

Natural Remedies For Cold & Flu Season

Website: Healthy Christian Living - Living by the Blueprint



DISCLAIMER:

The information provided below has been proven both effective and beneficial for hundreds of years. However, due to certain laws/restrictions, the information provided is not to diagnose, claim to prevent, mitigate or cure such conditions, nor to provide a diagnosis. Therefore, if you are ill, have any disease, are pregnant, or just improving your health, we are required to tell you to consult a medical doctor for medical advice, treatment and services.

COUGH REMEDY:

1 cup honey

8 drops of Eucalyptus oil (can purchase at Health Food store or at vitacost.com.....be sure it is ingestible kind)

***Mix the above ingredients in a container and set aside for later use. When needed, take 1 Tablespoon when retiring for bed. **FOR CHILDREN** - One teaspoon.

*****CAUTION: DO NOT USE IF YOU ARE DIABETIC.**

EARACHE REMEDY:

¼ - ½ cup Olive oil

6-8 cloves of garlic chopped

***Put the olive oil in a small pot on the stove and turn on flame low, then add the chopped garlic and only keep in long enough until the oil is heated, but garlic is not cooked. Do not cook the garlic. Remove from heat and let cool. You can strain the garlic and put this oil in a glass jar and keep in a dark place (somewhere in your cabinet). When needed, dip a cotton ball in the oil and then put 3-4 drops into affected ear. Plug ear with either tissue or small piece of cotton ball.

*****CAUTION: DO NOT USE THIS REMEDY IF THE PERSON PUNCTURED THE EAR DRUM** (you should find out if they were putting anything in their ear before the pain started)

COLD/FLU REMEDY:

3 Grapefruit (cut in 1/8ths...squeeze juice into stock pot and put peels in there as well)

2 Onions (chopped in medium sized pieces)

2 Lemons (cut in 1/4ths; squeeze juice into pot and put peels in the pot as well)

Garlic bulbs (not the small cloves but the whole bulb) peeled and chopped fine

1 t. cayenne pepper

1 t. peppermint oil (**optional**, but highly recommended. Can purchase at Whole Wheatery or at Vitacost.com) (internal use kind only)

1 t. Echinacea (**optional**)

8 c. water

***Put all ingredients into a stock pot. Bring to a boil, then turn flame down, cover, and simmer x 10 minutes. Drink 1/2 cup every half hour....**ONE RECIPE IFS FOR ONE PERSON FOR ONE DAY.**

*****CAUTION: DO NOT USE GRAPEFRUIT IF YOU ARE ON STATINS (medications for cholesterol), or SOME BLOOD PRESSURE MEDICATION. USE ORANGES INSTEAD IF YOU ARE NOT DIABETIC.** If you are diabetic, use 5 lemons.

ANOTHER COLD/FLU REMEDY:

- In a large coffee mug, more like a soup mug, put the following:
- Juice of two lemons
- ¼ - ½ t. cayenne pepper
- 4 garlic cloves chopped
- 1 inch piece of fresh ginger grated
- 1 t. Vitamin C powder (if you don't have the powder, give them 1000 mg tablet or capsule the first hour in the morning, then 500 mg every hour x 8 hours
- 2 drops of Eucalyptus oil (don't worry if you don't have it)
- 1 T. honey
- Fresh squeezed juice of ½ grapefruit (optional, but this is great stuff...never give to someone who is on cholesterol meds).

*****Pour boiling water over this and cover with a saucer for 15 to 20 minutes...and drink...this works like a charm.**

SORE THROAT:

- Try gargling with salt water
OR
- Put a drop or two of Oil of Oregano in ½ cup warm water and gargle x 30 min/2 x day
OR
- Garlic with charcoal water
AND
- Take 1 Tablespoon of the Cough Remedy and let it soothe your throat, then swallow
- Make "Thyme" tea. Thyme is an herb. Pour 8 oz of boiling water over 2 tsp. of dried thyme in a coffee mug. Steep x 20 minutes by placing a plate or saucer over the mug and let sit. Let get to warm temperature, strain, and gargle with would be even better if you added 2 tsp. dried sage. Add 1 drop of the eucalyptus oil to this before gargling
- Rub the CONGESTION Oil mixture listed below over the throat area 2 x day/morning and evening
- Don't have throat area exposed to cold

STREP THROAT:

- ¼ c. honey from Trader Joe's, a Farmer's Market, or Honey Farm(best not to use raw honey with this recipe)
- 16 cloves of fresh garlic chopped or mince
- 1 tsp. cayenne pepper (90,000 heat units....may use store kind, but do 2 tsp., instead of 1)

*****Mix the above well. Take ½ tsp. every ½ hour x 12 hours. OR 1 tsp. every hour x 12 hours. In 12 hours, you would have finished the concoction.**

*****YOU MUST FOLLOW protocol 100% or this will not be effective.**

*****One recipe is for one person for a 12 hr. period.**

FOR ASTHMA ATTACK AND ALL LUNG PROBLEMS:

- 1 dropperful of Lobelia
- 2 dropperfuls of Mullein

Put those dropperfuls into 1 ½ inches of warm water in a small cup...Stir in and drink.

This may be used for all breathing difficulties (tinctures should be non-alcoholic). Do this 2 x day.

CHEST CONGESTION/BRONCHITIS/ASTHMA/PNEUMONIA:

- ½ c. olive oil
- 3 drops eucalyptus oil
- 3 drops peppermint oil

*****Mix together well. Rub over chest and back area (where lungs are) and bottom of the feet. Be sure to put socks on afterwards to keep oil on feet.**

HEADACHE: (migraines included)

Increase your water intake. Right now, drink 1- 8 oz. cup of water. Drink 1 cup every 10 minutes for the next 90 minutes. Be sure every time you drink 1 cup you write one slash/hash mark on a paper to keep track. If you have a timer, after you drink one cup of water, set the timer for 10 minutes, then drink another cup and reset the timer until you have drunk all 9 cups or until the headache/migraine is gone.

HEAD CONGESTION/SINUS PROBLEMS:

- 6 drops eucalyptus oil
- 6 drops peppermint oil
- 16 oz. boiling water

Boil water. Turn flame off as soon as water starts to boil. Put drops of oil into boiling water. Dunk washcloth into this, wring out and apply over sinus areas. Leave this essential oil hot pack on x 20 minutes at a time. Rinse face in cold water. Do several times a day.

ALSO....DO HOT FOOT BATH FIRST WITH MUSTARD, THEN HOT SINUS PACK. ANOTHER THING THAT WORKS WELL FOR SINUSES IS CHOPPING ONIONS, GARLIC, AND FRESH HORSE RADISH...THIS CLEARS UP THE SINUSES.

*****Neti Pot is excellent for sinus infections**

A hot foot bath x 30 minutes is excellent as well for head congestion. Add ½ cup regular mustard condiment to the water and soak feet in this. Place a cool rag on the forehead and the nape of the neck. Replace rags as they warm up and add more hot water to the basin as it cools off. When 30 minutes is up, soak feet off with cold water and dry feet well. Rest x 30 minutes.

*****To order therapeutic grade pure essential oils from a non-multi-level-marketing company,**

Go to: www.revive-eo.com AND put in CBIBLICAL01 for a 10% discount off of every product

These are the least expensive, pure quality essential oils.

"...But you cannot teach health reform unless you present the most inexpensive methods of living. The enemy must have no advantage in any line." {MM 266.3}

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(Questions)

1. What is the best remedy for coughs? _____
2. Should we use Eucalyptus oil on others outside our homes if the bottle says “external use” only? YES or NO
3. Should you check the ear of a person who is complaining of earache before administering natural ear drops? YES or NO
4. What 2 ingredients are excellent in using for an earache? _____ and _____
5. What is the #1 natural remedy for headaches? _____
6. List 6 main ingredients to use in the Cold/Flu Remedy
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____
7. Which 3 ingredients are best for rubbing for chest congestion, bronchitis, asthma, pneumonia, etc.
 1. _____
 2. _____
 3. _____
8. Into 1 ½ inches of water, which 2 ingredients are excellent for stopping an asthma attack in its tracks?
 1. _____
 2. _____
9. Can this treatment be used for all breathing difficulties? YES or NO
10. Should the tinctures we use have any alcohol in them? YES or NO (see {RH, February 10, 1885 par. 9})
11. What can a Netty Pot be used for? _____