



Treating Colds, Flu and Fever with Effective Traditional Remedies

Just a few generations back, most Americans relied on home remedies for common ailments like colds, flu and fever. With the advent of modern medicine and health insurance to pay for routine doctor visits, most people stopped using home remedies and started relying on modern medicine for even minor illnesses. As a result, few people know or use traditional remedies when they are sick. This is unfortunate, because many of these traditional remedies were not only effective, they were also far less expensive than modern medicine.

This newsletter will introduce you to some effective traditional remedies for colds, flu, fever and other acute illnesses. Specifically, you will learn about a tried and true approach to contagious disease that was used by millions of people in the early 1800s. It was developed by the pioneer herbalist, Samuel Thomson, one of the most unusual and influential figures in American medical history.

The late Stan Malstrom, ND, called Thomson the “Father of American Herbology” and added that, “Samuel Thomson has probably contributed more to the science of herbology than any other individual in the history of the United States.” Without any formal medical training, Samuel Thomson devised a system of healing that not only swept frontier America like a storm, it crossed the oceans to kindle a new botanical movement in England and other parts of Europe. It is estimated that by 1840 three to five million Americans had adopted the Thomsonian method of treating illness.

While Thomson’s philosophy and methods were innovative for the 1800s, there are modern applications of his principles that we have created. We will be sharing these insights with you in this issue of *Sunshine Sharing*.

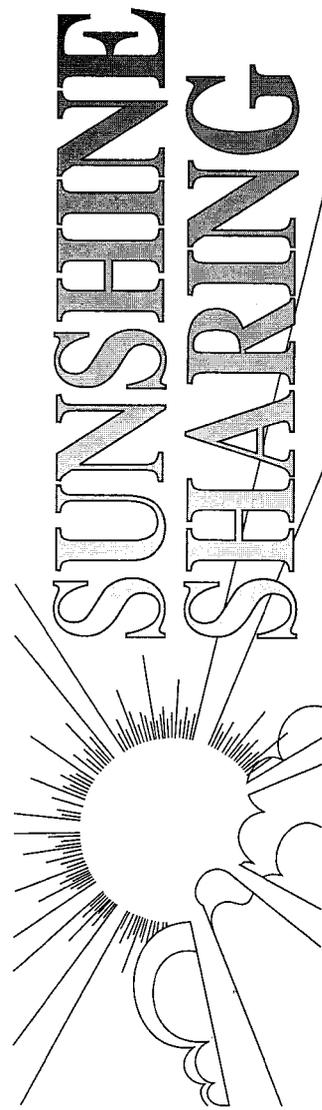
It’s Not About the Microbes

It is important to emphasize that traditional therapies for contagious diseases are not directed at killing microbes. Most people in modern society believe that killing germs is the only way to prevent and treat contagious disease. Hence, they rely heavily on disinfectants, antiseptics and antibiotics. Even people who use herbal remedies tend to think this way and want to know what herbs can be used to kill microbes and viruses. But, antibacterial and antiviral herbs are not necessarily the most effective herbs to use when treating infections. We’ll explain why shortly.

While there can be no doubt that basic sanitation helps prevent the spread of disease, there is no evidence that using disinfectants in your home will improve your health. Microbes are highly adaptive, and the overuse of antibiotics and disinfectants has caused many infectious organisms to adapt and become more harmful and difficult to kill.

Furthermore, the use of antibiotics and disinfectants has disrupted the friendly microbes that are part of your natural immune system. This weakens people’s natural immunity and makes them more prone to asthma, allergies, autoimmune disorders, leaky gut, inflammatory bowel disorders and other chronic health problems.

Continued on next page



Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

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Continued from page one

Fortunately, there is another way to deal with contagious diseases besides killing germs. You can alter the environment of the body so that the body is no longer a hospitable host for the disease. This approach is the basis for most traditional remedies for colds, flu and fevers.

According to herbalist Matthew Wood, RH (AHG), “Traditional medicine treats fever and other diseases by opening and closing the peripheral ‘vents’ of the body—the sweat pores, sebaceous glands, and capillaries. It does not attempt to ‘kill microorganisms’ directly. Instead, it dooms these critters by changing the environment in which they live.”¹

The traditional techniques Matthew is talking about are both rapid acting and more conducive to long-term health than the “kill the microbes” approach. It’s a shame that more people aren’t familiar with them. Matthew Wood further stated, “... the medical knowledge of traditional healers is treated with disdain, as if they had no capacity for dealing with acute viral or bacterial fevers before the advent of antibiotics.”

It is unfortunate that people believe the only effective remedies for colds, flu and fevers are those that kill viruses or bacteria. Those who have tried traditional approaches know better. They rapidly discover that using herbs and therapies that alter the internal environment of the body and restore it to its normal state are the most effective methods of dealing with these diseases.

The Thomsonian Philosophy

To understand Thomson’s approach and why it works you need to first understand how he (and other traditional natural healers) viewed disease. Thomson’s basic premise was “heat is life” and disease is a loss of that heat.

To put this in modern terms we might state that “energy is life” and all disease begins as a loss of energy. This view is supported by holistic MD, Jerry Tennant, who wrote a book called *Healing is Voltage*. In it, he explains how your health is dependent on the amount of electrical energy stored in the body. He claims that infection can only occur when the electrical energy drops below a certain level. This suggests Thomson’s basic idea has a lot of merit.

Thomson believed that the source of the energy that sustained life was the food digested in the stomach. If the person had good food and healthy digestion, then the food sent out its heat, or energy, into the rest of the body, to sustain life. He further believed that consuming foods disagreeable to health caused problems with digestion, which led to disease. He said, “By constantly receiving food into the stomach, which is sometimes not suitable for the best nourishment, the stomach becomes foul, so that the food is not well digested. This causes

the body to lose its heat; then the appetite fails, the bones ache, and the man is sick in every part of the whole frame.”

Today, herbalists and natural healers would say that eating poor quality food causes the digestive tract to become toxic, which leads to disease, teaching the same idea in different words. Numerous people have experienced the truth of this idea firsthand by doing a colon cleanse or other detoxification program. They have felt an increase in energy and health after the cleanse.

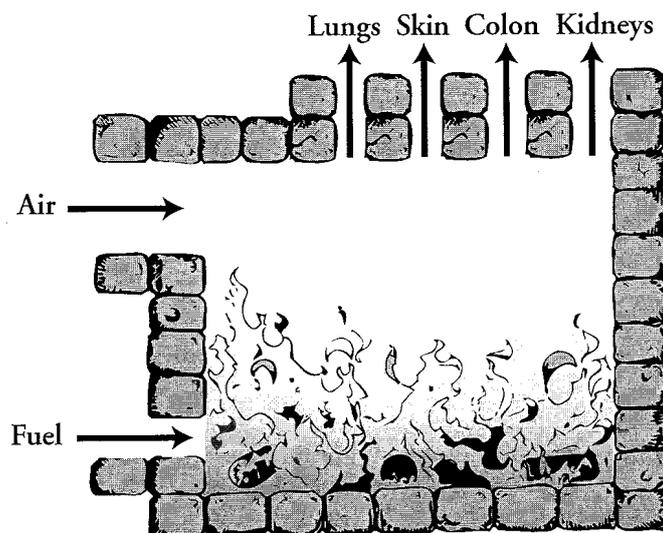
The Body Furnace

After studying the writings of Samuel Thomson in the early 1980s, Steven Horne developed the model of the “body furnace” (shown below) to illustrate Thomson’s idea. This model suggests that the body is like an energy-producing furnace. As you eat, you fuel the furnace. As you breathe, you fan the flame of life and oxidize, or burn, that fuel. This creates the energy that runs everything in your body. You also have to eliminate the waste from this process through four eliminative channels: the colon, kidneys, lungs and skin.

Again, in Thomson’s view, poor quality fuel causes the “fire-box” of the stomach and digestive system to become clogged or congested. The life energy no longer flows freely to the skin and disease was the result. This congested condition of the body is illustrated on the next page.

Although germs hadn’t been discovered when Thomson was proposing his ideas about healing, other natural healers have explained the link between this congested state of the body and contagious disease as follows: Harmful microbes feed on decaying organic matter. Thus, the accumulated waste in the system becomes a breeding ground for infectious organisms.

The analogy of flies and garbage piles has been used to illustrate this. Flies are attracted to piles of garbage. It’s a breeding ground for them. So, if you have a problem with garbage piles, the answer isn’t killing the flies. If you spray the garbage with pesticides you’ll get rid of the flies temporarily, but the garbage remains and the flies will eventually return. If you clean up the garbage, the flies will be gone and won’t come back.



¹“Samuel Thomson: Naive or Sophisticated? Thermoregulation in Traditional Medicine” by Matthew Wood, *Proceedings of the 21st Annual Symposium of the American Herbalists Guild*, Oct 2010.

If this explanation is true (as many natural healers believe), we don't get sick just because we are exposed to microbes. We get sick because the congested waste in the body becomes a breeding ground for them. Taking antibiotics or using disinfectants to kill the microbes doesn't clean up this congestion and may add to the toxic condition of the body. Thus, over time, the body becomes more weakened and diseased when this "kill the germs" approach is taken.

That's why we can say with confidence that treating acute disease the way traditional herbalists like Samuel Thomson did works better than trying to fight microbes. Thomson's system removes the real cause of infection (the environment that allowed for it) and leaves the body healthier and more resistant to future infections.

The Simple Cure

Using the forgoing reasoning, Thomson decided that when a person was sick they needed to "clear the stomach and bowels, and restore the digestive powers." To Thomson it was as simple as knowing "how to clear a stove and the pipe when clogged with soot, that the fire may burn free, and the whole room be warm as before." He further stated, "When the stomach and bowels are clogged, all that is needed is the most suitable medicine to remove the obstructions in the system."

Believing that all disease was caused by a loss of vital energy that was "clogging the system," Thomson's approach to disease was simply to unclog the system and restore the flow of vital energy to the body. Here are the steps he used to do this and our modern applications of them.

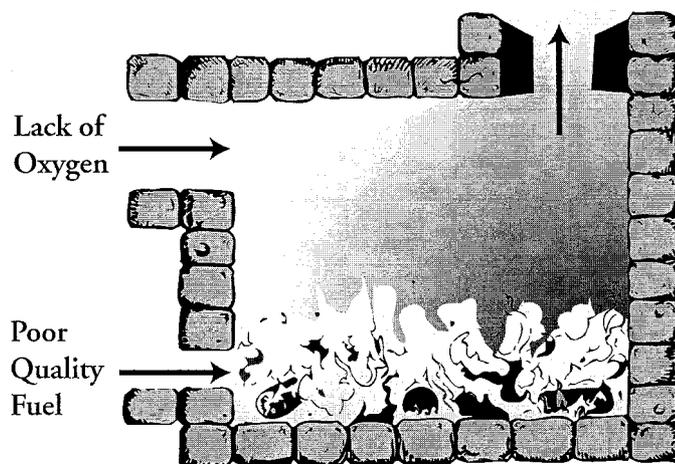
Step One: Stimulate the Vital Energy

Since the body needs energy for healing, Thomson's first step in healing was to "fan the flame of life" or in other words to stimulate the body's vital energy. He typically did this by administering two herbs, lobelia (Thomson's number one remedy) and capsicum (his number two remedy).

Lobelia is a powerful antispasmodic, which means it relaxes tension throughout the entire body, which removes obstructions and helps energy to flow freely. Lobelia is also a powerful bronchodilator, so it opens up air passages when one is having difficulty breathing. Taken with capsicum, lobelia has a positive effect on the heart and circulation, helping blood (and lymph) to flow more freely through the body. Many herbalists have called lobelia the "intelligent herb," since it seems to act wherever it is needed to decongest the body and restore the flow of vital energy.

Be warned; lobelia is a potent herb. Large doses can cause profuse perspiration, nausea and vomiting. Thomson often deliberately gave enough lobelia to the person to induce vomiting (which, interestingly, nearly always resulted in immediate improvement in the person's energy and health). Giving enough lobelia to induce vomiting is seldom necessary (except in the case of food poisoning), so the best way to administer this herb is in small, frequently repeated doses of **Lobelia Essence**. Try

Obstructed Elimination



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taking 5-10 drops every 15-20 minutes. For asthma attacks try 15-30 drops every 2-4 minutes. This can also be done for food poisoning and is continued until a person throws up.

Thomson always administered lobelia with capsicum. So, you can also give 5-10 drops of **Capsicum Extract** along with the lobelia or take one to two capsules of **capsicum** every couple of hours.

There are milder herbs that can be used to create a similar effect. **Blue vervain** is an excellent alternative to lobelia, and **ginger** is a great alternative to capsicum. For children, herbs like **chamomile** and **peppermint** can be used. Another option is to use **CC-A with Yerba Santa**. Give 1/2 teaspoonful every 15-20 minutes until symptoms start to improve. All of these herbs should be taken with large doses of water; and it is best to fast (or stick to juice, soup and/or broth) until the symptoms improve.

Step Two: Warm and Clear the Digestive Tract

Thomson's number three remedy was a blend he called Herbal Composition Powder, a variation of which is sold as **HCP-X**. It was designed, in his words, "to scour the bowels and remove the canker." Thomson administered composition powder as a warm tea, but you can get roughly the same effect by taking two capsules of HCP-X every two hours at the first sign of a cold or flu. Be sure to drink a large glass of warm or room temperature water with each dose. Continue this therapy until the condition improves.

Alternatives to HCP-X include **IF-C** and **ALJ**. IF-C reduces heat and is a great remedy for fevers. Take 1 TCM concentrate

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Additional Help and Information

For more information on Thomson's system and other traditional remedies for colds, flu and fever, contact the person who gave this newsletter to you. You can also consult the following sources:

The Comprehensive Guide to Nature's Sunshine Products by Tree of Light
The Fundamentals of Natural Healing course (available from Tree of Light)
New Guide to Health by Samuel Thomson

Is There a Cure for the Common Cold?

The answer is yes. In fact, many people have been able to recover from colds, flu, fevers and other similar ailments in 24 hours or less using traditional approaches. See inside to learn why traditional approaches to treating contagious diseases may be better than modern approaches. We'll share some tried and true methods that millions of people have used successfully for over 200 years to get better quickly.

Continued from page three

or 4 regular IF-C capsules every two hours and drink plenty of water. ALJ is a better choice if you are experiencing sinus drainage, coughing or congestion in the lungs. Take 4 capsules of ALJ with water every two hours. For serious lung congestion take one tablet of **High Potency Garlic** with the ALJ.

It can also be helpful to clear the bowels with an enema or colonic when acutely ill. A slower, but effective, way is to take 2-4 capsules of **LBS II** once daily to stimulate elimination.

Step Three: Open the Sweat Glands

Thomson believed that energy flowed from the stomach to the skin and that opening the sweat glands was the best way to clear fever and congestion. He "steamed" people to make them sweat. Inducing a sweat often helps to rapidly eliminate acute



illness. If you don't have a private sauna or steam room, you can use your bathtub to work up a good sweat.

Draw a bath as hot as you can comfortably tolerate it. Add 10-15 drops of some essential oils (**lavender, pine, eucalyptus, thyme** and **rosemary** are all good). Mix the oils with a little **Sunshine Concentrate** before adding them to the bath to make them dissolve. You can also add 1-2 cups of Epsom salts. Take the herbal remedies suggested in steps one and two and soak in the bath for 15-20 minutes, adding hot water as needed. Then get up, go to bed and pile blankets over yourself to make yourself sweat.

The forgoing herbs and therapies usually relieve colds, flu, fevers and similar health problems in less than 24 hours. For additional tips talk to the person who gave this newsletter to you.