

NATURAL REMEDIES FOR COLD & FLU SEASON

Website: [Healthy Christian Living - Living by the Blueprint](http://HealthyChristianLiving.com)



Hello,

My name is *Sister* _____. I am very excited to live in your community. I love reading and studying the Bible, and am fascinated about the subject of health. My desire is to point others to Christ as their True Healer. I have taken extensive training as a Health Educator (Medical Missionary) and am well versed in natural remedies to help with health concerns you might have. I really enjoy teaching people different methods for healing such as diet, water treatments, essential oils, herbs, charcoal, etc. I also have years of experience in teaching plant based healthful cooking. I show people how they are still able to prepare their favorite meals, but in a new way, without sacrificing taste. If you are interested in learning more about God's love for you, I also provide bible studies. Please enjoy this natural remedy sheet to help boost your immune system this winter season.

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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.

SINUSITIS/ALLERGIES:

- Use a Neti Pot per directions
Take Nettle and Astragalus Herbs in capsule
by Nature's way per instructions OR in tea form

COUGH REMEDY:

- 1 cup honey (be sure the honey is from Trader Joe's a Honey Farm or Farmer's Market...Store honey's pollen has been removed)
- 8 drops of Eucalyptus oil (can purchase at Vitacost.com.OR→ Revive-eo.com (be sure it is the ingestible kind)
***Mix the above ingredients in a container and set aside for later use...When needed, take 1 Tablespoon when retiring for bed. One teaspoon FOR CHILDREN. ***CAUTION: DO NOT USE IF YOU ARE DIABETIC.....BOIL HONEY IF HONEY IS RAW

EARACHE REMEDY:

- 1/4 - 1/3 cup pure Cold Pressed 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) (Use an otoscope to make sure the ear has not been punctured)
- This remedy takes longer about 8 hrs. The garlic one is the best.
If you don't have garlic or olive oil: Take an onion. Peel it and cut it in half. Drop it into boiling water. Let boil for 15min. Take out and wrap in cheese cloth or stocking and put over the ear. Then wrap ace bandage around ear (head). This will draw out the infection.

COLD/FLU REMEDY (aka Nature's Penicillin): **1 recipe is for one person-works within 24 hrs.**

- 3 Grapefruit (cut in 1/8ths...squeeze juice into stock pot and put peels in there as well)
- 2 Lemons (cut in 1/4ths; squeeze juice into pot and put peels in the pot as well)
- 2 Onions (chopped in medium sized pieces)
- 2 Garlic bulbs (not the small cloves but the whole bulb) peeled and chopped fine (use a chopper to chop these)
- 1 t. cayenne pepper (for those who can't handle hot, do a pinch of the 40,000 heat units you purchase in the store)

- 1-2 drops eucalyptus oil (**optional**, but highly recommended. can purchase at Vitacost.com) OR any health food store (internal use kind only)
- 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 IS 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:

- Fresh Juice of 2 lemons
- 1/2 t. cayenne pepper
- 4 garlic cloves (chopped or minced)
- 1 inch piece of fresh ginger (peeled and grated)
- 2 drops of Eucalyptus oil (don't worry if you don't have it) or 1 drop of Oil of Oregano
- fresh squeezed juice of 1/2 grapefruit (optional, but this is great stuff...never give to someone who is on cholesterol meds)
- *Optional: Add a little vitamin c powder

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

You may add up to 1 T. honey

Put cool rags on you if you start sweating with water to drink as well.

*****continue on next page*****

SORE THROAT:

- Try gargling with warm salt water
OR
- Put a drop or two of Oil of Oregano in ½ cup warm water and gargle x 30 sec/2 x day
OR
- Gargle 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 minced) *hand chopper is good to chop it fine
- 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**
NOTE: You may need to make 2 days' worth
NOTE: This works like a charm

FOR ASTHMA ATTACK, DIFFICULTY BREATHING, COPD, AND LUNG PROBLEMS:

- 1 dropperful of Lobelia tincture (by Herb Pharm)
- 2 dropperfuls of Mullein tincture (by Nature's Answer)

- 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
THIS WORKS LIKE A CHARM within 30 seconds
(Tinctures should be non-alcoholic)
Do this 2-3 x day

NOTE: This works quickly. Give them the "COUGH REMEDY" in conjunction with this.

NOTE: A hand held nebulizer with a little water, 2 drops of eucalyptus oil and peppermint oil.

RUB for CHEST CONGESTION/BRONCHITIS/ASTHMA/PNEUMONIA (all lung problems or breathing difficulties):

- ¼-½ c. olive oil
- 3-6 drops eucalyptus oil**
- 3-6 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.

NOTE: On small children you would use the less amount of oil. Try a small area on their skin first to make sure they don't have allergic reactions.

NOTE: - Elevate those with breathing problems at 45-degree angle.

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.** Get a piece of paper, pen, and timer. 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 till you have drunk all 9 cups or until the headache/migraine is gone. Also, you can get fresh *ginger and suck on it the whole time.*

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 wrap in a dry washcloth and then 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 infection*** (You may purchase at Vitacost.com)**

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

When 30 minutes is up, soak feet off with cold water and dry feet well.

Rest x 30 minutes.

- Get a big pot fill it water. Place 6-10 drops of eucalyptus and peppermint oil. Place a Take a towel, and bend head over the pot and let the steam escape in your face.
- Create a tent-like effect by positioning your face six to eight inches away from the water. Then take a towel and place it over your head, so the steam doesn't escape. Make sure it's not too hot to burn you. Hold your face over the steam.
- Take a little olive oil and rub over sinus area. (above brow, under eyes, side of nose, cheek area) Put some on a hot wash cloth and rub over eyes.

*****essential oil**

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

Go to → www.revive-eo.com

These are the least expensive, pure quality essential oils

When we teach the medical missionary work, we are teach it in the least expensive methods (MM 266.3)

NOTE: To have these remedies demonstrated OR to learn more remedies like these, please call me.