



Colds and Flu

Natural Cures for the Common Cold and Flu

You've probably heard the saying, "There is no cure for the common cold." Well, it's very true that antibiotics do nothing for colds, because a cold is a viral infection and antibiotics only work on bacterial infections. It's also true that all of the over-the-counter drug medications we see advertised on TV don't cure colds or flu either. They merely relieve symptoms.

But is it really true that there are *no* effective remedies for colds and flu? The fact is that there *are* very effective remedies for these common conditions—they just happen to be herbal remedies. In this handout, we'll introduce some of our herbal allies in the battle over colds and flu. But first, we need to learn a few basic principles about natural health care that will help maximize our results when using these remedies.

First, it is important to understand that the symptoms of colds and flu (fever, inflammation, sinus drainage, coughing, nausea, diarrhea and vomiting) are generated by the body's immune system. They are the efforts of the body to flush irritants out of the system. Taking anything that suppresses these symptoms will only prolong the length of time it takes to recover.

Second, when you first notice a cold or flu coming on, take a lesson from animals and small children—stop eating. When the body is attempting to flush irritants, adding more food only burdens the body further. Hippocrates' famous quote, "feed a cold, starve a fever," means "if you feed a cold you will create a fever you will have to starve." With all acute ailments it is best to fast. If you must have nourishment, liquids and easy to digest foods are best. Try fruit or vegetable juices, soups and broths, or some fresh vegetables or fruits.

Third, since the cold and flu symptoms result from the body's attempts to flush irritants, give the body some help. Clearing the colon with an enema or colonic can do wonders. Soaking in a tub of hot water with some Epsom salt and essential oils to help work up a sweat can also do wonders. By opening the body's channels of elimination, you make it easier for the body to remove the irritants and recovery time is shortened.

With that background, let's review some of the herbal friends that can help the body fight off colds and flu. One powerful remedy is HCP-X, a formula developed over 200 years ago for colds and flu that is still effective. Originally called Composition Powder, HCP-X helps the body expel mucus and congestion, while stimulating circulation and immunity.

While HCP-X can be taken in capsules (1-2 capsules every 2-4 hours starting at the first sign of a cold or flu), it is even

more effective when taken as a tea. Use 2-3 capsules per cup of boiling water, and allow the herbs to steep for about five minutes before straining the tea. It can be sweetened with a little honey or stevia if desired.

Sip the warm tea frequently throughout the day (it is spicy to the taste) and drink plenty of water. It is also an excellent tea to drink before sitting in a warm bath.

Many people have found echinacea to be helpful for knocking out colds and flu before they have a chance even to get started. The liquid Ultimate Echinacea is another great formula to be taken at the first sign of cold or flu. Take about 1/2 teaspoon every 1-2 hours along with plenty of water.

Echinacea is a non-specific immune stimulant. It "tricks" the body's immune system into thinking it is under attack, causing it to heighten immune responses. This increases the body's ability to fight off viruses.

In the formula Elderberry Defense, echinacea is combined with elderberries and royal jelly in a great antiviral formula. Two capsules of Elderberry Defense can be taken every two hours, starting at the first sign of sickness, until symptoms improve. Again, drink plenty of water to help the body flush the irritants.

For children, elderberry is available in the chewable Elderberry Plus tablets, which also contain reishi mushroom and astragalus. These products all have antiviral activity that can boost the body's ability to ward off colds and flu.

When taken as recommended, in small, frequently repeated doses with plenty of water, all of the aforementioned remedies will usually knock out colds and flu in 24-48 hours. They have been known to work in as little as 2-4 hours.

Yes, there is a cure for the common cold. In fact, cold and flu cures are abundant in the herbal world. There are many more that we haven't listed. So, next time you sense that sniffle coming on, try some of these remedies, in conjunction with the three principles of basic health care mentioned at the start of this handout. You will discover for yourself that these remedies can be very effective and fast-acting.

Selected References

Prescription for Nutritional Healing by James F. Balch and Phyllis A. Balch
The ABC+D Approach to Natural Healing by Tree of Light Publishing
The HART Manual by Herb Allure

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