

Coughs and Colds

Causes: A cough is caused by inflammation of the throat and bronchial tubes. This inflammation causes mucus to form, which the system tries to expel by coughing. The vitality of the system has been lowered by improper diet, loss of sleep, lack of exercise and fresh air, and improper elimination. If the stomach and entire body were kept in good condition, there would be but few colds. Improper clothing and bedding at night are often causes of colds. The poisons and waste matter in the body make one more susceptible. If the system were kept in good health and the powers of resistance good, coughs and colds would be rare.

Treatment: A cold can be treated and overcome in just one day. When the first symptoms of a cold, influenza, or cough appear, it is an indication that there is waste matter and mucus in the system. Take a pint of soft warm water and add a teaspoonful of salt. Sniff this up the nose and then blow it out. Repeat this until the nose is entirely free of mucus. Then gargle and rinse the mouth out thoroughly. After the nose is clean, take one of the good herbs such as golden seal, peppermint, hyssop, yarrow, or black cohosh, sniff it up through the nose, and then gargle, swallowing some of it. This helps to prevent the cold from developing into bronchitis, asthma, pneumonia, or maybe even tuberculosis. Whenever there is a cold, the first precaution is to keep the nose and mouth clean. This will keep the infection from going down into the lungs and causing further trouble.

When the head is stuffed up and there is tightness in the chest, as well as an irritable, drowsy, stupid feeling, we sometimes hear people say, "My head is all stuffed up," but the fact is that they are aware of it only in their head. The whole system is involved. Anything we can do to relieve this condition in the system will help break up the cold.

Colds would not be so prevalent if the body were not filled with mucus and waste products, so one should immediately rid the body of these poisons. There is no better way to do this than to cleanse the entire colon by high enemas, continuing them until they reach the upper end of the colon and get it clean.

Keep quiet and stay in bed if possible. Take only fruit juices for nourishment. If you do not have fruit juices, drink water (hot or cold) with lemon juice, then later potassium broth (see index), which is nourishing and alkaline. This treatment will break up the cold.

If the cough continues, an excellent help is to take one teaspoonful each of colt's foot, black cohosh, and cubeb berries; mix thoroughly and steep in a pint of boiling water. Take a glassful every hour according to age. Also see the herbal syrups given in Section II, Chapter 3.

Occasionally there may be a feeling of severe nausea. If this is the case, take an emetic [herb]. This can be done with just lukewarm water or water with a little salt added. Drink all the water possible and run the finger down the throat to promote vomiting. This will wash the stomach out. Repeat this until the stomach is clean and then take a hot herb tea. Several cups of hot tea should be taken immediately, followed by two or three cups a few hours later. The following herbs are

excellent: Sage, red sage, hyssop, yarrow, black cohosh, peppermint, and camomile. The use of one rounded teaspoonful of composition powder in a glass of water every hour for five or six hours is also excellent.
