

HERB STOP

October 09 Highlight



How To Prevent Colds & Flus This Winter

Last week a school teacher came to visit me. She wanted to know what she could do to prevent the flu or cold this winter. Alarmed by a high number of absences in her class room this early in the season and the length of time kids needed to stay home to get well, she decided to turn to herbal remedies for a good dose of prevention and to stay healthy. I too have noticed an increase in respiratory infections this month. Usually, the cold and flu season sweeps the country much later in the year. What can you do to stay healthy this winter?

The formula for preventing colds and flu begins with a common sense approach. The respiratory system does not like cold and damp weather; therefore, keeping yourself warm and dry, especially your chest, neck, head and feet, may help you prevent colds. In Traditional Chinese Medicine (TCM) the autumn season is associated with the lungs and the large intestines. These two areas of your body must stay clean for optimum health. If you are one of those with a history of digestive weakness, or of long winters of colds and lung problems, this is the time to prepare yourself to stay well this fall and winter. Removing toxins from the body may eliminate any potential illness you have stored away, as well as improving organ functions.

Here are some of our suggestions for a healthy respiratory system:

Citrus

The peel of any type of citrus moves the energy in the body, when there is stagnation. It helps in the elimination of mucus in the lungs and digestive tract. Drinking freshly pressed lemon juice mixed with a little water first thing in the morning is an effective way to eliminate mucus from the body. Do not eat anything for about ½ hour after taking the juice.

Garlic

Garlic is a food and medicine that has been used for a very long time by many cultures. It is also called the “poor man’s medicine”, garlic has many healing powers. It is a strong antibiotic with anti-microbial, anti-fungal, anti-parasitic and expectorant properties.

Pineapple

Eating pineapple and drinking fresh pineapple juice is an excellent way to increase the elasticity in the lungs.

Turnips

Odorous vegetables, such as turnips, garlic and onion are specific foods for the lungs and catarrhal problems.

Eucalyptus

Eucalyptus essential oil is a pectoral tonic, expectorant and anti-infectious. Inhaling eucalyptus opens sinuses and breathing passages. Place one to two drops on your pillow before bedtime to help you breathe freely.

Oregano

The essential oil of oregano can be used to prevent “catching” a cold, flu or fungal infection, especially when going into large crowds, schools, hospitals, etc. Put one drop of oil on your tongue, and if this is too strong, mix one drop of oregano oil with one teaspoon of honey. *Caution: Consult your herbalist before using essential oils internally!*

Immune Builder

The herbs in Immune Builder are traditionally known to stimulate and support the immune system. This formula may increase overall energy and build resistance in cases of weakness and illness. Helps reduce the incidences and shortens the course of the common cold.

Immune Enhancer

This herbal extract has a great reputation for strengthening the immune system, to prevent getting colds and flues, and to treat conditions in the body that are directly related to a lowered immune system.

Immunity Tea

Drinking one cup of Immunity Tea two or three times a week may prevent colds/flues and other viral infections, as it enhances the natural defenses of the body. Immunity Tea works by neutralizing heavy or deep compounds of toxicity in the body. Good for people that are too acidic.

Thief Oil and Vinegar

Aromatic plants have been used since antiquity as a protection against infectious illnesses, the most notable example being the great waves of plague, which swept across Europe. There are many records of people who worked with aromatic plants or oils, escaping the plague, while others all around them were dying. In Toulouse a band of thieves is alleged to have stripped and robbed the bodies of plague victims without harm to themselves, thanks to an aromatic compound of vinegar, cloves, sage, marjoram, rosemary, juniper and camphor all known and used in aromatherapy for their antiviral and antibacterial properties, with meadowsweet, wormwood, horehound and angelica. Thief Oil and Thief Tincture's bactericidal and anti-viral properties offer a real protection against infection during epidemics. I take 30 drops of Thief Tincture daily (I added to my salad dressing) as a preventative during cold and flu season, or whenever I am around people who are ill. Put a few drops of Thief Oil under your nose or on a cotton ball and inhale it frequently. During a long air flight Thief Tincture and Oil could be very helpful.

Licorice

Licorice contains demulcent and expectorant properties, good to use for coughs and respiratory congestion. This sweet herb is an adaptogen, demulcent, expectorant, anti-viral and anti-depressant.

Mullein

To build and strengthen the lungs drink mullein leaf tea every day for about one to three months. Mullein leaf contains demulcent and expectorant properties, useful for irritations of the lungs, bleeding lungs, asthma and pleurisy.

Personalized Immunity

The herbs in this formula focus on the stability and support of the immune system. It can be taken as a preventative for maintaining a healthy immune system. This formula can also be taking right at the onset of a cold, to stop it. For someone who already has a cold, it is known to boost the immune system. Traditionally, this herbal combination has been taken for extreme autoimmune diseases. It does not attack the virus, flu, disease, etc., but is impacting the immune system, and in turn the immune system attacks the disease, flu, virus, etc.

Viral Defense

The ingredients in Viral Defense are traditionally known to highly stimulate the immune system and increase viral resistance. You can increase the dosage when you are experiencing flu like symptoms, chest congestion and stomach disorders.

Free Breathing

This essence may clear sinuses allowing you to breathe more freely.

More Ways For Staying Healthy This Winter

☼ Neti Pots

The nose is the opening to the lungs, and keeping it clean removes mucus and pollution, helping prevent respiratory tract diseases. Daily use can also relieve allergies, stuffy nose and sinusitis. Neti pots, a nose washing container, has been made popular after it was mentioned and even demonstrated during an Oprah Winfrey Show. Himalayan Salt, Celtic Salt or New Zealand Salt, are some of the best salts to use in your Neti Pot.

☼ Chest Breathing

Chest breathing is dependant upon the brain and nerve supply. The chest will breathe as much as you want, but only if the nerves are good. When a person gets tired and mentally fatigued he/she yawns, to bring needed oxygen to the brain. It is important also to have enough iron to oxygenate the blood. Deep breathing, hiking in the mountains, as well as dry and warm air will help the lung structure the most. To strengthen the lungs, take one hundred conscious deep breaths in the morning and at night. On the out breath, flex your hands, to stimulate circulation throughout the system.

☼ Keep The Bowels Clean

Accumulated toxins in the bowels are thrown back into the body, absorbed by the blood, and finally go to the lungs. From there, they are coughed up as phlegm and mucus through the bronchial tubes.

☼ Emotional Needs

Unexpressed feelings can contribute to head congestion and respiratory weakness, which can weaken your physical resistance. In Chinese medicine, the lungs are associated with grief and worry. Expressing these emotions through weeping or crying is a good and healthy outlet.

☼ Play The Flute Or Harmonica

Playing the flute or harmonica on a daily basis can strengthen the respiratory system.

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