

# Prevention & Treatment of Colds & Flu Using Natural Methods

THERE CAN  
BE RELIEF....



INCLUDING :

HERBAL REMEDIES

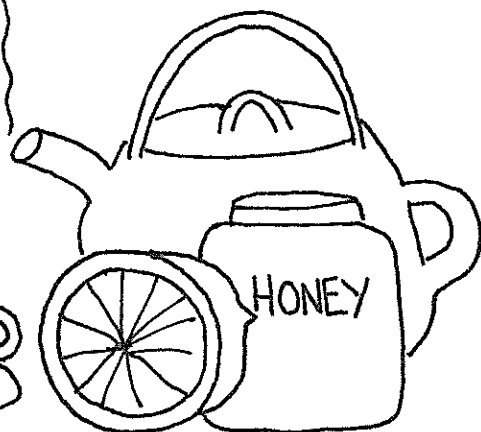
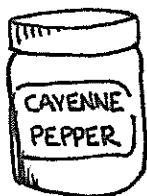
AROMATHERAPY

COMMON SENSE

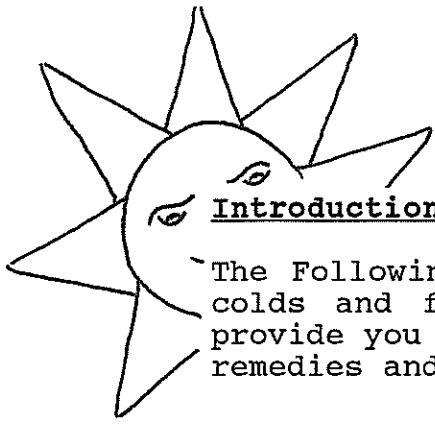
HOMEOPATHIC  
REMEDIES

NUTRITION

HERB TEAS & TONICS



BY RICHARD LAKEMAN



## Introduction

The Following pages suggest ways you can prevent and treat colds and flu using natural methods. Hopefully this will provide you with choices. Choose one or a combination of the remedies and follow the nutritional advice.



### Some words of caution

If you are pregnant, breast feeding, have a serious health problem or wish to treat young children (especially under 2 years) then seek advice from a qualified practitioner.

A cold should run its course in a few days. If a cold lasts longer than two weeks, doesn't respond or worsens with treatment or re-occurs regularly then seek advice from a qualified practitioner.

Many of the following herbal remedies require fresh or dried herbs. You may wish to collect your own from your garden or from the wild. However if you have any doubts about the identity of a herb then obtain your herbs from a reputable source. Don't experiment on yourself or others. If you do have trouble identifying a herb then you can send a dried, pressed specimen to : The Botany Division, DSIR, Private Bag, Auckland.

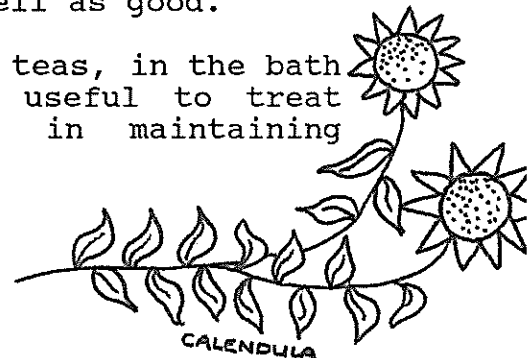
Only certain parts of some herbs are useful, other parts may be poisonous. Some herbs need to be grown at a certain altitude or temperature, others are only useful when collected at a certain age or time of the year. If you wish to collect your own herbs for medicinal use consult a good book on the subject.

As a general rule most herbs are collected just before flowering and most flowers are collected before they are past their best. Mid morning is a good time to collect herbs. Never collect herbs from the road side or from paddocks that have been sprayed as they may have absorbed toxins from exhaust fumes or pesticides.

Good quality dried herbs, tinctures, essential oils, fluid extracts and herbal formulas can be purchased from most health food shops and some chemists. This paper deals mainly with the least potent preparations i.e. teas and infusions. Use the other, stronger preparations only after consultation with a qualified practitioner. Many herbs are very potent especially as extracts, oils or tinctures. Always start treatment with the minimum dose and never exceed the recommended dose as herbs can do harm as well as good.

Do use herbs every day in your cooking, as teas, in the bath and in drinks. Although herbs are very useful to treat illness their most important role is in maintaining wellness.

Let your food be your medicine!



## The symptoms of colds & flu



Colds are caused by viruses. A group of viruses known as rhino viruses are responsible for about 40% of colds in adults. Typical symptoms include sneezing, excessive nasal secretions, watery eyes and congestion.

Influenza (flu) is also caused by a virus. Symptoms include fever, coughing, headache and muscular aches. As the fever subsides cold like symptoms appear.

We catch a cold or flu when the conditions in our body are right for a virus to thrive. If our bodies are healthy and in harmony we would not catch a cold.

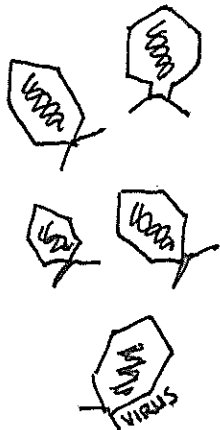
The orthodox treatment of colds and flu is symptomatic. Fever suppressing drugs and analgesics e.g. paracetamol and aspirin are recommended. Antibiotics are prescribed if there are signs of bacterial infection. These measures dampen the body's natural response and over time will weaken the body's immune system and natural ability to fight infection. As little as ten days on antibiotic treatment can destroy many of the natural bacilli in our intestines, mouth and vagina and can lead to an infestation of a yeast called Candida Albicans (thrush), which can be very debilitating. However antibiotics can be life saving in serious illness and you should never stop taking any medication prescribed to you without first discussion with your doctor. Natural acidophillus yoghurt can be taken to maintain normal flora levels in the bowel when on antibiotics.

Natural therapies aim to assist the body in its own ability to deal with the infection. The person, not the virus is the focus of treatment. A healthy mind and body will have the strength to resist any infectious organisms it meets.

## Why do we catch colds?

There are many factors which contribute to susceptibility to viral and bacterial infections and illness in general:

- Poor nutrition especially an excess of mucus forming foods, poor quality or devitalised foods, deficiencies in vitamin and mineral intake, an excess of acid foods, toxins such as pesticides.
- Exposure to toxins in the air, pollution and cigarette smoke.
- Stress, fatigue and emotional factors.
- Poor elimination due to congested lungs, bowels, clogged skin, yeast infestation, lack of exercise, lack of vitamin A.
- Sudden changes in temperature, chills.
- A dry internal environment, inadequate fluid intake, central heating and air conditioning.
- A lowered immunity due to overuse of antibiotics, drugs or concurrent illness.



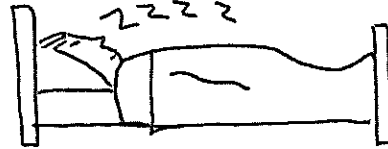
### How to avoid a cold

For optimum health the importance of good nutrition i.e. eating mostly whole organic foods with a minimum of salt, sugar and fats cannot be over stated. Do some form of aerobic exercise at least three times a week. Drink adequate amounts of fluids preferably pure water and herb teas (2 1/2 litres per day). Dress appropriately for the climate. Put an extra layer on when going out in the cold. Get enough rest so that you feel rested. Utilise a relaxation technique. Examine your diet and lifestyle. How can it be altered for better health? Give up smoking and minimise alcohol and drug consumption. Get to know your body. Take a tonic every day. These are all ideals but most of us lead less than ideal lives.

### So you've got a cold!

Another ideal is to take yourself off to bed at the first sign of a flu or cold. For many of us this isn't possible. Remember however that colds and flu are very contagious and if you have a productive cough or temperature then bed is the best place to be, for your sake and others. At the very least ensure you get adequate rest and keep yourself warm.

Try and feel positive about your cold ... it is after all your body cleaning out toxins and rubbish. If treated correctly you will be in a much better state of health after your cold has run its course. Your cold is a cue for you to make some lifestyle changes.

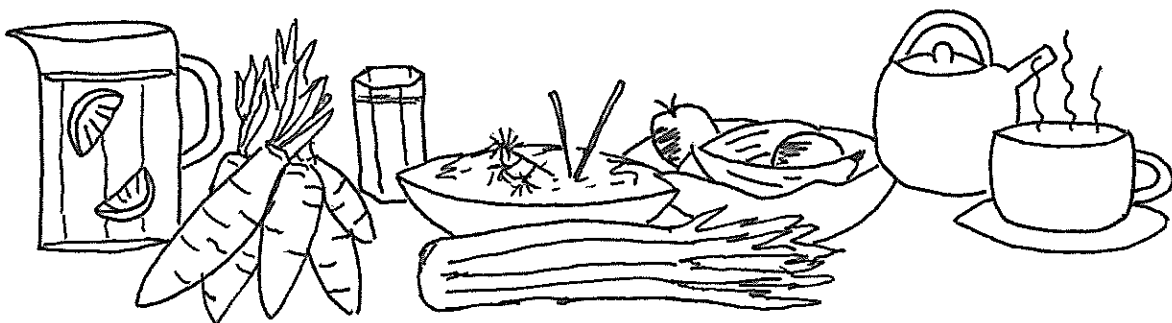


### Nutrition

Nutrition plays a major role in the development and prevention of colds. Those that eat mostly raw and organic foods with a few grains added to the diet rarely get colds.

One of the first symptoms of a cold is thirst. Drink plenty of pure water from the onset. At least two and a half litres of fluids a day is recommended. Preferably drink spring or rain water but boiled tap water (flavour with lemon or parsley) will do, or drink herb teas.

Eat lightly. Vegetable juices such as carrot juice with parsley and celery added or light soups are best. If you need something more solid then eat whole grain rice and vegetables followed by a herb tea chosen to help digestion.



## Garlic

Garlic is an extremely useful herb to include in the daily diet for the prevention and treatment of many ailments especially respiratory complaints. It contains a substance called allin which when converted into allicin in the body has an antibiotic action equivalent to 1% penicillin. It also contains the vitamins A, C, B1 (thiamine) and B2 (riboflavin), manganese, copper, iron, zinc, iodine, sodium, potassium, selenium and germanium.

The slaves that constructed the pyramid of Cheops in ancient Egypt were given garlic cloves daily to sustain their strength and health. Roman soldiers in ancient days were often paid in garlic, an acknowledgement of its amazing role in preventing the infection of battle wounds.

As well as being nature's broad spectrum antibiotic it has been shown to lower blood sugar and cholesterol, normalise high and low blood pressure, stimulate the immune system, and protect the body against toxic chemicals.

Garlic is eliminated by the lungs (which isn't appreciated by friends or pathogens) and cleanses the respiratory tract of excess mucus and catarrh. Cooking eliminates the bite and softens the flavour but destroys some of the active principles. Fresh, raw garlic is best.



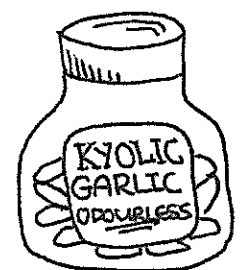
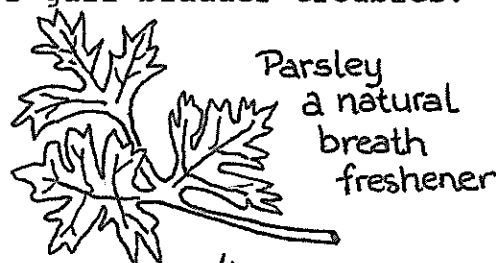
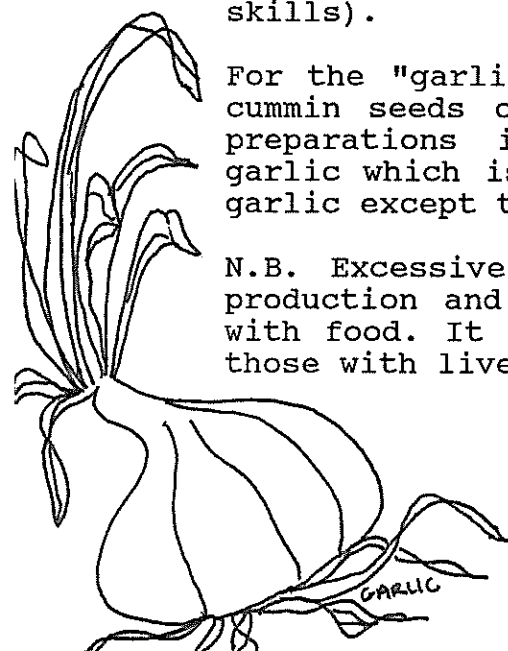
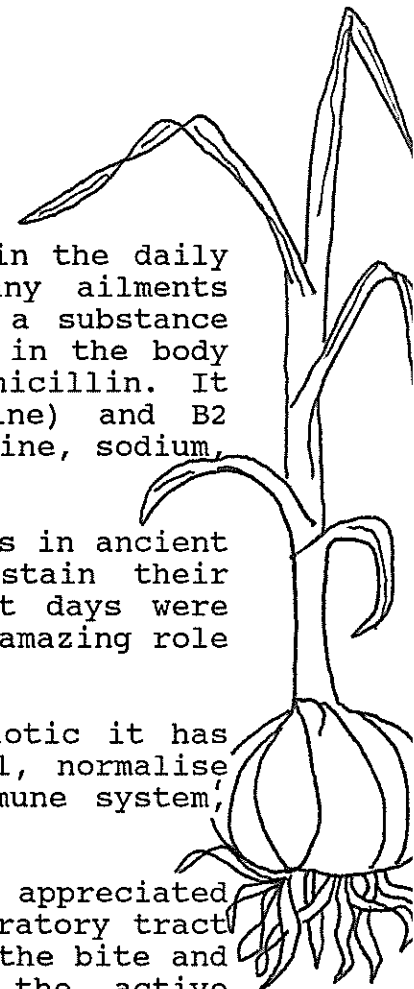
Rub cut cloves on the sole of the feet at the first sign of respiratory problems. Garlic's medicinal properties may be absorbed through the skin.

Soak 4-6 chopped cloves in honey for 2-4 hours and sip the syrup every half hour for relief from sore throats and to encourage expectoration.

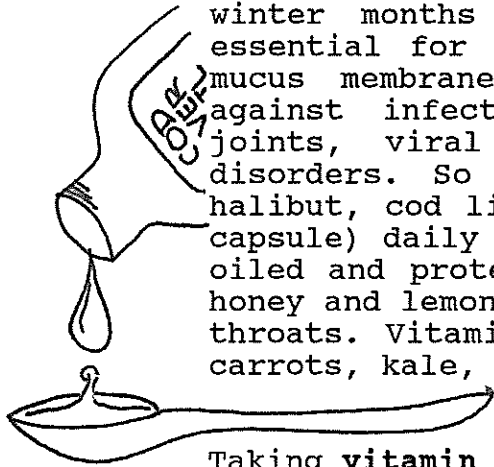
A garlic tincture can be made at the beginning of winter. Mix 250g of crushed garlic cloves in 1 quart of Brandy, Vodka, or cider vinegar in an airtight jar. Place in a warm spot for two weeks and shake twice a day. Strain the tincture and store in a dark, airtight bottle in a cool dry place. Take 5-25 drops 3-4 times a day. Reduce the dose as cold and flu symptoms subside. (N.B. Alcohol impairs driving skills).

For the "garlic breath" chew parsley leaves, fennel seeds, cummin seeds or green beans. Garlic is available in many preparations including an odourless form called kyolic garlic which is supposed to have all the properties of raw garlic except the offensive odour.

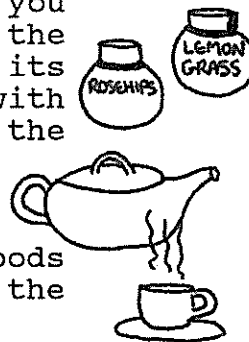
N.B. Excessive amounts of garlic can over stimulate bile production and cause nausea. If stomach upsets occur take with food. It should be eaten in only small quantities by those with liver or gall bladder troubles.



**Vitamin A** is the initial cure for a cold. Traditionally a teaspoon of codliver oil was taken once a week during the winter months to prevent colds and flu. Vitamin A is essential for the healing and protection of the skin and mucus membranes both inside and out. It helps protect against infection, inhaled pollutants, cataracts, stiff joints, viral invasion, diarrhoea and gastrointestinal disorders. So take a teaspoon of cold pressed oil e.g. halibut, cod liver, flaxseed, soybean, olive, safflower (or capsule) daily or at least weekly to keep your insides well oiled and protected during the winter months. Add a little honey and lemon juice to improve the flavour and soothe sore throats. Vitamin A is found in apricots, beets, broccoli, carrots, kale, lemon grass tea and spinach.



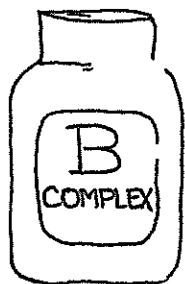
Taking **vitamin C** supplements is a great way to prevent colds and for detoxifying the body in dry cold. Increasing your intake of vitamin C at the onset will stop colds in some cases. Some therapists and doctors recommend up to 10g of Vitamin C a day during colds. This sets up a bowel reaction which cleanses the bowel of foreign matter. This high dose is probably excessive. Rosehips tea is high in vitamin C and Lemon Grass is high in vitamin A. Combine the two and you have a natural tea to combat infections. However when the mucus flow begins vitamin C tends to bind the mucus in its position and creates problems with expulsion. So stick with the cold pressed oils and vegetable juices to lubricate the membranes and aid in elimination (mentioned above).

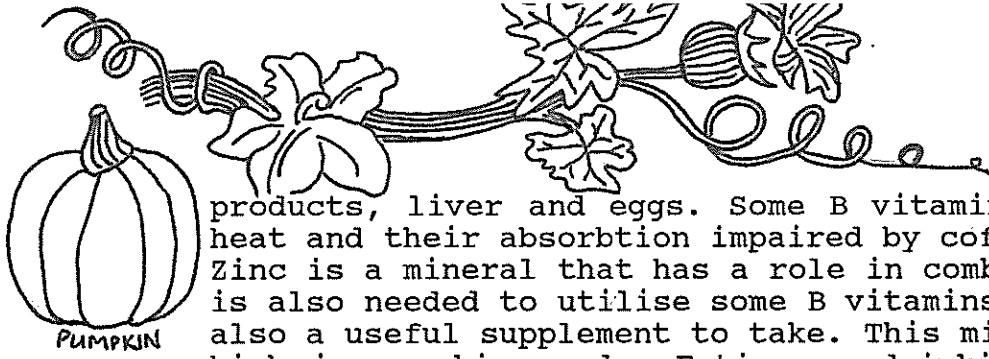


Where there is an excess of mucus being produced, foods which are known to be mucus forming should be reduced in the diet. These are:

- Dairy products, goats milk and yoghurt.
- Eggs
- Grains, especially gluten-rich ones such as wheat, oats, rye and barley.
- Sugar
- Potatoes and other starchy foods such as swedes and turnips.

If there is any vitamin supplement (other than vitamin A) that would be valuable to take at the onset of a cold then it would probably be **B-complex**. The B vitamins are essential for our mental and emotional well-being as well as a huge number of vital body processes. It may have been a deficiency of a B vitamin that led to the body's lowered resistance in the first place. The liver needs and stores B vitamins. There is often stress placed on the liver during flu and colds as this is the main organ involved in detoxifying the body. The highest dietary sources of B vitamins are yeast, wheatgerm, whole grains, seeds, nuts, black strap molasses, green vegetables, legumes, milk





PUMPKIN

products, liver and eggs. Some B vitamins are destroyed by heat and their absorption impaired by coffee drinking. Zinc is a mineral that has a role in combating infection and is also needed to utilise some B vitamins. Therefore Zinc is also a useful supplement to take. This mineral is especially high in pumpkin seeds. Eating or drinking a tea made from crushed pumpkin seeds will also help expel round and pin worms.

### Elimination

The lungs share the role of eliminating waste products with the bowels, kidneys and skin. If there is a problem in any of these systems then the body copes by increasing the workload of the others.

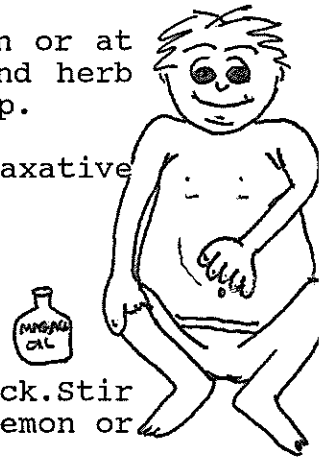
Flu and colds are often associated with constipation or at least a sluggish bowel. Drinking plenty of fluids and herb teas chosen to improve digestion after meals will help.

If constipation is a problem then a mild herbal laxative should be used e.g. Take:

1 tsp of Slippery Elm powder 3 times a day on food.

or

Soak 1-3 tsps of Psyllium seeds in water until thick. Stir and drink 3-4 times a day. It can be flavoured with lemon or eaten with yogurt and fruit.



A very practical and quick way to cleanse the bowel is to give an enema made from warm garlic water.

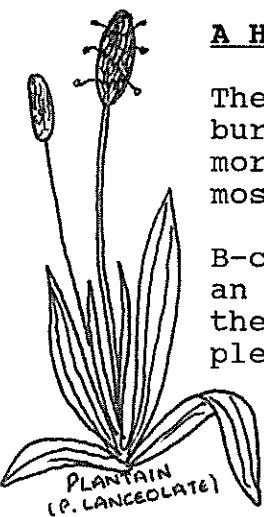
Aromatherapy can help alleviate constipation too. Combine 6 drops each of Rosemary, Thyme and Geranium essential oils in 50 mls of vegetable oil. Massage counter-clockwise on the solar plexus. Also massage on the colon area in a clockwise direction.

Once the cold has been beaten continue drinking at least two litres of fluid a day, regular exercise and a diet high in fibre to maintain regularity.

### A High Temperature

The body temperature rises in response to the liver trying to burn off excess toxins. The temperature is highest in the morning and evening as this is the time when the liver is most active in detoxifying the body.

B-complex will help the liver in its role and there will be an increased demand for vitamin A during fever so keep up the oil and vegetable juices. Suck ice cubes and drink plenty of water when your temperature is raised.



PLANTAIN (P. LANCEOLATE)



If the temperature is elevated but the skin is dry then a diaphoretic herbal remedy is necessary to induce perspiration and "break" a fever.

Diaphoretic herbs aid the skin in eliminating toxins and promote perspiration e.g. Cayenne, Chamomile, Ginger, Elderflower, Thyme, Peppermint, Yarrow.

Firstly try a tea made from Yarrow, Peppermint, Lemmon grass, Valerian or Chamomile.

A ginger infusion can be made by steeping 15g of chopped ginger root in 600 mls of boiling water for 15-30 minutes. Strain and add lemon and honey to taste. Take 4-6 tbsps 3 times daily.

A very effective remedy to break a fever can be made by combining 30g each of Yarrow, Peppermint and Elderflowers. Pour 1200 mls of boiling water over the herbs and steep for 10-15 minutes. Strain, let cool and bottle. Store in a cool dark place in a well sealed bottle. Take 4-8 tbsps every two hours until symptoms improve.

A few drops of lavender oil in the bath water helps lower body temperature.

A homeopathic remedy is another alternative. Choose the remedy which best matches your symptom picture.

### Sore Throats

Demulcent herbs are rich in a substance called mucilage that soothes and protects irritated or inflamed mucus membranes e.g. Comfrey, Irish moss, Liquorice, Aloe Vera, Marshmallow, Mullein and Slippery Elm.

Mix lemon & honey plus a little cold pressed oil for dry throats.

Honey mixed with a pinch of Cayenne pepper taken on a spoon treats fire with fire.

Gargle with an infusion or tea of one of the herbs mentioned above or try thyme, or mouse-eared hawkweed.

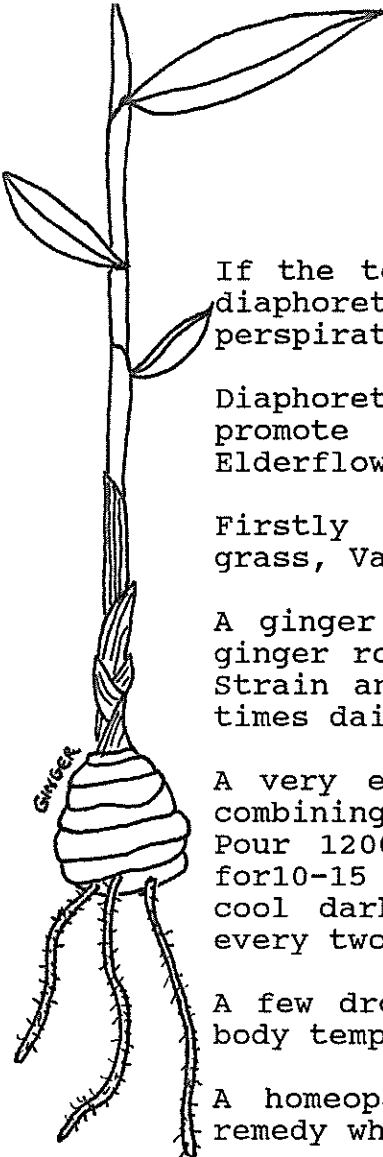
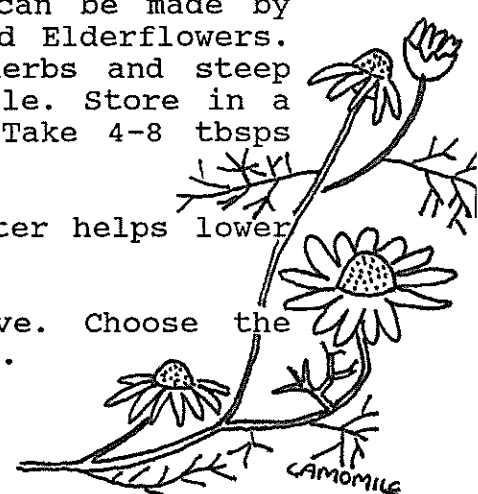
The diluted gel of the aloe vera plant may be gargled.

Hold a clove of garlic in the mouth.

### **A Sage Gargle:**

Heat to boiling temperature 300mls of cider vinegar and pour over 30g of Sage leaves and steep for 10-20 minutes in a covered container. Add 300ml of water and a tsp of cayenne pepper (optional). Honey and salt may also be added. Gargle 3-4 times a day until relief is noted.

FOR DRY THROATS:





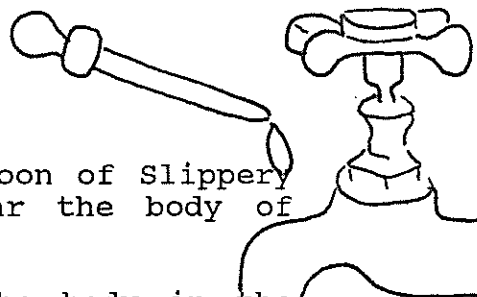
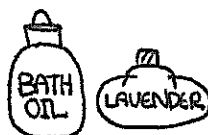
### To make and use Horehound Candy:

Simmer 60g of Horehound in 900mls of water until 600mls remain. Add 1kg of honey and simmer until thick, stirring occasionally. Add a drop or two of peppermint essence to taste. Pour into a greased pie dish. Put in the refrigerator and cut into squares when cool.

## BATH THERAPY

### Treating Congestion

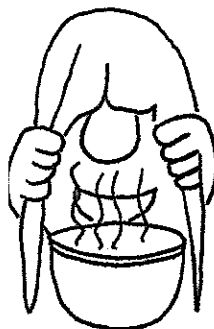
If the mucus flow is only minor add a teaspoon of Slippery Elm powder to your food. This should clear the body of congestion and assist with elimination.



**Expectorant herbs** are those that support the body in the removal of excess amounts of mucus from the respiratory system e.g. Comfrey, Elder flower, Elecampane, Garlic, Licorice, Lobelia, Mouse-ear, Mullein, Thyme, Horehound.

ADD A DROP  
OR TWO OF  
YOUR  
FAVOURITE  
ESSENTIAL  
OIL TO THE  
BATH  
OR  
TIE A BAG  
OF FRESH  
AROMATIC  
HERBS TO  
THE TAP

An **inhalation** is a time tested and effective way to use many expectorant and decongestant herbs. The Maori used many herbs in vapour baths by heating rocks, placing the selected herbs and grass mats on top and squatting on the mats allowing the vapour to envelope the whole body. You might wish to try placing a hand full of Kumarahou (Pomaderris Kumeraho) leaves or the bark of Manuka or Kanuka in a bowl of boiling hot water. Place a towel over your head and inhale. These may also be used in the bath or kumerahou may be taken as a tea.



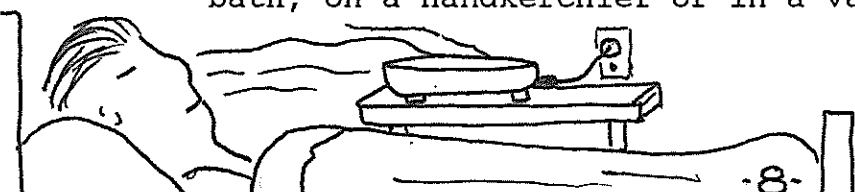
**Eucalyptus** is an effective expectorant. Put a drop or two of essential oil on a handkerchief and inhale when you are travelling. A hand full of leaves or a couple of drops of essential oil in a bowl of water and inhaled will work wonders. Put the same in an electric frypan and set on low heat by your bed at night. A drop of oil or a hand full of leaves wrapped in muslin in the bath may also help. Other oils that maybe useful are peppermint, sage and chamomile.

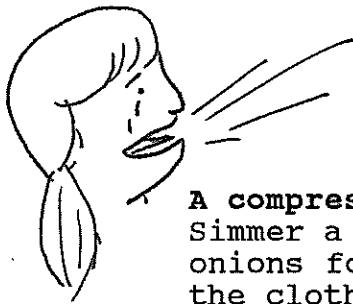
A mixture of Comfrey and bruised fenugreek seeds (around 1 tsp) in a little warm liquid twice a day will clean out excess mucus anywhere in the body. Take until the lungs are clear.

**Compresses** can be applied to the chest and liniments gently massaged on the chest. Some of the medicinal constituents are absorbed by the skin, aromatic herbs are inhaled and the blood supply to the chest area is improved. You might want to try one of these formulas:

### **A Chest Rub & Inhalation:**

Mix one part each of Spearmint, Peppermint and Eucalyptus oils. Mix the oils ( e.g. 2 drops each) into an ointment base or coldpressed oil and rub onto congested chests. These may also be used in the other ways described i.e. in the bath, on a handkerchief or in a vapour bath.



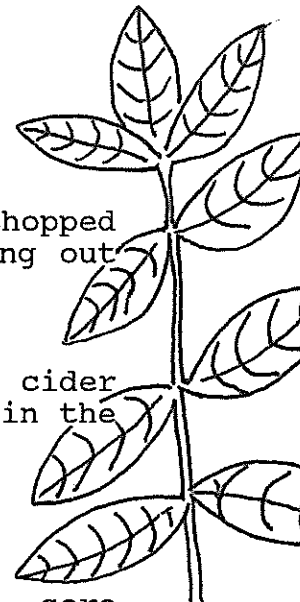


**A compress:**

Simmer a brew of Mullein flowers, Comfrey leaves and chopped onions for a few minutes. Strain through a cloth. Wring out the cloth and apply to the chest. Reapply when cool.

**A liniment for bronchial congestion:**

Simmer 1 tbsp of Cayenne Pepper in 600 ml of apple cider vinegar for ten minutes. Bottle. Apply a cloth soaked in the warm liniment to congested chests. Keep warm.



LICORICE  
N.B. REAL LICORICE  
CANDY STAINS  
THE TONGUE  
YELLOW FOR UP  
TO 3 DAYS!

**Treating the Cough**

Many of the remedies for treating congestion and sore throats will relieve coughs.

Here are some other formulas useful for treating coughs:

**A general formula for treating coughs and colds:**

Infuse 1 tsp of Cayenne powder, 30-60g Slippery Elm bark (cut) or Marshmallow root in 600mls of boiling water for 15 minutes strain and sweeten with 2 tbsps of honey and lemon. Take 1 tsp - 1 tbsp according to age as often as necessary.

**A Cough Syrup :**

- 30g Licorice
- 30g Slippery Elm
- 30g Comfrey root
- 30g Linseed
- 600ml Molasses
- 250g Honey or Raw Sugar



COMFREY

Simmer herbs for 20 minutes in 600 mls of water. Strain and add the molasses and sweetener, stir and bottle.  
Dose: 1 tbsp 3-4 times daily.

**General Cold & Flu Formulas:**

The following formulas combine herbs to treat congestion, fever, coughs and congestion.

**Cold & Flu Capsules:**

- 1 part Ginger powder
- 1 part Fenugreek seeds powdered
- 1/2 part Cayenne powder

**Instructions :**

Mix the powders and place in gelatine capsules or mix directly with water.

Dose: 2-3 capsules 3 times a day  
1/2-1 tsp of the powder, 3 times a day in water.



CAYENNE

**Cold & Flu Formula:**

- 1 Part Garlic
- 1 Part Rosehips
- 1 Part Parsley
- 1 Part Rosemary
- 1 Part Thyme

**Instructions :**

Mix herbs, crush garlic, prepare an infusion using 30gm to 500mls of clean water.

Dose: Adults 2-4 tbsps hourly  
Children 1-2 tbsps hourly



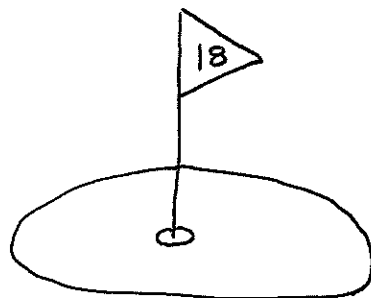
**Cold and Flu - Antiviral:**

- 1/2 part Capsicum
- 1 part Bayberry root
- 1 part White Pine Bark (Pinus Alba)
- 1/2 part Ginger
- 1/2 part Clove

**Instructions :**

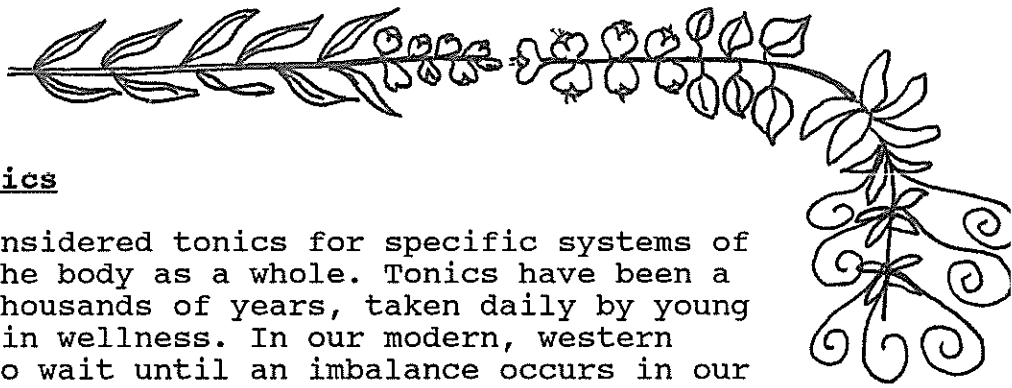
Mix powders, extracts or tinctures. The powder can be put in capsules or mixed with water.

Dose: Tincture 5-8 ml 3 times a day.  
Powder 1/2 - 1 tsp 3 times a day.  
Capsules 1 3-4 times a day.  
Extract 2-5 ml 3 times a day.



With your cold  
beat you can  
enjoy being healthy!

.....  
and staying healthy.



## Herb Teas and Tonics

Many herbs are considered tonics for specific systems of the body or for the body as a whole. Tonics have been a way of life for thousands of years, taken daily by young and old to maintain wellness. In our modern, western society we tend to wait until an imbalance occurs in our health before considering taking something to correct the symptoms. In traditional Chinese medicine the physician was only payed when the client was well!

### Mulled tonics

The traditional tonic had a mead base i.e. fermented honey. The mead was mulled with whatever herb was required e.g. Comfrey leaf for chest complaints or Mullein for colds and sipped in a mug whilst warm. The Welsh word for a mulled herbal brew was "medicline" which was translated into English as medicine.

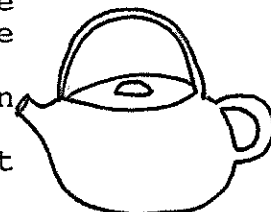
To make a mulled tonic choose a herb from the list and steep 1 tsp of the dried herb (or 3 of fresh) in half a cup of boiling water for 3-5 minutes. Strain into a mug (pottery is ideal) of honey mead and add a few cloves or a pinch of spice of your choice. Sip and enjoy.



### Herb Teas

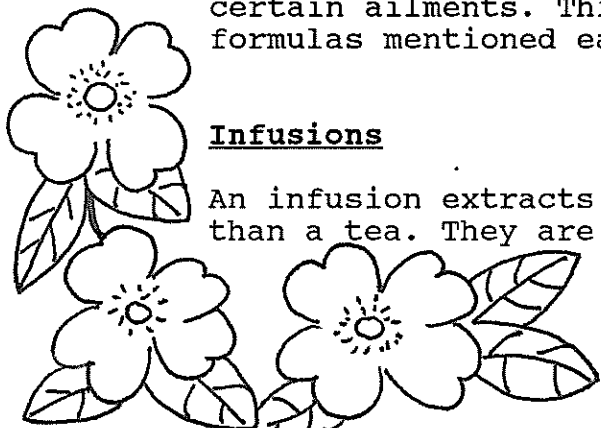
Drinking herb teas is a pleasant way to enjoy the health giving benefits and flavours of herbs. Try and drink at least three cups a day instead of coffee or tannin tea. Choose a tea to treat a particular ailment, to help digestion, lift your mood, calm frayed nerves or help you sleep. Try and vary the teas you drink. Remember balance and moderation in all things is the key to good health.

To make a herb tea pour 1 cup of boiling water over 1-2 teaspoons of dried herb (or 3 of fresh herb) and let steep for 3-6 minutes. Use a non metal pot e.g. china or pottery, or fill muslin bags with the herbs to use as tea bags. They may be sweetened with honey, Licorice root or there flavour enhanced by a slice of lemon or an aromatic herb e.g. Mint or Lemon balm. Aromatic herbs may also be added to mask bitter tastes e.g. with Hyssop or to spice up bland teas e.g. Oat Straw. A pinch of Ginger can be added to help fight colds, a few Cloves to aid digestion or a dash of Cinnamon to assist the circulation. Herbs can be combined to enhance the actions of a tea to treat certain ailments. This takes practice (see some of the formulas mentioned earlier to treat flu).



### Infusions

An infusion extracts more of the medicinal constituents than a tea. They are made the same way as a tea but



allowed to steep for 10-15 minutes with the lid of the pot on. Use 1 tsp of herb to 1 cup of water or 30g of herb to 600mls of boiling water. Teas and infusions are best for extracting medicinal compounds from plant parts such as leaves, flowers or green stems. Bark, roots or seeds maybe powdered first for teas and infusions or prepared as decoctions i.e. the plant parts gently simmered in water until the volume of water is reduced by a quarter.

Some constituents are more readily soluble in alcohol than water and are best taken as tinctures or fluid extracts. You will however, gain some benefits from taking any of the following herbs as teas or infusions.

### The Herbs

Herb Name - Examples of conditions which it may benefit

**Angelica root** - Expectorant in coughs & bronchitis, colds, fevers, cystitis, flatulence.

**Basil leaves** - Soothing & cleansing, diarrhoea, poor digestion, stimulates the immune system.

**Borage flowers** - A tonic for the adrenal glands, fever, convalescence, pleurisy.

**Catnip leaves** - Headaches, restlessness, period pains, soothes nerves; fever in colds, flu, bronchitis; indigestion, diarrhea.

**Centauray herb** - Heartburn, poor or sluggish digestion, an appetite stimulant.

**Chamomile flowers** - To induce calmness and sleep, infant colic, headaches, nervousness, indigestion, stimulates the immune system, the infusion maybe used as a hair rince for light coloured hair.

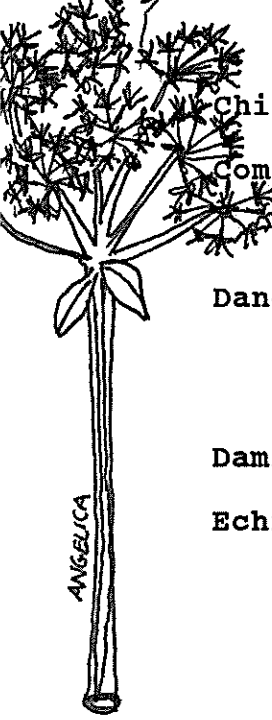
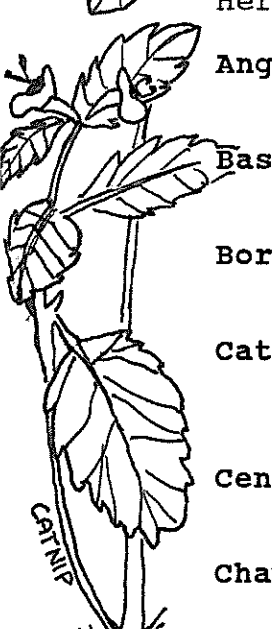
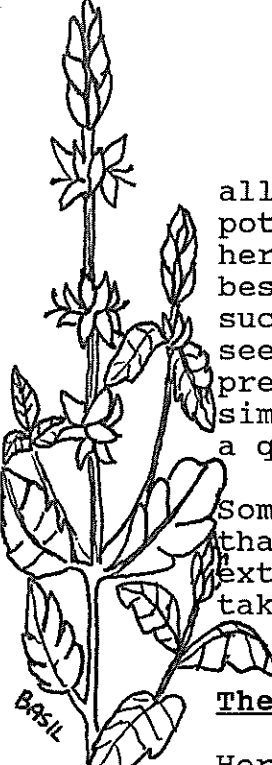
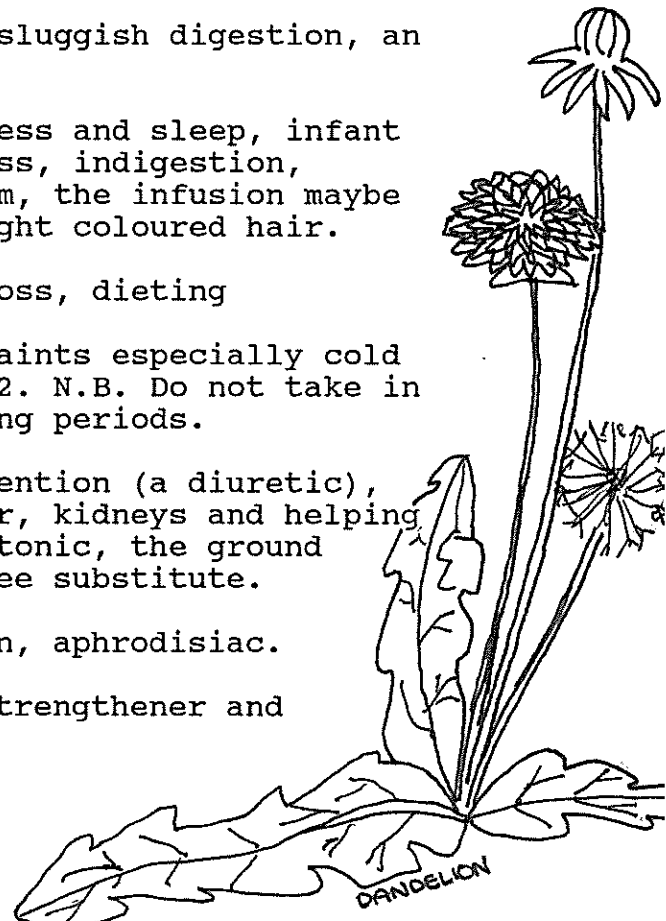
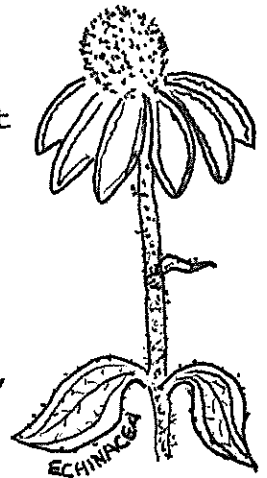
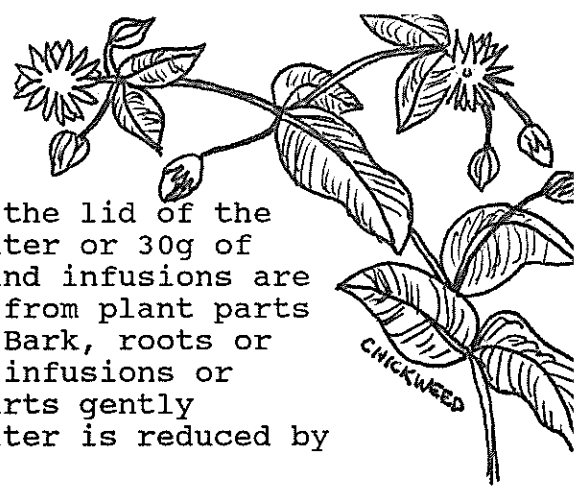
**Chickweed** - Coughs, colds, weight loss, dieting

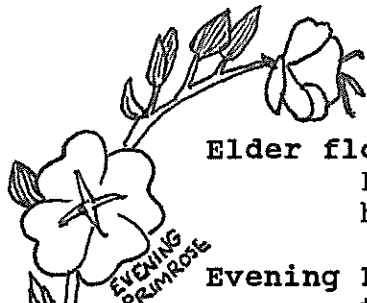
**Comfrey** - For all respiratory complaints especially cold and flu, high in vitamin B12. N.B. Do not take in large quantities or over long periods.

**Dandelion leaves & root** - Fluid retention (a diuretic), Ideal for flushing the liver, kidneys and helping eliminate toxins, a spring tonic, the ground roots may be used as a coffee substitute.

**Damiana leaves** - Anxiety, depression, aphrodisiac.

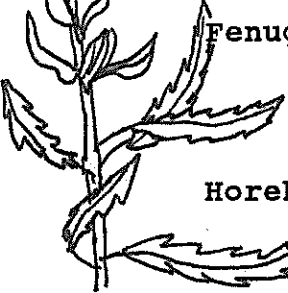
**Echinacea Root** - An immune system strenghtener and stimulant.





**Elder flowers** - For colds & flu it may be combined with Peppermint, Yarrow or Hyssop, sinusitis, hayfever, inflammation of the respiratory tract.


**Evening Primrose** - Can be taken as an oil or as a tea. A tonic for the nervous system as well as a general hormone tonic. Known to lower blood pressure and inhibit the formation of blood clots.



**Fenugreek seeds** (bruised) - cleansing and soothing, excess catarrh, bronchitis, stimulates mother's milk, tea maybe gargled for sore throats. Combines well with comfrey for colds & flu.

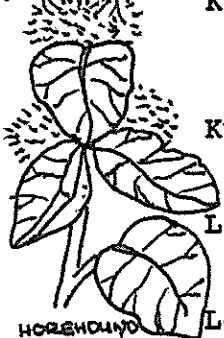
**Horehound leaves** - Use sparingly for deep seated colds, use 1/2-1 tsp / cup of boiling water, high in vitamin C.

**Horopito leaves** - A general tonic, to prevent colds, stimulates the bowels, bladder and kidneys. Chew the leaves for toothache.




**Hyssop** - Nervousness, fear, cough, bronchitis, fever in colds, worms. May be combined with Peppermint & Elderflower for colds.

**Korean Ginseng** - A tonic for those weak in health, for those coalescing. A tonic for adults and children



**Kumarahou leaves** - All respiratory complaints, bronchitis, asthma.

**Lavender flowers** - Headaches, nervousness. Maybe combined with Valerian for headaches.




**Lemon Balm leaves** - Headache, insomnia, melancholy. May be of benefit to anyone upset or agitated.

**Lemon Grass** - For skin troubles. High in vitamin A. Fevers. Useful as a daily drink when under stress.

**Lemon Verbena** - A refreshener and pick-me-up, a mild tea.

**Marigold Flowers** (Calendula) - Digestive inflammation, gastric & duodenal ulcers, indigestion, painful periods.

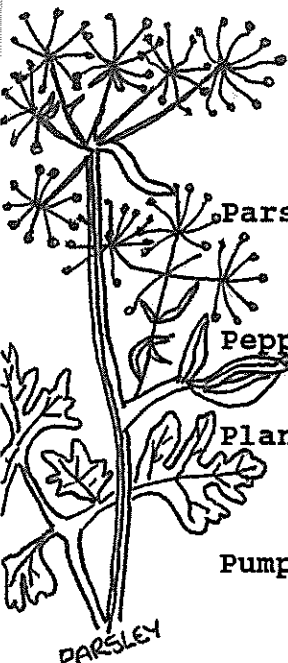


**Mullein** - induces sleep, pain killer, aids inflamed nerves, nourishes the body and works well in coughs and colds, strengthens the lungs.

**Nettles** - Kidney troubles, water retention, tonic, nervous eczema, high in iron, excellent for nursing mothers.

**Oatstraw** - Dry brittle nails and hair, excessive mucus.





**Parsley** - A mild diuretic, good for blood and kidneys, flatulence, colic pains, a good source of vitamin C.

**Peppermint** - Good for indigestion and to aid digestion, flatulence, nausea and stomach cramps.

**Plantain leaves** - Soothes inflamed and sore membranes, ideal for coughs and mild bronchitis, diarrhoea, haemorrhage.

**Pumpkin Seeds** - High in zinc, strengthens the male hormone system, useful for all disorders of the prostate.

**Red Clover flowers** - Blood cleanser, nervousness, whooping cough, skin conditions, coughs & bronchitis.

**Red Raspberry** - The occasional cup of tea can be taken safely during pregnancy to tone the uterus. Profuse menstruation. Gargle for sore throats, mouth ulcers, bleeding gums.

**Rosemary leaves** - Use the infusion as a hair rinse for dark hair. Use sparingly as a tea for headaches, to strengthen the circulatory system, nervousness and depression.

**Rosehips** (do not boil) - Coughs & colds, high in vitamin C, ideal for children and those convalescing.

**Siberian Ginseng** - The occasional glass improves endurance and physical vigour. Improves strength & energy.

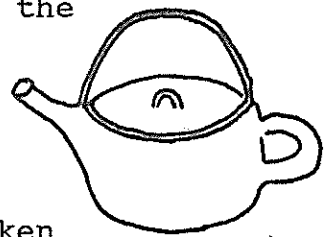
**Sarsaparilla** - A valuable herb for glandular problems. Often taken with other herbs to increase metabolic rate. Stimulates breathing and aids circulation, rheumatic conditions.

**Thyme** - Colds, indigestion. Gargle for laryngitis, tonsillitis, eases sore throats, whooping cough, asthma, childhood diarrhoea, bed wetting.

**Valerian** - Tension, headaches, insomnia, combines well with Skullcap for insomnia, cramp and intestinal colic, migraine, rheumatic pains.

**Vervain** - Use as a mouthwash for dental carries and gum diseases, combine with Skullcap for depression; hysteria, the early stages of fever, insomnia.

**Yarrow** - Colds, fever, indigestion, cystitis. For fevers it combines well with Elderflower, Peppermint, Cayenne & Ginger.



ROSEMARY



THYME



## Other Tonics

It is worth mentioning a few other tonics readily available from health food stores.

**Blackstrap Molasses** - A tonic food that can be added to other foods to increase the levels of iron and other minerals in the body.

**Propolis** - This is a substance that Bees use to cement the walls of their hives and fix the comb to the root. It has many properties including antiviral, antibiotic and antifungal. It is useful for fighting all infections, assisting the healing of broken bones, accelerating cell growth, alleviating ailments of mucus membranes and improving skin condition.

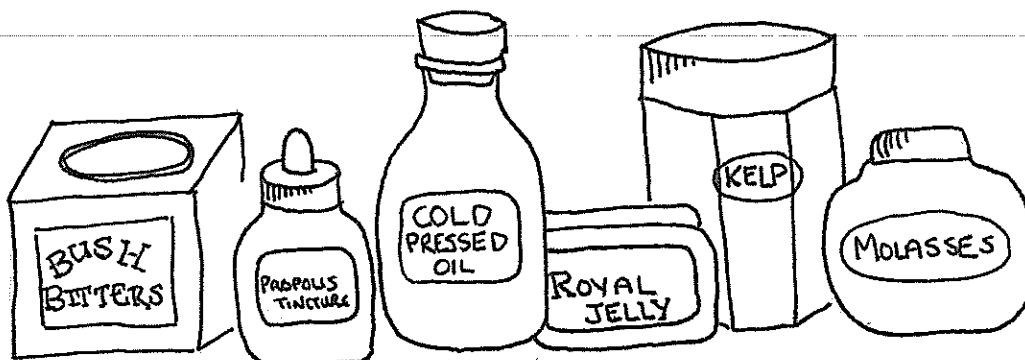
**Royal Jelly** - Another bee product, the food of the queen bee. It has a reputation as a "cure all". A tonic for the whole body. Increases fertility.

**Kelp** - High in iodine. Take 1 tsp of kelp daily in or on food. Iodine is required by our glandular and hormonal systems. Without it people become overweight, tire easily and lack drive. People exposed to radiation e.g. handle electronic equipment daily, live near power pylons etc have an increased need for iodine. Iodine is also found in watercress and parsley.

**Cold Pressed Oil** - As already mentioned, these are high in vitamin A. Most complaints of assimilation and elimination can be prevented by taking oil on a daily bases.

**New Zealand Bush Bitters** - This is a combination of Kohekohe, Puriri, Karamu, Harakeke, Kawa Kawa, Kumarahou, Pukatea, Koromiko, Kowhai, Kareao. It is recommended as a tonic to improve mental and physical wellness and is supposed to be safe to use everyday as tinctures or tea.

There are many other products which claim to have tonic properties.





## Homeopathy

Homeopathy is based on the principle that **like treats like**. The patient is given minute quantities of medicine which, when given in larger doses would produce similar symptoms to those he/she is suffering. This system of treatment was perfected by Dr Samuel Hahnemann in Saxony in the 19th century.

Remedies are derived from plant, animal and mineral sources. They are made by taking 1 part of the substance and diluting it in 9 parts of a solvent e.g. alcohol or water and shaking vigorously. This makes a remedy with a potency written 1x. A further 1 part is taken, diluted in 9 parts solvent and shaken to give a potency of 2x. This process is repeated over and over until there is none or little of the original substance left. One part in 100 is written 1c. The standard dose for home use is 30c. Potency can be as high as 200c or 1M but these are far more powerful and should be used with care.

The key to successful treatment in homeopathy depends on matching a person's mental and emotional symptoms as well as physical symptoms. Each individual reacts differently to physical symptoms and these different reactions are crucial in determining the correct remedy.

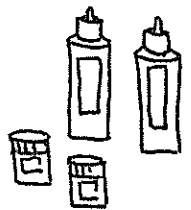
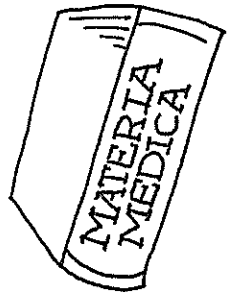
Homeopathy is ideal for use in first aid and acute illness or people may be treated constitutionally i.e. they would treat themselves regularly with remedies depending on their physical, mental and emotional state in order to prevent illness.

All remedies are safe for adults and children and are inexpensive.

There are many theories as to how homeopathy works. Some believe the remedies stimulate the body's "life force" and immune system enabling it to heal itself. What ever the reason, homeopathy does work! It is an extremely popular form of health care in Europe and homeopathic hospitals are subsidised by many European governments.

Remedies are available as tinctures or tablets. Tablets have a lactose base so are not suitable for those allergic to dairy products. Tinctures are probably best for conditions involving excess mucus.

There are some rules to follow to gain the optimum benefits from homeopathic remedies. The remedies are very delicate and are easily destroyed. For this reason all remedies should be taken at least a half hour before or after eating. Coffee, Peppermint, Menthol, cough lozenges, strong toothpastes and even garlic can destroy the remedies. Avoid these if possible otherwise take a cup of mild herb tea half an hour before taking a remedy. Do not handle the tablets. Drop them on your tongue from the lid of the bottle and let them dissolve on the tongue



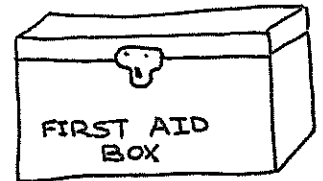
rather than swallowing them whole. Store the remedies in dark, well sealed bottles. Liquid should be dropped from the rim of the bottle or a separate dropper on to a clean spoon.

**Dosage:**

**Acute conditions** - In severe cases the remedy can be given every five minutes e.g. shock. Otherwise 2 tablets or 4 drops of liquid (1 dose) every two hours or until symptoms subside - reduce to 1 dose 3 times a day between meals for three days.

**Chronic Conditions** - 1 dose 3 times a day between meals until symptoms subside. Stop taking the remedy when relief of symptoms is obtained.

For children the dose is half the adult dose.



**Homeopathic Remedies for Cold & Flu**

**Aconite** - Especially for symptoms resulting from exposure to cold dry winds. Characteristic symptoms include: Fever, sudden onset with chill. Increased thirst; bright red face; though one cheek may be red and hot, the other cold and pale, dry burning heat; chill alternating with heat. Great restlessness and anxiety. Symptoms are worse in the evening and night, in a warm room and with motion.

**Byronia** - This remedy can be indicated in influenzas that seem to be progressing to pleurisy. The patient does not want to move at all, is very irritable and wants to be left alone. Influenzas with headaches (also from coughing) and aching muscles and joints. All worse from the least movement. Generally the patient is thirsty for cold drinks. The patient may worry about work.

**Eupatorium perf.** - This remedy is for influenza where the bones, limbs and back ache so intensely it may feel as if they will break. The patient does not want to move because of the pain. Even the eyeballs ache. All the muscles ache. The head aches, There is shivering and chills especially in the early morning. The patient may want to drink ice cold drinks but these upset the stomach.

**Gelsemium** - For colds and influenzas of mild winters. There is heaviness, aching, weakness and tiredness of the body and limbs. The patient is very droopy, the eyelids droop. There can be chills running up and down the back. Periods of chill and heat follow each other. Influenza with terrible bursting headaches from the neck over to the forehead. Patient is not thirsty at all, but is better for stimulants i.e. tea, alcohol.

**Rhus tox** - Influenza from cold damp weather, where there is bruised aching. Patient sweats profusely, has a dry mouth and dry sore throat with hoarseness. There is extreme restlessness and great weakness. The patient becomes stiff and aching is worse if he lies too long in one position, he cannot sleep as he has to keep tossing and turning in an effort to find relief. The fever can be intense, the patient may show a desire for drinking milk. Often the patient is very anxious.

**Mercurius Solubilis** - Flu symptoms with ear involvement. Patient is loquacious and anxious. Tongue swollen and flabby with profuse salivation. Throat acutely inflamed and pain often extends from throat to ears. May also have conjunctivitis with flu.

