

You can also use the encapsulated **CC-A** formula for adults or children old enough to swallow capsules. Take 2-4 capsules every hour, again with plenty of warm or room temperature water.

Again, don't eat any solid food while you are doing this. If you get hungry, limit your food intake to fresh fruit or vegetable juices or clear soups (broths). These help flush the system.

Cleanse

Just activating the "wei qi" or defensive energy of the body is enough to speed recovery. However, we can also do other things to support the body's efforts to flush what is irritating it.

Clear the Colon

For starters, clearing the colon will often break a fever and dramatically reduce congestion within minutes. The fastest way to do this is with an enema. However, if you're not brave enough to take an enema, there are other ways.

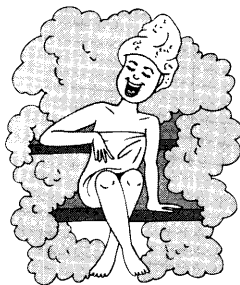
Try taking digestive enzymes along with your herbal activator. For example, take 2 **Proactazyme Plus** or 1-2 **Food Enzymes** every hour with plenty of water. This will break down material in the intestines and will usually clear the colon within 2-6 hours. Drinking freshly made apple juice or prune juice will also help.

If there is a fever, then bitter herbs will help to more rapidly clear the digestive tract and cool the system down. **Goldenseal/Echinacea** or **Oregon Grape** are good choices here. Again, the key is small, frequently repeated doses. Use 1/4 to 1/2 teaspoon per hour.

LB Extract combined with **lobelia** can also be used to clear the colon and reduce the fever. Use 1/4 teaspoon of LB Extract with 5-10 drops of lobelia every 30-60 minutes until the bowels evacuate.

Break a Sweat

Perhaps you've heard of the idea of sweating out a cold. Well, it really works. Native Americans used a sweat lodge to do this therapy, but you can also use a sauna if available to you. Since most of us don't have our own sauna or sweat lodge, here's how to do a "sweat bath" at home.



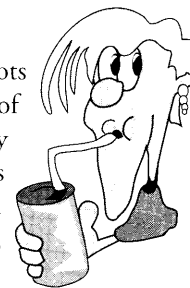
Brew up some HCP-X tea or some tea made with **Yarrow** and **Chamomile** (2 capsules each per cup of water). You're going to drink this while you're sitting in a hot bath. If you just can't stand the tea, then as an alternative, you can take 2-3 capsules of yarrow or 2 capsules of HCP-X and sip warm water while in the bath. (It is very important that the tea or the water is warm, not cold).

Now, draw a bath as hot as you can comfortably tolerate. Optionally, you can add a few drops of your favorite essential oils, or 10 opened capsules of ginger, to the bath. Sit in the bath and drink the warm liquids for about 15-20 minutes.

Get out of the bath, dry off, go to bed and pile on the blankets. Continue to drink plenty of liquids until you start perspiring. It's amazing how quickly this can break up colds, flu and many other acute ailments.

Flush the Kidneys and Lymphatics

You notice that we keep stressing—drink lots of water. The old adage, "rest and drink plenty of fluids," is good advice because water is absolutely necessary for all eliminative channels. It lubricates the colon, helps the sweat glands, waters down mucus in the respiratory passages and, of course, is needed for kidney function.



Often when you're sick you'll notice swollen tissues, such as swollen lymph nodes in your neck or chest. You can reduce this swelling and lymphatic congestion by mixing 1 teaspoon **Kidney Drainage Formula** and 1 teaspoon **Lymphatic Drainage Formula** into a quart of water and sipping the water frequently. This is particularly important when a person has a sore throat or earache.

Clear the Congestion

When you're coughing or sneezing, your body is trying to expel irritating substances from the sinuses and lungs. Trying to dry up the sinuses or suppress the cough is counterproductive. What you want is a remedy that will break up mucus and then help the body expel it. These remedies are called decongestants and expectorants.

Hands down, **ALJ** is one of the most effective herbal decongestants and expectorants we know. This valuable blend is available in capsules, liquid and tablets, and can be used by persons of all ages from kids to the elderly. Take 2-4 capsules or 1/2 teaspoon every two hours along with plenty of water and your herbal activator when you're congested.

When taking ALJ, don't expect it to dry up your runny nose or suppress your cough. That isn't what it's going to do. On the contrary, you may cough or sneeze a little more at first, but this is just the body clearing out what's bothering it. As soon as it has expelled the irritants, you'll feel a lot better—guaranteed!

When there's an infection in the lungs, combine ALJ with garlic. For kids, poke a hole in a **Garlic Oil** gelcap and give the oil to them orally. You can also dilute it with a little massage oil and rub it on their chest. For adults, take one tablet of **High Potency Garlic** every four hours. If you can tolerate it, eat 1-2 cloves of raw garlic every two hours. Combined with ALJ, garlic is really effective at eliminating congestion in the lungs.

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Additional Help and Information

If you would like more information about treating colds, flu, fever, sore throats, earaches, congestion and other acute ailments the natural way, talk to the person who gave you this newsletter. They have additional handouts and resource materials to help you. You can also consult some of the following sources:

The ABC Herbal by Steven Horne

Dr. Mom-Dr. Dad Course by Steven Horne

The Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing

The Cold is the Cure DVD featuring Steven Horne

Raising Children Naturally Book and CD from Sound Concepts