antibiotic while [Echinacea](#) is a proven [Immune System](#) enhancer. I simply took the recommended dosage for five days.
- 2) [Gypsy ColdCare](#) tea by [Traditional Medicinals](#) - ohhh, I can't say enough good about this tea! It helps the symptoms of a head cold immensely, without the harmful side effects of many over-the-counter medications. And, sweetened with a bit of honey, it even tastes good! I drank a cup of this at least 3 times a day for the first 2 days of my cold.
- 3) I started taking 100 mg of [Alpha Lipoic Acid](#) per day. There is a long list of benefits of [Alpha Lipoic Acid](#), some have even gone as far to call it the ideal [Antioxidant](#). Below are some benefits of taking [Alpha Lipoic Acid](#).
 - [Alpha Lipoic Acid](#) helps make [Vitamin C](#) and E work better
 - [ALA](#) is a powerful [Antioxidant](#) that fights free radicals
 - It's easily absorbed either from food eaten or from [Supplements](#)
 - [Alpha Lipoic Acid](#) helps increase glutathione which helps with [Detoxification](#)
- 4) I began taking 1/2 teaspoon of [Ascorbic Acid](#) ([Vitamin C](#) powder) 3 times per day. We all know that [Vitamin C](#) is highly recommended when you are ill - well, this powder (mixed with juice is best) gives you a megadose of [Vitamin C](#) and speeds your healing time immensely.
- 5) One [No Shot B12/B6](#) with Folic Acid once a day. What's better for energy and Stamina (which we definitely need more of when we're ill) than the B [Vitamins](#)?
- 6) A good [Multi-Vitamin](#) - I take one of these every day - but it's a good thing to be taking when you're ill, also.
- 7) [Fish Oil](#) - studies have shown great benefit to the [Immune System](#) - this is one of those substances you should be taking daily whether you are ill or not. The benefits of [Omega-3](#) are enormous.
- 8) Cold Care [Essential Oil](#) blend by ReflexAromas - I love this stuff! It helps unclog stuffy noses in a heart beat - it has replaced my Vick's Salve - and trust me, I've been a believer in Vicks since I was a child!

And, just as a side note, the [No Shot B12](#) and [B6](#), the [Multi-Vitamin](#), [Fish Oil](#), and



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[Alpha Lipoic Acid](#) are good [Supplements](#) to be taking daily. If you build up your [Immune System](#) and strength before you fall ill, well, you're less likely to become ill in the first place. And when you do catch that bug, you'll have a much bigger bug swatter in your [Immune System](#) arsenal!

What Happened to the Bird Flu Pandemic?

By [Warren Matthews](#) of [Xtend-Life](#)

Remember in 2005 when according to the media and the 'experts' we were all about to be 'wiped' from the face of the earth as a result of the imminent bird flu pandemic?

The hysteria was out of control and many people were taking advantage of it, from pharmaceutical company's, research laboratories to government officials being given an excuse to travel to exotic places to 'check it out', not to mention the international conferences to discuss a solution.

I wrote an article about it for [Xtend-Life](#) back on the 2nd December 2005. Now that 15 months has passed and the world has moved on as it normally does after this sort of nonsense I thought that some of you may be interested in reading this earlier article I wrote on the Bird Flu. Hope you enjoy it.

Bird Flu... Real Threat or a Hyped up Hoax? (published 2nd Dec 2005)

A couple of weeks ago on the first evening after having arrived home in New Zealand from three weeks in Thailand, China and Hong Kong, I sat down in front of the TV to catch up on the local evening news. What was the lead news item? You guessed it! Bird/Avian Flu". My word... it was scary stuff!

The experts who were being interviewed were predicting up to 1.25 million deaths in New Zealand alone! Now, that's pretty serious given that the entire population of New Zealand is only around 4 million... Then, after I left the TV in disgust I went to my computer and found an email from a customer with a copy of a newsletter with the title, "How to survive the Coming Influenza Pandemic".

The newsletter was from a supplement company promoting a supplement which was apparently the answer to the Bird Flu "Pandemic". This was interesting stuff, particularly the section in which they referred to an incident in Bangkok, Thailand. This is what they said, and I quote...

- A tiger in Bangkok, after being fed slaughtered chickens began to sicken and died.*
- Of roughly 400 tigers in the zoo, slightly more than a hundred either died of the disease or had to be destroyed.*
- Domestic cats in Thailand were found infected and a leopard in another Bangkok zoo. These are the first known flu infections of any sort of feline.*

That's pretty frightening eh? Or... is it really? More on this soon...

The next night there was an item on the news again about people putting together 'survival' kits for the "Bird Flu Pandemic" as a result of which, billions of people throughout the world are about to die a horrible death. They even had a kid of about 12 who had used his pocket money to put together his own personal survival kit. The only



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thing that he was missing was his personal supply of Tamiflu because it is all sold out!

If he really knew the truth regarding the possible effectiveness of Tamiflu he would not have been worried about not being able to get it.

OK... how do I feel about all this media exposure regarding Bird Flu and references by the media to a 'Pandemic'.

I can't really put in print how it really makes me feel... but... I can say that it "annoys me more than a little bit". Why?

Because, it is absolute nonsense and simply amounts to transference of wealth from the hardworking tax payer to either the pharmaceutical companies or any company that can put forward a good case for research funding. On top of that there are many unscrupulous companies in the supplement industry distorting the true situation to promote products.

There is no Bird Flu Pandemic...

And the risk of one is minimal to say the least!

As an example of distortion let me refer back to the Tiger story! As you may know we have a regional office in Bangkok and I spend quite a lot of time there so I'm pretty familiar with most of the important events that occur there.

The tiger incident referred to, occurred over a year ago and hardly got a mention in the local press (between March and October 2004) and there have been no cases of sick tigers since.

The tigers involved had been fed dead raw chicken carcasses! Enough to make anyone sick, even tigers if the carcasses had been left lying around in the sun for too long. It was suggested that the bird flu virus was involved but there are still some unanswered questions. How does this relate to humans? When did you last pick up a dead chicken carcass and eat it raw? : Let's face it, although I don't know the exact figures I would take a bet that more than 100 people a year in the US die from food poisoning as a result of eating undercooked chicken. Wonder if these deaths will now start to be blamed on Bird Flu?

OK... to the bottom line! Don't get taken in by all this media hype regarding Bird Flu about to destroy the world as we know it. Also, the references to the Spanish Flu of 1918 and the suggestion that we are overdue for a Pandemic is scaremongering in the most irresponsible form. There is no evidence to suggest that a Pandemic is inevitable just because we haven't had one for a while!

Do you need to do anything?

Should you be doing anything extra to protect yourself from this perceived Bird Flu threat? No, not really... at least no more than the common sense steps you should always take to avoid any sort of flu. Make sure that you employ good lifestyle practices that are helpful in escaping any type of virus whether it is a flu type or some other version! (We are surrounded by hundreds of them and have been all our lives).

An example of good lifestyle practices is simply sensible hygiene! Avoid touching your face and mouth with your hands after you have touched doors or any other items in a

public place. If you are prone to touching your mouth or nose with your hands it may be a good idea to carry some bacterial wipes to keep your hands clean.

What else can you do? The most important thing is to ensure that you keep yourself healthy and do whatever you can to sustain a strong [Immune System](#). Not, out of fear of the Bird Flu but simply to help avoid any sort of virus or flu.

We have further information about Colds, Flu's and Immunity which I think that you will find very useful. It identifies the various forms and both conventional and natural treatments. You can read it at the [Xtend-Life](#) website.

I have read an enormous amount of material about this so called Bird Flu Pandemic. I have reviewed all points of view, some of which are poles apart. One of the most interesting articles was one written by Tim O'Shea entitled "Avian Flu: The Pandemic That Will Never Be". I'm not saying that I agree with everything he says as there are flaws in it but you may find his point of view interesting. If you would like to read it [click here](#).

Herbs for Flu, Tested by Science

A flu and cold are often difficult to differentiate, but a flu is usually worse. Symptoms include a fever with chills, runny nose, cough, headache, and a feeling of malaise or tiredness. Although the most acute symptoms usually subside within three days, symptoms such as weakness and coughing may persist for ten days. Even though the flu is typically self-limiting, serious complications can arise in the very young or the elderly or those with a preexisting disease.

The ideal approach to the flu is, of course, prevention. This might be accomplished by improving the [Immune System](#), especially in the fall as flu season approaches. Several studies have shown that [Astragalus](#) ([Astragalus membranaceus](#)) extracts can stimulate the [Immune System](#). Use [Astragalus](#) as an extract or add the root to soups.

If you do get the flu, here are two [Herbs](#) shown to help reduce the severity of the illness.

1. Elder (*Sambucus nigra*) has a tradition of use for the treatment of colds and flu and has stood the test of science. The flowers from this plant have demonstrated antiviral activity against both influenza types A and B, as well as herpes simplex virus type 1. It also possesses anti-inflammatory activity.

A clinical study showed that a standardized elderberry extract, Sambucol, improved the symptoms of influenza with a complete recovery in two to three days, compared to a six-day recovery period for the group not receiving the herb. In this study patients were diagnosed with influenza type B. Elder may act by stimulating the body's own interferon or by preventing attachment of the virus to the body's surfaces.

1. Licorice root has also demonstrated antiviral activity. When mice infected with lethal doses of influenza virus were treated with glycyrrhizin, an active component of [Licorice](#), they were protected from death due to the virus and suffered less lung damage than did mice treated with saline controls.

To Flu Shot or Not to Flu Shot, That is the Question

With Avian Flu in the news, parents, seniors, healthcare providers are exploring the question of whether flu shots are appropriate, and if they should be mandated to protect us all from the risk. The fact that many doctors can not get the shots should not be a deterrent for those who are convinced of the benefit. Most drug stores still have stock available. Flu shots are not a slam dunk. They are controversial. Here are some of the reasons why:

Flu shots are preserved with thimerisol as the primary preservative. Thimerisol is a nerve toxin, a form of Organic mercury. Mercury poisoning is deadly and cause a range of health issues that stay with the patient for life. The effect is cumulative, and if annual flu vaccines become required, the toxic load is sufficient to cause [Autism](#)-like symptoms, fibromyalgia like symptoms and more. Thimerisol has been banned in many European countries, because of its negative health impacts. I repeat, mercury is a neural poison. Do we really want to inject it directly into our blood streams?

Flu shots have a more concentrated dose of mercury, than the EPA indicates is safe for a 250-pound man. We give these shots to babies and school children. And we wonder why learning disabilities are rising at alarming proportions in this country?

Flu shots have viral elements based upon the prior flu season in the southern hemisphere, typically Australia. There is no guarantee that the strain of flu that the vaccine builds resistance to, will be what is needed in the US the following season. There is no double blind, scientific testing with flu vaccines. The more a virus mutates, as a result antibiotic overuse, or a result of genetically modified organisms gone wrong, or as a result of the process of making the vaccine, for example, the more likely the vaccine will be ineffective.

When flu vaccines were first developed they were determined inappropriate for people in fragile health, the elderly and for people with certain reactions, [Allergies](#) to certain drugs and foods. Unfortunately when these populations were eliminated, the market for these vaccines was less than 20% of the population. Thus these concerns were removed from final warnings for these vaccines.

While flu vaccines were added the governments list of mandatory vaccines for school children under the age of 18 and are recommended for elderly, parents can opt their children out, with a philosophical, health or religious objection. However many parents are unaware of their ability to do this, because schools have incentives to get all their students vaccinated, because the formula for state funding of schools includes incentives for vaccinated school population. It is not in the schools financial interest to inform parents of their rights.

Healthcare workers were very forceful, in their boycott of federal plans to required healthcare workers to submit to mandatory smallpox vaccines, as part of a bio-war on terror. The program was scrapped. If healthcare workers, who are most aware of the vaccines, refuse them, what should the rest of us be taking from this?

People who got flu vaccines still get the flu. What efficacy is that?

There are other ways to protect against the flu, with less potentially lethal side effects. These include using homeopathic anti-flu meds like Occillo. These include making sure you eat healthy, keep your [Immune System](#) in peak condition, eat your vegetables. If you are concerned about Avian Flu, consider eating only Organic, range free chicken. And if you find yourself catching a flu, consider in addition to chicken soup, and

drinking lots of liquid, a trip to your acupuncturist, your naturalpath or your chiropractor.

The answer to whether or not to vaccinate would seem to rest upon your trust or lack of it in the vaccines effectiveness and safety, weighed against the potential for harm if indeed you became sick with the virus.

About the author

Nan Andrews Amish, the Business Healthcare Contrarian is the founder of Big Picture Healthcare a strategy consulting firm which provides expertise in consumer directed healthcare, healthcare marketing, and strategies to decrease benefit costs by 20-30% while improving talent management. Nan offers Management Consulting, Facilitation, Workshops. Contact her at nan@bigpicturehealthcare.com or (650)560-9800.

Herbal Blood Purifier for Treating a Cold

- 2 oz. [Echinacea](#) root, 1 oz.
- [Yellow Dock](#) root
- 1 oz. [Golden Seal](#) root
- 1/2 oz. [Ginseng](#) root

Powder [Herbs](#) and mix together. Put into size 00 capsules and take 2 capsules 3 times a day for 10 days.

This combination is good for just about any illness..

Aromatherapy for Common Colds

Use the following oils in a hot bath. Lie back and inhale deeply;

- [Thyme](#) 2 drops
- [Tea Tree](#) 2 drops
- [Eucalyptus](#) 1 drop
- [Lemon](#) 3 drops

For the steam inhalation method, use one drop each of the following: [Thyme](#), [Tea Tree](#), [Lavender](#), and [Clove](#).

Carry with you a tissue on which you have placed one drop each of [Thyme](#), [Peppermint](#), [Eucalyptus](#), and [Clove](#), and inhale deeply whenever possible.

Massage around the chest, neck, and sinus area (forehead, nose, and cheekbones) with the following:

- [Lemon](#) 1 drop
- [Eucalyptus](#) 2 drops
- [Rosemary](#) 3 drops

Dilute this mixture in 1 teaspoon Massage Oil.

Cold and Flu Herbal Remedies

Colds With Flu Symptoms:

Mix 1 cup each of [Plantain](#), [Black Elder Flowers](#), [Juniper](#) berries, [Rosemary](#), Irish moss and [Peppermint](#), Steep 1tsp. of the herb mix in 1 cup boiling water for 15 min., strain reheat and sweeten, drink twice a daily.

Flu symptoms:

Pour 2 quarts boiling water over 1 ounce of dried [Sage](#), add the juice of [Lemon](#), 1 [Orange](#), and 1 ounce of honey, mix well, cover and steep for 1 hour. Strain and drink as often as desired, reheat as needed.

Flu Remedy:

Pour 1 pints of boiling water over 1 ounce of [Elder Flowers](#) and 1 ounce of [Peppermint](#) leaves, cover and let steep 15 min. strain and sweeten give 1 cup warm every hour to produce [Sweating](#).

For Flu:

Put 1tbsp. each of white [Yarrow](#), [Boneset](#), and skullcap in 1 pint of water, simmer for 30 min....strain, add 1tbsp. of this liquid and 1tsp. of psyllium seed, flavored to one cup of boiling water, sweeten w/corn syrup, drink every 30 min. this takes care of backaches and [Headaches](#) too.

Congestion with cold:

add 1 ounce of [Comfrey](#) root(cut up fine) to 1 pint of water, bring to a boil then simmer for 30 min....strain and sweeten take this 3-4 times a day by the cup, [Comfrey](#) reduces the inflammation in the bronchial and alimentary system. It acts as an emollient, demulcent and expectorant, it also has pain relieving properties.

Chest congestion:

Mix 1/2 cup each of powdered [Slippery Elm](#), corn starch, and crushed [Black Mustard](#) seed, wet the mixture just enough to make a thin paste, grease chest w/olive oil. Place the mixture on a warm flannel cloth and apply to the chest, cover to keep warm, keep on until chest skin begins to turn red.

Congestion treatment:

mix 1 cup warm [Almond](#) oil, with 1/2tsp. of [Peppermint](#) oil, massage the chest and back to relieve chest congestion, keep warm and give plenty of [Peppermint](#) tea to produce [Sweating](#).(this works well also for children)

Bronchial problems:

heat 1 cup of milk,add 1tbsp. dried bee [Balm](#) to the milk, allow to steep 15 min....strain and reheat, drink several glasses a day until improvement is noticed.

Comfrey Bronchial Infusion:

put 1/4 ounce of Comfrey leaves in 1 pint of boiling water, cover and steep(covered) 30 min...strain and sweeten with honey, drink at least 2 cups per day.

Parsley Cough Treatment: This is good to use for persistent stubborn coughs.

Pour 2 1/2 cups of boiling water over 2tbsp. of dried Agrimony flowers or leaves and 1tbsp. of dried Parsley, cover and steep until the mixture is cool, strain...use as a gargle to soothe throats, to stop persistent coughs take 2-3tbsp's of the infusion morning and evening.

Cherry Cough Syrup:

Place 1 pint of cherries in a pan and add just enough water to cover , add several Lemon slices and 1 pint of honey, simmer the mixture until cherries are soft, remove from heat. Remove the Lemon and cherry pits from the mixture, refrigerate and take several tbsp. as needed for coughing.

Thyme Cough syrup:

Pour 1 pint boiling water over 1 ounce of dried Thyme, cool to room temperature strain and add 1 cup of honey, shake to mix well, keep in refrigerated, take 1tbsp several times a day for Sore Throats, colds and coughing.

Colds, chest complaints and asthma:

To stave off infections:

Hyssop tea is used on a regular basis is said to help keep away infections; add several teaspoons of the chopped leaves to 2 cups of boiling water and allow to steep 15 minutes, strain and sweeten w/honey, take several cups a day if fighting a cold or infection.

Traditional Peppermint Cure:

mix 1 tablespoon of Elder Flowers, 1tbsp. Peppermint, 1tbsp. white Yarrow, 1tbsp. Feverfew flowers, pour 2 cups boiling water over mix, let steep for 15 min. strain, sweeten and drink hot, this will help break fever by perspiring. Yarrow acts as a pain reliever.

COLD TREATMENT:

Mullein flower tea; has a pleasant taste and is good to soothe inflamed conditions of mucous membrane lining of the throat, also relieves coughing, put a small handful of the Mullein flowers in 1 pint of boiling water, allow to steep for 15 min., strain and sweeten w/honey.

cold treatment: chop several leaves of Comfrey and add 1/2 cup of elderberries, add 1 cup of honey and 1 cup of water, simmer for 30 min. ...strain and take as needed to produce Perspiration and reduce fever, Comfrey leaves produce an aspirin like

substance and help to ease discomfort of a cold as well as soothes inflamed mucous membranes of the throat., elderberries serve a diuretic to flush the system.

Royal mix for the severe colds:

mix 1 cup each of dried white [Yarrow](#), [Spearmint](#), [Sage](#), [Catnip](#), [Horehound](#), [Verbena](#), and [Pennyroyal](#). Pour 1 pint of boiling water over 2 1/2tbsps. the herb mix. Cover and let stand 10 min.....strain and sweeten...drink 1 cup every couple of hours, use more often if [Sweating](#) is desired.

Rice tea:

This remedy is for kids and adults (both will love) simmer 1/2cup of rice in 1 1/2 quarts of water for 15 min., strain and add a few drops of [Vanilla](#) flavoring and sugar, sprinkle w/cinnamon for extra flavor(drink warm) this settles an upset stomach quickly, stops vomiting, [Diarrhea](#) fast.

[Rosehip](#) tea:

Pour 1 cup boiling water over 1 teaspoon of crushed rosehips and 1teaspoon of dried [Lemon](#) peel, let steep 15 min. strain and use honey to sweeten, drink this tea whether you have a cold or not, the extra [Vitamin C](#) is good or you anytime.

Cold treatment:

boil 8 cornhusks in 2 pints of water for 30 min...strain and drink, said to relieve [Headaches](#) and stuffiness of the nose during cold.

Cold remedy:

put one gallon of water in a large pan, adding 3 ounces softened [Ginger](#) root, 3 cups honey, and 1/4 pound seedless raisins, bring to a boil, simmer for about an hour(top will need to be skimmed every once in awhile) cool, strain and place in a tightly closed container overnight in the fridge.

The next day, squeeze 6 lemons,4 oranges and add to the mixture, mix well and drink 2-3 glasses per day, will get rid of the symptoms pretty fast and clean the system.

Cold and Flu Recipes

Homemade VapoRub

Melt a small jar of petromleum jelly (Vaseline) without overheating it. When it turns to liquid, add 2 drops each of [Peppermint](#), [Eucalyptus](#), and [Pine Essential Oils](#). Stir them in, and mix well. Pour the mixture back in to a clean jar, re-label and seal as soon as it reaches room temperature.

Cold and Flu Bath

- 5 d. [Eucalyptus](#)
- 5 d. [Peppermint](#)

- 4 d. [Lavender](#)

Add 7 d. [Thyme](#) for chest congestion. Add oils to 1/4 cup Epsom Salts or Baking Soda. Add to running bath water and soak 15-20 mins.

Cold and Flu Combo Tea

- 3 parts [Echinacea](#)
- 3 parts [Goldenseal](#) Root
- 2 parts [Pau D Arco](#)
- 2 parts [Peppermint](#) leaf
- 2 parts [Mullein](#)
- 1 part [Ginger](#) Root

Directions

Combine all of the [Herbs](#) together. Place 2 Tablespoons of mix in jar that can be completely covered. Pour 6 ounces of hot water over the [Herbs](#) and seal. Steep for 10 to 15 minutes. Strain [Herbs](#).

Drink 1 cup 3 times a day. Inhale the tea to relieve sinus congestion.

Cold Comfort Bath

Yield: 3 1/2 ounces

- 2 tablespoons dried [Lavender](#) flowers and leaves
- 2 tablespoons dried [Rosemary](#) leaves
- 1 tablespoon dried [Gingerroot](#) powder
- 2 tablespoons dried [Eucalyptus](#) leaves
- Fresh [Eucalyptus](#) leaves, [Rosemary](#) leaves to float in bathwater (optional)

Mix together dried [Herbs](#). Place them inside a square of natural fabric or a metal tea ball. Secure your bundle by tying the ends with a bit of sting. To use: Hang the herb bag under your water tap.

Fill the tub with warm (not too hot) water, letting the water flow through the [Herbs](#). Get in the bath, squeeze out your herb bag and place it behind your neck as you bathe. You also may use it to scrub your body with a bit of [Soap](#)

At the first sign of a stuff nose...

At the first sign of a stuffy nose place 1 drop of [Eucalyptus](#) on the corner of your pillow.

This can sometimes even stop a cold from coming on. For young children use [Eucalyptus](#) Smithi a much safer oil.

Essential Oil Recipe for Colds and Flu

- 10 drops [Eucalyptus Essential Oil](#)
- 10 drops [Pine Essential Oil](#)

Add to the bath or put on section of paper towel so you can benefit by inhalation. Inhale frequently. Place on pillow beside nose. This opens the sinuses and helps clear the head of congestion. [Eucalyptus](#) is also a natural antiseptic.

Cough and Cold Treatment Bath

- 3 d. [Tea Tree](#) oil
- 2 d. [Lemon](#) oil
- 2 d. [Pine](#) oil

Soak for at least 15 minutes in bathtub to relieve tightness and congestion.

Cold and Flu Remedy

- half an inch fresh [Ginger](#) root, grated
- a [Clove](#) of [Garlic](#) (two or more, if you can stand it), minced
- 1/8 tsp [Cayenne](#) powder
- juice of half a [Lemon](#)
- 1 cup boiling water
- sweeten with honey

Pour boiling water over the other ingredients and let it stand for 20 minutes, or until cool enough to chug down. Remember that it's a medicine and is not meant to be sipped!

Cold Prevention Tea

- 1 part [Horsetail](#)
- 1 part alfalfa
- 1 part nettle
- 1 part [Red Clover](#)
- 1 part [Red Raspberry](#)
- [Licorice](#), [Orange](#) peel, or [Anise](#) seed to taste

Pour a quart of boiling water over two to four tablespoons of [Herbs](#); cover and steep for at least 10 minutes—even overnight; strain.

Combat Colds and Flu at Night

- 2 drops [Lavender](#)
- 2 drops [Tea Tree](#)

Add 2 drops [Lavender](#) and 2 drops [Tea Tree](#) to a steaming bowl of water - let stand so that the steam diffuses into the room (or add same [Essential Oils](#) to a tea [Candle Diffuser](#)).

Cold Relief Herbal Soak

Use the following combinations of [Herbs](#) for the fighting off a cold:

- 4 parts dried [lavender](#)
- 4 parts dried [Rosemary](#)
- 4 parts chopped fresh [Ginger](#) root or 2 parts [Ginger](#) powder
- 2 parts dried [Eucalyptus](#)

Use 1/2 cup of dried [Herbs](#) or one to two cups of fresh [Herbs](#). Crush the [Herbs](#) first to release their [Essential Oils](#). Mix the [Herbs](#) and tie them into a square of muslin or a hankie. Hang the bag under the faucet as you fill the tub. The bag can be used to scrub your skin as well.

Another Effective Cold Care Bath

- 2 drops [Lavender](#)
- 2 drops [Rosemary](#)
- 2 drops [Eucalyptus](#)

Add 2 drops [Lavender](#), 2 drops [Rosemary](#) and 2 drops [Eucalyptus](#) to 2 teaspoons milk or cream. Pour into a warm bath and soak.

or

Mix 2 drops [Lavender](#), 2 drops [Eucalyptus](#) and 2 drops [Tea Tree](#) oil. Place in a [Diffuser](#) and diffuse into your room.

Daytime Cold and Flu Fighter Recipe

- 2 drops [Eucalyptus](#) Oil
- 2 drops [Lavender](#) Oil
- 2 drops [Peppermint](#) Oil
- 2 drops [Tea Tree](#) Oil

Add 2 drops [Eucalyptus](#), 2 drops [Lavender](#), 2 drops [Peppermint](#) and 2 drops [Tea Tree](#) to a steaming bowl of water - let stand so that the steam diffuses into the room (or add same [Essential Oils](#) to an oil [Diffuser](#)).

You can also drape a towel over your head and inhale the vapors for 5-10 minutes.

If you want an 'on the go' way to use this, place the mixture on a cotton pad and place in a plastic baggie. Throughout the day, hold the cotton pad in your cupped hands, place over nose and mouth, and inhale deeply 3 or 4 times. Place pad back in baggie for use later.

Cough and Cold Herbal Infusion

Here's How:

1. Bring water to a boil, remove from heat.
2. Add [Herbs](#).
3. Steep covered for 20 minutes.
4. Strain, add honey for taste.

What You Need:

- 1 pint water
- 2 Tbsp dried [Chamomile](#)
- handful [Red Clover](#) dried
- 1/2 tsp. [Slippery Elm](#)
- 1 tsp. [mint](#) dried

Eucalyptus Chest Rub

- 40 drops [Essential Oil](#) of [Eucalyptus](#)
- 10 drops [Essential Oil](#) of Camphor
- 2 drops [Essential Oil](#) of [Wintergreen](#)
- 1 drop [Essential Oil](#) of [Thyme](#)
- 1 ounce [Olive Oil](#)
- 1/2 teaspoon [Beeswax](#)

Preparation: Add the [Beeswax](#) to the [Olive Oil](#) and heat until the [Beeswax](#) is melted. Use very low heat or a double boiler to prevent burning the oil. When the wax is melted, remove the oil from the heat then add the [Essential Oils](#) and stir to blend. When the mixture is cool it is ready to use. You can make this using only the [Eucalyptus](#) oil if preferred.

To use rub a small amount on the chest as needed to relieve congestion.

Flu Bug Diffuser Blend

- [Eucalyptus](#) - 12 drops
- [Lavender](#) 8 drops
- [Peppermint](#) 4 drops
- [Rosemary](#) 4 drops

Blend all in an amber bottle. Place several drops in a [Diffuser](#) and diffuse as needed.

This blend is good any time you have viruses around the home.

Honey Thyme for Colds and Flu

By Cait Johnson, Assistant Producer, [Care2 Healthy Living](#) content.

Cold and flu season is upon us, but we have an ancient remedy for congestion, coughs, and [Sore Throats](#) that is simply the bees's knees!

It calls for honey, the sweetest of healers, and [Thyme](#), a wonderful herb with antibacterial properties that had been used by Wise Ones for centuries to alleviate the miseries of colds and flus. Easy to make and delicious to use:

INGREDIENTS

- 1 cup honey
- 1/2 cup fresh [Thyme](#) or 1/4 cup dried [Thyme](#)

- in a small saucepan, combine the two ingredients and heat gently over low heat for 15 to 20 minutes, being sure not to let the honey boil or scorch.
- remove from heat and allow the honey to cool. Strain out the [Herbs](#), then bottle the honey and label it.
- to relieve colds, coughs, and [Sore Throats](#), take 1 teaspoon of this [Thyme](#)-infused honey three times a day. You could also add a teaspoon of it to a cup of regular hot tea and sip slowly.

If you have a cold but need to attend a meeting

(From Beauty Feng Shui, by Chao-Hsiu Chen (Inner Traditions, 2000).

Heat 2 glasses of cola (try to find a healthy kind) with 10 thick slices of fresh [Ginger](#). Add 2 tablespoons honey and the juice of a [Lemon](#) and drink the mixture. (This recipe is very popular in Hong Kong.)

Liniment for Colds and Chest Tightness

Add 1 cup of finely chopped [Garlic](#) to 1 cup of boiling lard. Reduce heat to simmer and cook for 2 hours. Remove from heat and strain the [Garlic](#) from the oil. Place in a container with a tight-fitting lid.

Nasal Congestion Quick Fix

Nothing works faster to clear clogged sinuses than horseradish. The oils in this plant boost [Circulation](#) in your nasal passages, which then loosens mucus.

Mix a teaspoon of grated fresh horseradish with a little apple cider vinegar or honey, and eat it on toast (the vinegar and honey take the edge off the potent horseradish taste).

Inhale deeply as you grate the horseradish; the fumes alone will start breaking up your congestion.

Nasal Inhalant

- 1 d. [Lavender](#) oil
- 1 d. [Peppermint](#) oil

Rub on hands. Cup hands over nose and mouth and inhale deeply 3 to 4 times as needed.

Natural Nasal Spray Recipe

- 10 drops [Eucalyptus Essential Oil](#)
- 10 drops [Marjoram Essential Oil](#)
- 1 tablespoon of water, distilled if possible

Don't blow your nose for at least 5 minutes after using the spray. The effects of the formula should last for several hours.

Zesty Cider Cold and Flu Formula

Several healing ingredients make this tasty formula one that you can drink at the first sign of a cold or flu to help open up your sinuses and bronchial passages. You can also gargle with it for relief from [Sore Throats](#). Here's the recipe:

INGREDIENTS

- 25 [Cloves Garlic](#), minced
- 2 tablespoons dried or 3 tablespoons fresh [Echinacea](#) root, grated or chopped
- 1/3 cup fresh [horseradish](#) root, grated
- 1/4 cup fresh [Gingerroot](#), peeled and sliced
- 1 large white onion, diced
- 1/2 teaspoon [Cayenne Pepper](#) powder
- Honey to sweeten, if desired
- Raw apple cider vinegar, 1 quart or less
- Place all dry ingredients in a 1-quart wide mouth jar. Fill to the top with vinegar. Cover the top of the jar with plastic wrap, then screw on the lid.
- Refrigerate for 6 weeks so the flavor can develop and soften. Shake daily. There's no need to strain and bottle it unless you want to. The flavor keeps getting better and bolder the longer the formula is allowed to steep.
- At the first sign of a cold or flu, take 2 tablespoons of this formula with a warm water chaser. Rinse mouth out well after swallowing the cider. Repeat once or twice daily for the duration of the illness. You should feel your sinus and bronchial passages quickly open and your breathing become easier.
- For a [Sore Throat](#), gargle with the formula for 60 seconds, spit, then rinse out your mouth. You should feel immediate relief.

Flu Capsules

This is a good capsule to take to lessen the length and severity of [Colds](#) and [Flu](#). Mix together in the blender 1 tablespoon each of the following dried herbs:

- [Yarrow](#)
- [Elder Flowers](#)
- [Boneset](#)
- [Verbena](#)
- [Peppermint](#)
- Powdered [Valerian](#) Root
- [Horehound](#)

Place the [Herbal](#) mixture in capsules and take 2 capsules every 3 to 4 hours until symptoms are relieved.

Advice for Colds and Flu

- Drink 3 cups of [Cayenne](#) tea daily.
- 3 drops of [Eucalyptus Essential Oil](#) in a vaporizer is good to relieve upper respiratory.
- For congestion relief, make a tea of fresh [Parsley](#), steep the [Parsley](#) in hot water for a few minutes then sip tea slowly. Drink daily.
- For breathing problems: eat something spicy, such as eating a chili [Pepper](#), whole [Garlic](#) or gargle with tabasco sauce in a cup of water.

Garlic Honey Cough and Cold Syrup

Peel [Garlic Cloves](#), put into a jar. cover with honey. Set in warm place for 2 weeks or more until the [Garlic](#) turns opaque. Take 1 teaspoonful as needed. Dilute with a little water or [Lemon](#) juice for children.

Hot Toddy Recipe for Colds

1. Pour hot steaming boiling water into cup.
2. Add 2 tsps. [Lemon](#) juice.
3. Add 2 tsps. honey (any kind).
4. Lightly dip one herbal tea bag (any flavor) in cup.
5. Sip slowly. Repeat every two hours (or as needed) for cold/flu.

Optional:

Add 1 tsp. of rum, brandy, or cordial.

NOTE: The purpose of this drink is threefold:

1. The hot steam from the boiled water will help loosen the mucus in your nose and throat and enable you to breathe more freely.
2. The [Lemon](#) dislodges the mucus from your throat and adds much-needed [Vitamin C](#).
3. The honey not only coats your throat to prevent redness, but also soothes the throat irritation from the dislodged mucus, as well as adding nutritional benefits.
4. If you add the alcohol, it helps to "[Sweat](#)" out whatever [Fever](#) you may have and helps you sleep better.

Adding the tea is not necessary unless you want additional flavoring, but do not use regular tea as most are caffeinated. [Green Tea](#) is my personal favorite for this drink.

Hot toddies have been around for centuries, especially in England and Ireland. What I've particularly noticed is that upon drinking two or three cups of this tea (spaced two hours apart), my cold symptoms are reduced dramatically within 24 hours.

Stuffy Nose Aromatherapy Blend

Just in time for allergy season

- 15 drops [Eucalyptus](#)
- 13 drops [Pine](#)
- 2 drops [Peppermint](#)

Directions: Blend the oils together in a clean dark-colored glass container, preferably one with an orifice reducer (a built-in dropper insert). Apply 2-3 drops to a cotton ball and inhale occasionally to help clear a stuffy nose.

Ginger for Colds and Flu

This is the season when people generally suffer from colds and flu. Chinese medicine refers to this form of sickness as “invading cold” or “invading damp” which means that our system has been assailed by the cold weather.

Whether in the form of: influenza, chills, coughs, or [Bronchitis](#), this is a condition that lasts far too long for anyone. Herbal help can be found as close to you as your spice rack or local grocery store. [Spices](#) are thought of as warm to hot, and [Ginger](#) is strong enough to repel the assailant.

GOOD NEWS ABOUT [Ginger](#)

Whether fresh or ground, [Ginger](#) is a marvelous spice as well as a delicious non-[Alcoholic](#) beverage. [Ginger](#) used in baking livens up cookies, cakes and breads and naturally helps create that fabulous Christmas mainstay: the Gingerbread House.

- 1. [Ginger](#) contains a high level of enzymes that break down meat, similar to our own natural stomach enzymes. [Ginger](#) can be used as a meat tenderizer.*
- 2. If you want to stimulate [Circulation](#) in the intestines, then [Ginger](#) is the herb you're looking for.*
- 3. Want a natural [Antioxidant](#)? [Ginger](#)'s your herb.*
- 4. [Ginger](#) helps balance your diet. Too many cooling foods, such as vegetables, need a counter balance. [Ginger](#) is known in all forms of Eastern medicine as a warming herb.*
- 5. [Ginger](#) helps relieve [Motion Sickness](#) and nausea.*
- 6. [Ginger](#) is used to help detoxify the body, especially aching muscles from colds and flu.*
- 7. If you've exerted yourself too much, [Ginger](#) relaxes tight muscles.*

TYPES OF [Ginger](#)

Fresh [Ginger](#) root is what you'll find the most beneficial in easing your colds and flu symptoms. One whiff of a fresh [Ginger](#) root will have you starting onto your road to recovery. It's a distinctive scent, highly aromatic, and images of far off lands might come to mind. Once it's consumed, it radiates outwards, warming your body and clearing away your illness. Fresh [Ginger](#) can be added to food or brewed into a tea.

Dried/powdered is the simplest way to take [Ginger](#). You can buy the capsules in health food stores. It's easy to find [Bulk Ginger](#) at Chinese grocery stores or via the Internet. When you purchase ready-made capsules, take as many as directed on the label.

Tea is found anywhere, but make sure you read the ingredients. You can find it mixed with other [Herbs](#) or else listed so far down on the label that it'll be useless. [Ginger](#) should always be listed first for it to be effective. However, the following recipe is the

best for cold/flu conditions.

RECIPES

Ginger Tea

This should be made with a fresh root.

Grate a small piece of [Ginger about the size of a nickel](#) into a mug. Add the juice of a '[Lemon](#). Fill the mug with boiling water. Stir in a teaspoon of [Organic](#) honey.

Ginger Socks

This will keep your feet warm and boost sluggish [Circulation](#).

You will need powdered [Cayenne Pepper](#) for this to be even more effective. Mix ' teaspoon [Cayenne Pepper](#) with 1 teaspoon powdered [Ginger](#). Add the mixture to a pair of socks. If you are very cold and are not moving, this remedy won't be of much help.

The more you move, whether you're walking around in your home or are outdoors really getting a workout, the better this is. A lot of movement will heat your feet too much so be careful! If you are really feeling unwell, you should still attempt to do some form of exercise, even if it's just wiggling your toes, so that the [Cayenne](#)/ginger mixture has some kick to it!

Ginger Bath

Bathing in fragrant [Ginger](#) is a luxury as well as a recipe for getting better. Powdered [Ginger](#) is the recommended form and it should be added slowly. Start with the addition of 1 tablespoon's worth of [Ginger](#). If that isn't enough, add another. Don't add too much. You will feel your heart rate increase and you'll begin to detoxify your symptoms soon after bathing in [Ginger](#). Drinking plenty of water is recommended.

WHERE TO BUY [Ginger](#)

You can find [Ginger](#) at your supermarket or health food store or online at [Mountain Rose Herbs](#)

Note: Consult your physician before trying any of these remedies. [Ginger](#) is not recommended for infants.

Herbal Remedies for Sinusitis

Chronic sinusitis refers to inflammation of the sinuses that continues for weeks, months, or even years. [Allergies](#) are the most common cause of chronic sinusitis.

Chronic sinusitis can persist even after antibiotics are given. It's the most frequently reported chronic disease. Chronic sinusitis can also be caused by structural abnormalities of the nose, such as a deviated septum (the bony partition separating the two nasal passages), or by small growths called nasal polyps, both of which can trap mucus in the sinuses.

Acute sinusitis occurs when bacteria invade the sinus cavities and impair proper drainage of mucus from the sinuses to the nose. Chronic inflammation of the nasal passages or rhinitis also can lead to sinusitis. [Allergic Rhinitis](#) or hay [Fever](#) is the most common cause of chronic sinusitis and is a frequent cause of acute sinusitis.

Investigate your sinusitis. It could be food related, environmental, or reactions due to chemicals. Vasomotor rhinitis is caused by humidity, cold air, alcohol, perfumes, and other environmental conditions. Medical science believes the sinuses around your nose act like small air-quality filter centers. It's their job to warm, moisten, purify, and generally condition the air you breathe before going to your lungs.

Entering bacteria gets trapped and filtered out by mucus and minute nasal hairs called cilia. This air-flow system can sometimes slow down when something impedes the cilia, if a cold clogs the sinus openings, or if an allergen swells the sinus linings. Then air gets trapped, pressure builds, the mucus stagnates, and bacteria breed. Infection sets in and you have sinusitis. When you get clogged up, you may end up with a permanent thickening of the sinus membranes and chronic congestion.

Sinusitis can also be caused by a variety of factors, such as virus, fungal infections, and medication side-effects. Inhalation of airborne allergens such as dust, mold, and pollen, often set off allergic reactions.

Those who are cigarette [Smokers](#) and people who suffer from upper respiratory [Allergies](#) are even more likely to develop bad sinus problems.

There are four pairs of sinuses in the human skull that help circulate moist air throughout the nasal passages.

The common cold is the most prevalent predisposing factor to sinusitis. Acute sinusitis typically causes symptoms of nasal congestion and a thick yellow or green discharge. Other symptoms include tenderness and pain over the sinuses, frontal [Headaches](#), and sometimes chills, [Fever](#), and pressure in the area of the sinuses.

Chronic sinusitis differs slightly, in that symptoms can be milder and may only include postnasal drip, [Bad Breath](#), and an irritating dry cough. Hay [Fever](#), environmental triggers unrelated to hay [Fever](#), food allergens, and dental infections can also lead to sinusitis. Humidity is the key to keeping the cilia working, the mucus flowing, and the sinuses drained.

Managing Your Sinusitis

Prevention is the key!

Twice a day, stand in a shower hot enough to fog up the mirror. Or lean over a pan full of steaming water with a towel draped over your head, creating a steam tent. Inhale the vapors as they waft up toward your nostrils. [Eucalyptus](#) oil is often used in a steam inhalation to help clear nasal and sinus congestion. [Eucalyptus](#) oil works similarly to that of [Menthol](#) by acting on receptors in the nasal mucosa, leading to a reduction in the symptoms of nasal congestion. Just add 4 to 6 drops to a pan of steaming water with a towel draped over your head and inhale the vapors.

Applying moist heat over the sinuses, is an easy way to wash away sinus pain. Apply a warm washcloth over your eyes and cheekbones and leave it there until you feel the

pain subside. It may take only a few minutes.

Flush out nasal secretions. Mix 1 teaspoon of non-iodized salt or sea salt with 2 cups of warm water and a pinch of baking soda. Pour it into a shot glass, tilt your head back, close one nostril with your thumb, and sniff the solution with the open nostril. Then blow your nose gently. Repeat on the other side.

An Ayurvedic solution, similar to this is done in the same manner with a Netti Pot. It looks similar to a tea pot, but with a longer, narrower spout for the nostrils. These can be found in most health food stores.

To clear excess mucus from the sinus, combine the juice from the horseradish root with the juice of 3 lemons. Take a 1/2 teaspoon between meals for several months until the mucus in the sinus clears.

Herbal Remedies

Bromelain is a plant-enzyme. **Bromelain** is not actually a single substance, but a group of protein-digesting enzymes found in pineapple juice and in the stem of pineapple plants. It is primarily produced in Japan, Hawaii, and Taiwan. Local swelling is the releasing of histamines in a localized area causes the vasodilation and increased permeability of blood vessels. **Bromelain** has an anti-inflammatory effect and is a very effective treatment for sinusitis. It is recommend taking 200 to 400 milligrams three times a day on an empty stomach at least ninety minutes before or three hours after eating. Discontinue use if you develop any itching or rash.

Cayenne Peppers contain Capsaicin, a substance that can stimulate the nerve fibers and may act as a natural nasal decongestant.

Elderflower is excellent for **Catarrh** and sinusitis. This herb reduces symptoms and promotes healing.

Garlic has the same chemical found in a drug given to make mucus less sticky. This is a wonderful natural antibiotic and detoxifier which protects the body against infection by enhancing **Immune Function**.

Horseradish is an herb used traditionally, as it dissolves mucus. One half to one teaspoon (3–5 grams) of the freshly grated root can be eaten three times per day. Horseradish tincture is also available. One quarter to one half teaspoon (2 to 3 ml) can be taken three times per day.

Nettle Leaf, 300mg, taken twice per day can lead to effective results. Stinging Nettle plant (*Urtica dioica*) relieves hay **Fever** symptoms quickly in most people, has no toxicity, and is even a valuable source of iron and trace **Minerals**. Do not take this herb if you have **High Blood Pressure**.

Wood Betony is used in traditional European **Herbal Medicine** as an anti-inflammatory remedy for those with sinusitis.

About the author

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Healing Salt Remedy for Sinusitis

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An Ayurvedic solution, similar to this is done in the same manner with a Netti Pot. It looks similar to a tea pot, but with a longer, narrower spout for the nostrils. These can be found in most health food stores.

A cup or handful of water in your hand or neti pot is a wonderful cleansing therapy. Slowly inhale the salt water into your nose to cleanse your sinus and open up the air passages. Over the counter nasal washes (not nasal sprays) are available. The simplest form is a non iodized salt water spray.

About the author

Andrew Pacholyk, MS, L.Ac. - Peacefulmind.com - Therapies for healing mind, body, spirit

Recipes for Sinus Problems

Homemade Nasal Inhaler for Sinus Congestion

- 1/4 teaspoon coarse salt

- 5 drops [Eucalyptus Essential Oil](#)

Place the salt in a small vial (glass is best) with a tight lid and add oil. The salt will absorb the oil and provide a convenient way to carry the oil without danger of spilling it.

Open the vial and inhale deeply, as needed. This same technique can be used with any [Essential Oil](#).

Sinus Headache Bath Salts

- 2-3 cups epsom salts (or salts of your choice)
- 1/3 cup [Peppermint](#)
- 1/3 cup [Spearmint](#)
- 40 drops [Peppermint](#) eo
- 20 drops [Eucalyptus](#) eo

I ground the mints in my mortar and pestle, then sifted them through a mesh kitchen strainer, and added them to the salts. Actually, I didn't really measure the amount, it was just a good handful of each. This seems to work pretty well for my DH, and if you still need to clear out your sinuses, get a half cup of [Pepper](#)/spearmint, put it in a bowl, and toss in a cup or so hot water. Let it sit covered for a bit and then carefully start breathing the steam. (I found out how potent this was when I was making [Peppermint](#) 'tea' for a m&p!!)

Use about 1/4 - 1/3 cup of this mixture per bath. My DH and I went through the 'batch' within 2 weeks, but someone suggested to mix the salts and dried [Herbs](#) beforehand, and when the need for the bath arises, to add the eo's then to guarantee potency. A decent amount would probably be 4 drops [Peppermint](#), 2 drops [Eucalyptus](#) per bath. Some people may be more sensitive to the [Peppermint](#), so be sure they don't have an adverse reaction before using these salts.

Sinusitis Tea

1 part [Echinacea](#), 1 part [Goldenrod](#), 1 part [Goldenseal](#), 1 part [Marshmallow](#) leaf.

Mix all ingredients together and use 1-2 teaspoons per cup of boiling water.

Simmer for 15 minutes and drink 1 cup every 2 hours.

Blend to Ease Sinus

- 2 drops [Eucalyptus](#)
- 2 drops [Peppermint](#)
- 2 drops [Tea Tree](#)

Boil a pot of water and remove it from the stove. While it is still steaming, add 2 drops [Peppermint](#), 2 drops [Eucalyptus](#) and 2 drops [Tea Tree](#), immediately cover the pot and head with a towel and inhale for 3 minutes. Keep Eyes Closed.

Chest and Sinus Oil

- 2 drops [Lavender](#)
- 2 drops [Tea Tree](#)
- 2 drops [Eucalyptus](#)

Boil a pot of water and remove from the stove. While still steaming, add 2 drops [Eucalyptus](#), 2 drops [Lavender](#) and 2 drops [Tea Tree](#). Cover bowl and head with towel and inhale for at least 3 minutes. KEEP EYES CLOSED.

Fever Fallacies

When you feel as if you're coming down with a fever, the best thing you can do is take an over-the-counter (OTC) nonsteroidal anti-inflammatory drug (NSAID) such as Motrin or Tylenol to make it go away... right? Not necessarily, says Thomas A. Kruzel, ND, a naturopathic physician in private practice in Scottsdale, Arizona, and past president of the American Association of Naturopathic Physicians. In fact, in most cases, the answer is no.

According to Dr. Kruzel, fever is one of the body's most effective weapons for fighting disease, and usually the best thing you can do is to let it run its course and do its job. Forcing a fever down can cause an illness to last longer or even to possibly be worse than it might have been if the fever were allowed to burn it out. To clear away any further misconceptions or misunderstanding, Dr. Kruzel shared more thoughts on what a fever does and how to best cope with one...

FEVER CAN BE YOUR ALLY

We are constantly bombarded with pharmaceutical ads for OTC fever and pain relievers. The result: Our culture has developed a fear of fever, when in reality fever can be our ally. In children, for example, fever's destruction of bacteria is an important way to build up young immune systems.

Just what is a fever and what does it do? Fever is an elevation in body temperature in response to infection or other illness. When an infection or illness is detected, a part of the brain called the hypothalamus triggers the body to mount a fever to ward off invaders. This mobilizes white blood cells to surround and engulf bacteria, viruses and other [Toxins](#). Essentially, your body burns up the invaders, explains Dr. Kruzel. In most adults, a fever does its optimal work at 102 degrees, and then breaks.

Dr. Kruzel recommends a number of measures to support your body during a fever...

DRINK LOTS OF FLUIDS

Whatever other steps you take to intervene with a fever, don't forget this age-old one — drink plenty of fluids. Don't allow yourself to become dehydrated, cautions Dr. Kruzel. To replace fluids lost through [Sweating](#), keep water, juice, seltzer, tea and soup close at hand. It can also be very refreshing to suck on popsicles. (To keep the sugar content under control, I make my family popsicles using diluted fruit juice.)

REST IS ESSENTIAL

Another oldie but goodie — get plenty of rest. Left to its own resources, this would be the body's natural response to fever, notes Dr. Kruzel. It's called "adaptive withdrawal," and children and animals still respond this way. When they develop a fever, they

naturally grow more subdued. Most adults respond instead by fighting a fever, says Dr. Kruzel. They take a Tylenol and tough it out, insisting on going to work and meeting social obligations. .. when listening to their bodies and taking it easy would in reality help them get better faster.

EMBRACE HYDROTHERAPY

Of course, sometimes you need to get your fever down — either because you truly don't have time to be sick, or because the fever is dangerously high. One of the best ways to do this is something called hydrotherapy. Dr. Kruzel notes that while hydrotherapy sounds counterintuitive, it is an excellent way to help break a fever that is "stuck" for two or three days.

What to do...

- Wet a T-shirt and socks (cotton is best) with cold water. Wring as much water out of them as possible. After taking a warm shower, put on the cold, wet T-shirt and socks. Next, cover them with a dry, warm sweatshirt, a dry pair of cotton [Sweat](#) socks, and dry [Sweat](#) pants and climb into bed. According to Dr. Kruzel, this technique calms the nervous system, and causes the fever to spike and then break.
- Cool down. In addition to hydrotherapy, you can help cool down with the help of a wet towel or a cool bath. Wet a towel with cold water, and wring it out. Wrap the towel around the base of the skull and neck. This cools blood going to the brain. You can also simply take cool (65' F to 70' F) baths.

CONSIDER [Natural Remedies](#)

If you feel that you need to take something for a fever, it's still not necessary to reach for an OTC pill. As we've read in study after study in recent months, these drugs are far from benign and have a number of potentially serious side effects. Aspirin and other NSAIDs (e.g., Advil, Motrin, Aleve) are associated with gastrointestinal bleeding and [Kidney Damage](#), while excess Tylenol can harm the liver. (Caution: Never give aspirin to children, since it is associated with a rare but life-threatening condition known as Reye's syndrome.)

Two of Dr. Kruzel's favorite natural alternatives are...

- [Yarrow](#) tea. This fever-breaking herb stimulates the body's immune response to infection. [Yarrow](#) kicks the fever up half a degree, which is what we want to do to get to the 102-degree healing point, explains Dr. Kruzel. Add a teaspoon of dried [Yarrow](#) to 8 ounces of hot water, and drink up to three cups daily. Sweeten with honey if desired. [Yarrow](#) can be combined with elderberry or [Spearmint](#).
- Ferrum phosphoricum (ferrum phos). This homeopathic combination of the [Minerals](#) iron and phosphate encourages the body's natural response to fever. For best results, take at the first sign of a fever, and again if you start to feel worse. If symptoms improve, there is no need to take more. An average dose consists of two pellets of a 30C potency dissolved under the tongue up to four times daily. Other beneficial [Homeopathic Remedies](#) for fever include Belladonna, Bryonia, Eupatorium perfoliatum, Nux vomica and Sulphur. [Homeopathic Remedies](#) have subtle variations depending on your symptoms.

It's best to check with a trained professional before taking any homeopathic remedy for fever.

Daily Health News contributing editor Andrew L. Rubman, ND, shared with me his favorite fever-breaking tea. Combine 1 teaspoon of dried [Yarrow](#), 1 teaspoon of [Ginger](#) and 1 teaspoon of stinging [Nettles](#). Take 1 tsp of this mixture and let steep in boiling water for five to six minutes. Drink one cup every hour until the fever breaks. Bundle yourself up to help break the fever.

WHEN TO INTERVENE

Of course, the causes of fever vary widely. Depending on individual symptoms and circumstances, there will be times when it is appropriate to suppress a fever or seek medical attention, notes Dr. Kruzel. These include when fevers continue to spike above 102 degrees, if you are malnourished or dehydrated, if you have a pre-existing medical condition or if fever is accompanied by other symptoms such as a severe headache or a rash. In most cases, however, letting a fever run its course is the best thing you can do to support your body. Should you or a loved one get a fever, it is best to talk to your naturopath before starting treatment so that you are sure you're treating the right symptom in the right way.

Sources:

- *Thomas A. Kruzel, ND, naturopathic physician in private practice in Scottsdale, Arizona, past president of the American Association of Naturopathic Physicians and the former dean of clinical [Education](#) and chief medical officer at the Southwest College of Naturopathic Medicine in Phoenix. Dr. Kruzel is author of *Homeopathic Emergency Guide: A Quick Reference Handbook to Effective Homeopathic Care* (North Atlantic).*
- *Andrew L. Rubman, ND, adjunct professor of clinical medicine, Florida College of Integrative Medicine, Orlando, and director, Southbury Clinic for Traditional Medicines, Southbury, CT.*

Fever Compress Recipe

- 3 d. [Tea Tree](#) oil
- 2 d. [Bergamot](#) oil: in 4 oz of iced water.

Wring out a piece of fabric in water, and apply to forehead or back of neck. Re-apply when it has warmed to body temperature.

Companion Natural Remedies for Colds, Flu, Fever, Sinus:

[Immunity Plus](#) - For full immune system support

[Congesto-K Pillow Spritzer](#) - To keep airways clear and aid in relaxation and restful sleep

[Congesto-K KiddieRub](#) - Chest massage oil for a child's congested nose and chest

[BronchoSoothe](#) - Homeopathic remedy temporarily relieves tightening of the chest to open airways

[Viral-Protect](#) - an excellent formula, helping give your immune system that extra 'edge' when it is needed.

[KiddieBoost](#) - Support healthy immune functioning in children

[KiddieCool](#) - Helps to calm, soothe and reduce fever in children

[Throat and Tonsil Dr.](#) - To soothe the throat, promote tonsil health, & support immune functioning

[ComfiCoff](#) - Naturally eases throat and chest discomfort

[CroupEx Sprinkles](#) is a safe, non-addictive FDA registered natural remedy, containing 100% homeopathic ingredients especially selected to temporarily relieve chest congestion and barking cough in babies and children.

[Bio-Oxidate Defense](#) - Supports cell integrity with natural antioxidants to discourage aging due to lifestyle factors

[AdaptoZen](#) - Supports systemic balance, plus encourages resistance to physical, chemical and biological stressors

[SOS Histadrops](#) - Clears symptoms of allergies, hayfever, and allergic rhinitis without drowsiness

[AllergiClear](#) - Stay allergy-free using natural immune system support

[Sniffly Sprinkles](#) - Helps keep airways open and children breathing easy

[Viral-Protect](#) - an excellent formula, helping give your immune system that extra 'edge' when it is needed.

[BaniFlu](#) - Homeopathic remedy temporarily protects against flu virus and germs - safe for all ages

[FluGo](#) - Homeopathic remedy temporarily relieves symptoms of the flu or cold like cough, runny nose, fever, sore throat and fatigue

For Guaranteed, Effective, 100% Natural [Herbal Remedies](#) , please visit [Native Remedies](#)

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