

Nature's Field

An Electronic Journal for NSP Distributors

Rose *Rosa spp.*

By Steven H. Horne

As many men know, roses are a wonderful healing plant. A dozen roses after you've done something stupid goes a long way towards healing "wounds" to a relationship.

It's obvious that roses have a strong affinity for the heart, both on an emotional and a physical level. The flower essence of rose is used to invigorate the forces of the heart drained by grief and sadness, which is why roses are often given to the grieving. Rose opens the heart, too, which is why roses are a symbol of love.

The most commonly used part of the rose in modern herbal medicine is the rose fruits, known as rose hips. Rich in vitamin C, the hips are also a source of bioflavonoids, tannins, pectins, carotenoids and polyphenols. This gives them an anti-inflammatory and toning action upon the tissues.

As an herb, rose also has an affinity for the heart—or at least the cardiovascular system—because rose hips are particularly helpful for toning blood capillaries. This makes them useful for people who bruise easily, have spider veins, get frequent nosebleeds or have other signs of fragile capillaries. Like hawthorn, rose hips are able to reduce inflammation in the cardiovascular system, thus helping to prevent heart disease.

Although rose hips have a high content of vitamin C, don't think that rose hips are going to provide you with a megadose of vitamin C. According to Mark Pedersen, author of *Nutritional Herbology*, there's only about 1/2 milligram of vitamin C per capsule, which means you'd have to take every capsule in a 100 count bottle to get 50 mg. of vitamin C.

Rose hips are a mild astringent and can be helpful for mild diarrhea in children. They have also been used as an ingredient in formulas for colds, such as CC-A, but their benefit here isn't a high vitamin C content, it's their astringent and anti-inflammatory properties that make them useful.

The leaves and petals have also been used herbally, but a more common way to use rose is as an essential oil. Like



the flower essence, rose essential oil has a strong affinity for the heart. It is a powerful fragrance to help lift people out of sadness, grief and depression.

Rose essential oil brings joy to the heart. It opens the heart, rebuilds trust and love, while soothing feelings of anger, fear and anxiety. It also serves as a physical remedy for the heart, and is beneficial for heart palpitations.

Rose essential oil helps to regulate hormones associated with the female reproductive system. Both the hips and the essential oil can help stop heavy menstrual bleeding and strengthen the uterus. The oil can also help relieve muscle cramps, irritability and hot flashes.

Topically, rose oil possesses rehydrating and emollient actions. This makes it useful as an application for inflamed or dehydrated skin, boils, rashes, herpes zoster and herpes simplex infections and sensitive skin. Rose oil can be applied neat (undiluted) to the afflicted areas.

Rose hips are available as a single from NSP, as is Rose Bulgaria essential oil. Rose hips are also found in Super Antioxidant, Capryllimmune, CC-A, ENER-G-V, Intestinal Soothe and Build, THIM-J, GreenZone, LIV-J and Vitamin C products. So, the next time you see the beauty of a rose, you can be thankful not only for its healing effect on your soul, but also on your body.

Selected References

The Encyclopedia of Medicinal Plants by Andrew Chevallier
A Modern Herbal by Mrs. M. Grievé
The Comprehensive Guide to NSP Products by Tree of Light Publishing
Flower Essence Repertory by FES Services

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Why Modern Medicine Has Failed to Come Up With Reliable Remedies For Colds and Flu

Asking the Wrong Question Won't Get You the Right Answer

by Steven H. Horne, RH (AHG)

Questions are very important. In fact, I believe that knowing how to frame a good question is more important than knowing a lot of answers. That's because I firmly believe in the A-S-K principle—"Ask and you shall receive, Seek and you shall find, Knock and it shall be opened unto you." In other words, whenever we have a burning question in our minds, we will always be led to find answers.

The problem is that most people don't ask the right questions. For instance, if what I've said is true, then why hasn't modern science, with all its searching, found the answer to the common cold and flu? This question naturally extends to other diseases, such as cancer, heart disease, diabetes and so forth, since there are a lot of people who are asking, "How do I cure X disease?" but haven't been coming up with answers.

Well, my answer to that is that modern medicine has found the answers to the questions they are asking. Unfortunately, they're asking the wrong questions. Let me explain.

We ask questions within our current context of understanding. What I mean by context is that we have certain preconceived ideas about the way things are. These come from socialization. Within any social group from family to church to country, there are certain beliefs that are accepted as true without question.

As a child, we may have questioned some of these beliefs, but we quickly learned that questioning these beliefs evoked social disapproval or even punishment, so we came to accept these assumptions as truth.

Reasoning can only be done from a beginning premise. And reasoning can take us no further than the parameters defined by that premise. If this seems a little confusing, be patient. I'll give you some concrete examples in a moment that will help you see what I'm talking about.

First of all, let me give you an analogy that helps me understand the idea of context or premise. Think of knowledge

as water. You have to have a framework inside your head (a container, so to speak) that allows you to hold knowledge. That container is your preconceived ideas about the nature of reality. These preconceived ideas are the context in which your knowledge is placed. They have been called many things, including transparent beliefs, assumptions, postulates, prejudices and paradigms. However, whatever you call them, they form a framework for your ability to ask questions and to reason.

Most people would never think to question their own context. So, all their ability to ask questions and reason is constricted within the container that has already been built inside their head. But, all the great discoveries of the world happen when people question not only the content of their knowledge, but also the context. That is, they break free from the confines of their culturally accepted thought patterns and perceive a new container or paradigm.

Cultural Beliefs About Colds and Flu

In talking about colds and flu, for example, let me show you some of the culturally held beliefs that are deeply ingrained in the majority of people in modern society. These widely held "facts" control the questions people are asking about curing colds and flu. Here they are:

1. Colds and flu are caused by germs called viruses.
2. You "catch" a cold or flu when you are exposed to these germs.
3. To prevent the spread of colds and flu you have to kill germs that cause them.
4. To get rid of the cold or flu, you have to kill the germs that got inside you.
5. Cold and flu germs cause us to get symptoms like a runny nose, congestion, fever, aches, diarrhea, nausea, fatigue and chills. Curing the disease would eliminate these symptoms.

If we take the above assumptions to be true, then all the questions we would ask about “curing” colds and flu would be asked within the context of these parameters. We would ask questions such as, “How do we kill germs more effectively?” And, we would find answers that would involve ways of killing germs more effectively.

But, what would happen if one or more of our basic assumptions was incorrect? (There, you see, I just asked a very interesting question—a context or paradigm busting question.)

Are Colds and Flu Caused by Viruses?

Let's start with the first assumption, “Colds and flu are caused by germs called viruses.” Is this really true?

Ask just about anyone the question “Who discovered germs?” and they will answer Louis Pasteur, the originator of the “germs cause disease” hypothesis. Well, they'd all be wrong because Pasteur didn't discover germs. A contemporary of his, Antoine Beauchamp, was the real discoverer of microbes. Pasteur plagiarized Beauchamp's research and claimed it as his own.

Furthermore, the actual discoverer of germs, Beauchamp had a different theory about the relationship of germs to disease. His theory was that germs inhabited diseased tissue. In other words, the tissue became sick and then the germs moved into the sick tissue. This is called the biological terrain theory of disease. It's the idea that germs are not the primary cause of disease, weakened tissue is.

So, the “germ theory” is only that, a theory. The biological terrain model is another theory. Which one do you believe? That's important, because your belief will form a context that will shape the questions you ask.

For example, if Pasteur was wrong and Beauchamp was right, then the assumptions 2-4 above are automatically invalidated because they are “reasoning” that arises from the context of the germ theory. If germs don't cause disease, then you couldn't “catch” a cold or flu by being exposed to germs and killing germs wouldn't prevent the spread of colds or flu. Also, trying to kill the germs after you got infected would also be an ineffective approach.

Why I Believe the Germ Theory is Wrong

I personally reject the germ theory and believe in the biological terrain theory of disease. Although I talk about viruses and infection and all that stuff sometimes, it's only a way of communicating with people who believe that paradigm. I really don't believe that any yeast, bacteria, virus or parasite is the cause of any disease. They may be involved in a disease process, but they are not the cause.

Here's why I believe the biological terrain theory.

First, there are other noted researchers who accept this theory. For example, another contemporary of Pasteur who believed in Pasteur's theories and researched them was Rudolf Virchow. According to Henry Bieler, M.D., in his book, *Food is Your Best Medicine*, Virchow stated on his deathbed, “If I could live my life over again, I would devote it to proving that germs seek their natural habitat—diseased tissue—rather than being the cause of disease; e.g. just as mosquitoes seek stagnant water, but do not cause the water to become stagnant.”

Other authors have claimed that Pasteur himself made a similar statement at the end of his life, saying that he was wrong and Beauchamp was right. If this is true, then Pasteur rejected his own theory.

A second, and very obvious, reason I believe the germ theory to be incorrect is that not everyone gets sick when exposed to germs. As a personal example, I can remember several times when my wife and kids were all sick. During these times I'd be taking care of everyone else, nursing them back to health, losing sleep, etc., but I didn't get sick. That's because I was taking good care of my own health. Of course, because I didn't believe I could “catch” the disease from my family, I wasn't afraid to take care of them, either.

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A third reason, also personal, is that I was married for 14 years to a woman who hated housework, and I can honestly tell you that sometimes, when I was too busy with work to keep up with the cleaning, our home got down right unsanitary—dirty dishes piled up in the kitchen, dirty bathrooms, dirty floors, etc.

However, in spite of this less than sanitary environment, my kids got sick less often than kids living in cleaner homes and they recovered faster when they did get sick. If being exposed to “germs” is the reason we get sick, then my kids should have been sicker than any other kids in the neighborhood. They weren’t.

I’m not suggesting we shouldn’t clean our homes. In fact, this is one of several reasons why I’m single now, but what I am saying is that our obsession with disinfectants, antiseptics, antibiotics and other “germ-killing” strategies is misplaced effort. It isn’t going to bring the results we’re seeking.

Busting Another Assumption

There are a lot of natural healers who agree with the biological terrain concept of disease. However, I mentioned a fifth assumption, which is that the runny nose, fever, coughing, vomiting, diarrhea, skin eruptions (as in chicken pox or measles), etc. are caused by the disease. The day I began to question this assumption and discovered another way to look at the situation was the day I started being able to find effective remedies for colds and flu.

This understanding came while reading Samuel Thomson’s *New Guide to Health*. Thomson said that he considered the learned doctors to be wrong in considering fever a disease or an enemy. Heat, he maintained, was life, and therefore, the fever was a function of the body fighting the disease, not a function of the disease. He said that bodies get cold when they die, so heat was an expression of the life process, not the disease process that leads to death.

When I read this, a question arose in my head (there are those questions again) and I thought, “Do dead bodies cough, get runny noses, break out in rashes, throw up, etc.?” Since they don’t, all of these symptoms must be created by the process of life in the body. In other words, they are the body’s efforts to heal itself, not part of the sickness.

This was a radical thought for me, and part of the development of the “furnace analogy” we use in many of our courses. The bottom line is, that if this assumption is correct, then anything we do to “relieve symptoms” is actually suppressing the life process in the body and interfering with healing. What we want to do is support the life process instead of fighting it.

This concept totally changes the way we select remedies. For instance, a lot of people use Goldenseal/Echinacea for colds. The use of these herbs for colds is born out of a modern “scientific” understanding of these herbs and a belief in the germ theory. Traditionally, these herbs would not have been used in this manner and I don’t find them very effective for colds, either (at least not in the early stages).

Or, for another example, let’s look at that drippy, runny nose. What is happening? The body is trying to flush an irritant, but because most people think the runny nose IS the disease, the question in their mind is, “How can I stop this runny nose?” Their choice of remedies will again be based on how they can achieve that objective.

However, when one shifts perspective and sees the runny nose is part of the CURE for the cold, everything changes. Doing anything, natural or otherwise, to try to stop the runny nose is actually interfering with the cure. This is why modern medicine can’t cure the cold. Their efforts are to work against the body, not with the body.

In my own experience, the best remedies I have found for the drippy, runny nose stage of the cold are pungent herbs. Hot, spicy foods like capsicum, ginger, horseradish and mustard will actually make a healthy person’s nose run. So, when I take these herbs when my sinuses are running, it accelerates what the body is already trying to do to cure the cold and I recover more quickly.

The Health Hazards of Being Germ-Phobic

Many Americans have become germ phobic. They’re obsessed with killing germs. They worry about catching disease and get obsessed with disinfectants and antiseptics and so forth. But, think about hospitals for a moment. They use disinfectants everywhere. Yet, a hospital is one of the places where you’re most likely to get an infection.

One of the reasons this is so is because disinfectants kill “friendly” microbes as well as the so-called “disease” germs. In the natural world, there are numerous kinds of microorganisms living side by side. These microbes keep each other in check through a natural ecological balance.

Most of us are aware of the problem that antibiotics create by killing friendly flora in the intestines. By upsetting the natural balance of microbes, people get an overgrowth of yeast and other microbes that weaken the immune system. But, the same thing happens in our environment with chemical disinfectants. We’re upsetting the ecological balance. This happens on the surface of the skin, too.

Furthermore, you'll never kill all the microbes in any environment, no matter how much you disinfect things. Instead, you'll kill the microbes that are the weakest and the strongest ones will survive. So, let's say you kill 99% of the microbes and the 1% that survive are the ones most resistant to the antibiotic or disinfectant. You do this again and again and pretty soon you've genetically selected and bred super microbes that are antibiotic and disinfectant resistant. Where are these super bugs most likely to be found? In hospitals, of course!

The problems we've just mentioned are well-documented. This isn't off the wall stuff, but I want to take it one step further. Are there really "good" and "bad" bacteria? You see, I have this sort of naive belief that God made everything for a good purpose. For example, flies play an important role in nature—they are scavengers who eat garbage and recycle it in nature. They may be annoying, but without them, the world would soon be covered in filth.

Microbes, too, have roles to play in nature. Some make minerals bioavailable to plants, while others take dead matter, break it down and recycle it. All microbes have a purpose! The so-called disease germs are scavengers, like flies, which feed off dead tissue. No decaying tissue, no disease germs.

Also, the obsession with disinfectants and antibiotics has another "side" effect. We start with tissue that became weakened through toxicity or malnutrition. A sort of internal swamp or garbage pile was created. Scavenger microbes, the kind that feed on dead and decaying material, settle into the area because it's a host environment for them.

The body tries to flush out both the diseased tissue, microbes and microbial toxins through an immune response that creates symptoms like fever, runny nose, coughing, etc. We take toxic drugs to suppress these efforts, thus preventing the body from eliminating the problem. We then kill the scavenger microbes with antibiotics and antiseptics that act as chemical poisons.

These further weaken our tissues, creating more breeding grounds for scavenger microbes and the cycle goes on and on. Acute disease develops into chronic disease as the body becomes more and more toxic and the tissues become weaker and weaker.

I've been on this cycle, having grown up with chronic sinus problems and a tendency to "catch" every cold bug that came around. I was treated with antibiotics and antihistamines and all the other "miracle drugs" of modern medicine. The result was that I seemed to get weaker and weaker. I'd get better temporarily, then the next "bug" I'd catch would be worse than the one before, requiring stronger medication.

Getting the Question Right

It took a change of thinking to get well. I came to realize that it wasn't about treating disease at all. It's about building health. The amazing thing is that the body is designed to heal itself. However, it needs some proper tools to work with, such as positive mental and emotional attitudes, good nutrition, deep breathing, cycles of rest and exercise and an avoidance of toxic substances that will interfere with its functions.

In other words, I had to change the question I was asking from "How do I cure X?" to "How do I become healthy?" As Samuel Thomson stated, "That same thing which will cure disease will prevent it." This is the great secret that most people are missing. It isn't about curing anything—it's about building health.

Perhaps you've seen the DVD, *The Secret*. If you haven't, I highly recommend it. It is available through Sound Concepts (www.naturestools.com). I've been familiar with many of the principles in this DVD since I heard Bob Proctor (one of the people on the program) speak at an NSP convention in Canada in the late 1980s. I have seen many things change in my life by applying "the secret."

The secret is that we attract what we think about. So, when you're asking the question "How do I cure X disease?" what are you thinking about? Disease! I've already told you, you can't cure a disease. The symptoms you're experiencing are the result of your body trying to struggle to maintain your life in spite of your poor diet, sedentary lifestyle, lack of sleep, stress, exposure to toxins and crummy attitudes. The more you mess with trying to "fix" or "cure" these symptoms, the sicker you get.

You need to change the question. Ask, "What can I do to be healthier? To have more energy? To feel great?" Now, you'll get the right answer.

So, how do we get healthier, have more energy, feel good and become vibrantly alive? The answer: get the chemicals out of your body and, more importantly, out of your life; eat wholesome, natural foods; heal your unresolved mental and emotional issues, etc. In short, if you focus on taking care of your health, your body will heal and become resistant to disease. It won't matter what the "name" of your disease is, whether it is a cold or cancer, as the principles of good health remain the same no matter what "disease" you have.

The funny thing is, that after every class where I try to teach people the principles of health, someone invariably comes up to me and asks, "How do I cure X?"

Do yourself a favor. Stop asking this question and start asking "How can I be healthier?" You'll get a lot better answers, if you do.



Kimberly Balas' Clinician's Corner

Colloidal Minerals, Hyperparathyroidism and Other Questions

Colloidal Minerals

I was just reading an article in Vol. 8, Issue 2 of Health Keepers Magazine. It talked about how bad Colloidal Minerals are for the body since they are inorganic and cannot be easily assimilated. The author likens colloidal minerals to the fertilizers and the other [garbage] used to mass produce modern agricultural products.

I have never heard that there was a reason to be concerned taking colloidal minerals on a regular basis. Has anyone else heard this or is this just one man's opinion?

Nicole

I saw that article, too. I really don't get the reasoning behind it and don't see anything in the article but opinion with no substantiating evidence.

Here are some facts:

Colloidal just means in suspension. A colloid is a state of matter in which one substance, such as trace minerals and elements, is finely dispersed in another, such as water.

Organic minerals are minerals which are bound to an organic (carbon-containing) compound. Minerals are bound to amino acids and fatty acids for transportation through the intestinal membrane and into the blood and tissues of the body.

The body can take minerals from water and bind them organically for absorption and utilization. Plants do this when they take up minerals through their roots. Mineral water springs the world over have been sought out as places of healing.

Colloidal minerals are basically an artificially made mineral water. They are leached from humic shale, a mineral deposit that contains prehistoric plant life that was loaded with natural trace minerals.

Because of their small particle size, colloidal minerals are more easily bound to organic materials and absorbed than are mineral salts. Colloidal minerals are not toxic, but are, in fact, very beneficial and many people have seen improvement in their health by taking them.

Our bodies require minerals for assimilation, transportation and energy production. They also help with detoxification and immune function. Foods today are lacking in trace minerals due to poor agricultural practices, so colloidal minerals can help make up the difference.

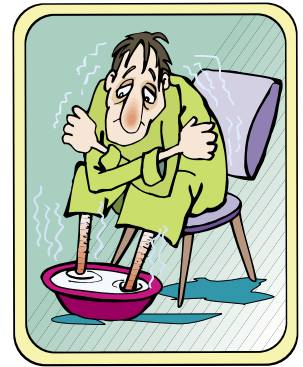
Aluminium, which makes up 30% of the earth's crust is found in mineral water and is non-toxic in this form. So are small amounts of arsenic, iodine, lead, mercury and other trace elements. In the metallic form, they're harmful. In the colloidal form, the body can use them.

Hyperparathyroidism

Can you give me any suggestions (other than calcium and co-factors for its absorption) for hyperparathyroidism? My client is a woman who has terrible digestive difficulties. She is very thin and insists she still has yeast, although she's been on antifungals, probiotics and immune stimulants over and over again.

She says she cannot tolerate any grains and is not digesting most foods, even though I have her on High Potency Protease, Food Enzymes and a Bile product with each meal. Her skin is very dry, and her bowels are very stubborn and sluggish. I know her diges-

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tion figures into her problem big time and she needs better nutrient absorption, which we continue to struggle with for her.

Her medical doctor told her that the only option is parathyroidectomy. Has anyone actually been able to see this condition reverse on the lab work using a holistic approach?

Patty

I would have her do Small Intestine Detox and Kelp on an empty stomach. I would consider HSN-W here, too. And yes, I have seen lab work shifted with this protocol.

Hot Flashes

I am trying to help a lady, age 51, who is having lots of hot flashes—day and night. I'm not sure of blood type, but she does eat meat and has a short, somewhat heavy, but very solid build. She has green/blue eyes. She's been on Female Comfort and it helped a little for a while, but is not enough. She tried Flash Ease, but it didn't help at all. She has had to resort to a mainstream aluminum-based deodorant, because of offensive body odor, because she is sweating so much at work during the day.

Would the next step be to add Pro-G-Yam in addition to Female Comfort? I've also heard people mention Indole 3 Carbinol, but I'm unfamiliar with that product. How would you decide between the two? She's not local, so I can't muscle test her.

Selby

I would put her on Adrenal Support and Spleen Activator. The spleen stores hormones for combustion and could be releasing the amounts that are not in a proper ratio with other hormones. The adrenals control all hormone delivery and when exhausted they have to work on regulating insulin instead (which is a hormone too).

Coconut Oil Reaction

After hearing you talk about coconut oil so much, I started a lady (40 years-old) on three tablespoons per day. She takes Hi-Lipase and Lecithin with it. Since she started doing this, she has broken out in lots of small whiteheads all over her arms and back.

What does this mean?

Would it mean that it is releasing fat-soluble toxins from her system? If so, what can we do about it to help those toxins come out better?

Loral

The fat transports toxins that will come to the skin surface if they are already on that path. It is a lymphatic flush. It should clear up by using the coconut oil or Pro-G-Yam topically.

Natural Carpet Cleaning

Can you use Nature's Fresh to clean your carpet with one of those rental machines? If so, how would you do it? Can you use Sunshine Concentrate? I need to clean my son's bedroom carpet,—it is in bad shape!

Annette

I just used 3 oz. of Nature's Fresh and a few drops of Sunshine Concentrate in the soap part of the machine. I also added 10 drops of lemon and 10 drops of tea tree oil.

Switching from Drugs to Natural Remedies

Do you have experience in switching from medications to natural alternatives? Specifically, I'm talking about Plavix (anti-platelet agent), Metoprolol (Lopressor-Beta Blocker) and Isosorbide Mononitrate (Imdur-vasodilator, slow release nitroglycerin)? In doing research, I have found herbs and supplements that seem to have same actions, but how does one know how much to use? For example, Clell Fowles, in one of his books, says Ginkgo is the same as using baby aspirin, but he doesn't say how many to use. This is in reference to an 89-year-old woman who was put on these medications three weeks ago after having a heart attack. She would like to get off them. Any help would be appreciated.

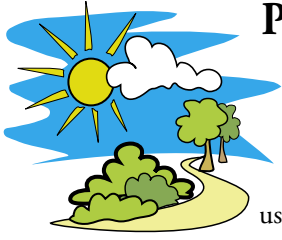
Carol

These are some pretty heavy duty medications. You can't legally mess with someone's medications without risking getting into legal trouble. She has to decide to go off them herself or work in conjunction with a doctor to get off them.

The way to approach this is to start balancing her body with herbs and supplements, while she's still on the medications. Have her take some Milk Thistle to support the liver and have her start taking supplements to strengthen her cardiovascular system. As she starts balancing out and seeing improvement, she can get her doctor to lower her medications, or she can experiment with lowering them herself.

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Parting Thoughts from “The Herb Guy”

My “Cure” for the Common Cold

In my main article I’ve done my usual “ranting and raving” about our approach to healing, but it would be decidedly unfair if I didn’t actually tell you my “cure” for the common cold. Okay, so I’ve made the point that you can’t “cure” a cold (or any other disease for that matter) because only the body can cure anything. But since I’ve indicated we can help the body do what it’s trying to do, I guess that could be called a “cure” of sorts.

Let’s start by understanding that a cold or a flu is simply a flushing of toxins from the system. The body grows toxic and weak and becomes a home for microbes (yeast, viruses, bacteria). The microbes release additional toxins as they reproduce. These toxins damage surrounding tissue creating more breeding grounds for microbes. That’s how the infection spreads.

The symptoms of fever, runny nose, etc. are created by the body’s immune response to both inhibit the growth and spread of the microbes to flush the toxins from the system and clean up the environment so there is no more breeding ground. So, the goal is to help the body detoxify and flush the irritation. The faster this happens, the sooner you will be well.

Here are the basic things I do for colds and other acute ailments.

First, when you feel a cold or any acute ailment coming on, stop eating! This is usually easy to do because we tend to lose our appetite when we’re acutely ill. If you are hungry,, limit your intake of foods to liquids—preferably fresh fruit or vegetable juices or soup broths.

Second, if this is the early stage of a cold, where there is watery, clear or white mucus, use aromatics such as capsicum, ginger, garlic, horseradish, mustard, etc. HCP-X is a great remedy. Take these stimulating remedies in small, frequently repeated doses. (They work faster when taken in liquid form, but if you’re swallowing capsules use warm or room temperature water. Do not take them with cold liquids.) In liquid form I sip the stuff constantly until I’m feeling better. If using capsules, I would take two every hour.

Third, drink plenty of liquids. This helps flush toxins from your body.

Fourth, do something to open your bowels. If you are comfortable doing so, take an enema. I actually use the HCP-X tea with a little lobelia in it. A good alternative I’ve discovered is to take 2 Proactazyme every hour until the colon evacuates.

Fifth, get yourself to perspire. Do a sweat bath. Drink some HCP-X tea or take HCP-X capsules with warm water, then get in a hot bath and soak for 15-20 minutes. You can add your favorite essential oils to the bath or 10 capsules of ginger if you like. After the bath, go to bed, pile on some blankets, drink lots of liquids and “sweat” the cold out.

Sixth, do not use antihistamines, cough suppressants, etc. Instead, use an expectorant and decongestant like ALJ to break up mucus and help the body get rid of it. Take 2-4 capsules every two to four hours. If you’ve got fluid in your lungs, add 1 clove of raw garlic or one High Potency Garlic with each dose of ALJ.

If the mucus gets yellowish and thick, then add Goldenseal/Echinacea. If you get diarrhea, take some activated charcoal to bind toxins in the gut.

Seventh, if you have swollen lymph nodes, mix 1 teaspoon Kidney Drainage and 1 teaspoon Lymphatic Drainage into a quart of water and sip frequently. Rub Tei Fu Lotion or oil into the swollen lymph nodes.

I’ve gotten over colds in as little as a couple of hours following these procedures. Sometimes it takes a day or two, but it always shortens the duration and severity of the illness.

Finally, it is true that herbs have some direct antifungal, antibacterial and antiviral actions, but more importantly, herbs have the capacity to help rebalance the terrain in the body so that it is no longer a host environment for the microbes. So, you select remedies based on looking at the host terrain and not the organism that’s inhabiting it.

For example, garlic and goldenseal are both antibacterial. But garlic is pungent, stimulating (warming) and dispersing, while goldenseal is bitter, cooling and astringent (consolidating). Knowing when different remedies are appropriate will help you get better results. For more detailed information, consult my *Dr. Mom-Dr. Dad* course at www.treelite.com.

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