



HCP-X (Herbal Composition)

Relieving Colds, Flu and Sinus Congestion for Two Hundred Years

HCP-X is a traditional formula that has been used successfully for over 200 years for colds, flu, sore throats, coughs, congestion and other acute ailments. Developed by the pioneer herbalist Samuel Thomson, it was originally called composition or composition powder. (HCP stands for Herbal Composition Powder). Thomson claimed the formula was used to “scour the bowels and remove the canker [mucus and/or toxins].” He used it as a tea, along with lobelia and capsicum as part of a system of eliminating infectious diseases.

Here are the ingredients in this HCP-X

Bayberry

As the principle ingredient in this formula, bayberry is an astringent and stimulant that helps to dry up excessive mucus secretions, but leaves mucus membranes moist and clean rather than overly dry. It cuts mucus, so it is no longer sticky and easier for the body to expel. It also helps fight infection.

Ginger

An Oriental spice which began to be imported into Europe hundreds of years ago, ginger is more than just an ingredient in cooking. It is an important medicinal herb with a stimulating action on circulation. It contributes warming, invigorating properties to HCP-X. It also has an anti-inflammatory action.

White Pine

White Pine has been used by Native Americans as a remedy for coughs and congestion from colds. The Indians used primarily the resinous sap and young leaves for their remedies, but the inner bark is the part used in HCP-X. Pine is an expectorant. It stimulates the tiny hair-like projections lining the respiratory passages (cilia) to move the mucus out of the lungs. It also stimulates the secretion of a thinner mucus which breaks up the thicker trapped mucus so it can be eliminated.

Cloves

Long recognized for its mild anesthetic (pain-relieving) property, the essential oil found in cloves has been used by dentists to numb the mouths of patients before operating, as well as to disinfect root canals. Clove bud is known to trigger the release of anti-inflammatory substances and also supports the expectorant and stimulant properties of ginger and bayberry. It is also anti-parasitic, and helps to destroy intestinal microbes and bacteria.

Capsicum

Also known as the spice cayenne pepper, capsicum stimulates blood flow throughout the body. This helps promote general healing and brings warmth and vitality to the tissues. Capsicum contains capsaicin which also has a pain-relieving quality. The strong heating quality of capsicum also helps to promote perspiration, which can break a fever or help the body “sweat out” a cold or flu.

Dosage

At the first sign of cold or flu, take 1-2 capsules every two to four hours with plenty of fluids until symptoms subside. HCP-X can also be made into composition tea by pouring one cup of boiling water over the contents of 2-4 capsules and allowing it to steep for three to five minutes. Sip the warm tea frequently to ease cough, sinus congestion, colds, chill, and other symptoms of acute illness. The tea can also be used as a gargle for sore throats.

HCP-X is even more effective when used to promote perspiration in a sweat bath. Take 1-2 capsules with a large glass of water or sip a cup of tea while soaking in a hot bath for 15-20 minutes. Then go to bed, pile on some blankets, drink plenty of fluids and “sweat” the cold or flu out.

Warning: This is a spicy combination, so use caution if spicy foods irritate your stomach.

Selected References

The Comprehensive Guide to Nature's Sunshine Products by Steven H. Horne
Rodale's Illustrated Encyclopedia of Herbs by Rodale Press
The Complete Illustrated Holistic Herbal by David Hoffman
New Guide to Health by Samuel Thomson

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