How to Beat Colds and Flu with 37 Natural Remedies

November 2014 Update

A Special Report
Compiled, Edited, and Annotated

by Chet Day
http://chetday.com/
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Introduction

When I first wrote these introductory words in October of 2005 right after adding a Bird Flu section at the end of this special report, the media, the World Health Organization, and the Centers for Disease Control and Prevention appeared to be preparing people for what they claimed would be the worst health crisis the world has seen since the Spanish Flu pandemic of 1918-1919…

UN Fears 150 Million Could Be Killed by Bird Flu

30 Sep 2005
Source: ITN

A global flu pandemic could kill as many as 150 million people if the world fails to prepare for an expected mutation of the bird flu virus.

Dr. David Nabarro of the Geneva-based World Health Organisation said United Nations Secretary-General Kofi Annan has asked him to head up a worldwide drive to contain the current bird flu pandemic and prepare for its possible jump to humans.

If the virus spreads among humans, the quality of the world response will determine whether it ends up killing 5 million or as many as 150 million, Nabarro told a news conference.

It seems very likely the H5N1 bird flu virus will soon change into a variant able to be transmitted among humans and it would be a big mistake to ignore that danger, he warned.

Mr. Nabarro: "I am almost certain there will be another pandemic soon."

Well, as I write the update to this year’s report in November of 2014, the predicted Bird Flu never materialized, and the much hyped H1N1 Swine Flu outbreak fizzled like a wet firecracker. Nevertheless, we can be sure the “authorities” will be warning us soon of another flu outbreak that’s going to kill millions. And if that doesn’t cut it, they always have Ebola to scare us with!

Well, whatever happens in the weeks, months, and years to come, I know you’ll find many (if not all) of the natural methods for dealing with colds and flu in this special report very useful (especially The Natural Tonic on page 27).

Yours for a healthy and loving world,

Chet Day
Editor, http://chetday.com
[Note: In this first section, we turn to the California Association of Naturopathic Physicians for their tips on how to avoid a cold or flu. I’ve taken the liberty of adding a few comments to their suggestions. My comments are bracketed and in italics. – Ed.]

Naturopathic Physicians Offer Tips to Avoid Becoming Cold or Flu Victim

The California Association of Naturopathic Physicians (CANP) recently announced tips on preventing getting a cold or flu this holiday season. “During this time when Kleenex sales skyrocket and we carefully edge around those who are sneezing and sniffing, there is much that can be done to prevent succumbing to the flu or a bad cold,” said spokesperson and naturopathic physician, Ellen Potthoff, D.C., N.D.

“First, it is helpful to understand exactly why we get sick,” she added. “With the colder weather, we spend more time indoors with forced air heat. This dry heat dries out the mucous membranes lining the respiratory tract, nose, mouth and beyond into the lungs.”

She also notes that diets are usually worse during the holiday season. Over consumption of dairy foods can promote the overproduction of mucous in the respiratory tract, which can support the growth of bacteria and viruses. In addition, “Our fast-paced lifestyles, even more hectic over the holidays, are not at all conducive to strong immune function,” she adds.

The CANP offered the following strategies to stay healthy during this stressful time of the year:

1. At the first sign of illness, **slow down immediately and rest to prevent the illness from taking hold.** It is better to stop activity in the short term rather than having your activity stop you.

2. **Maintain a healthy lifestyle.** Get eight hours of sleep, relax often, eat moderately, drink plenty of pure water and decrease consumption of alcohol, coffee, and sugar. Sugar almost immediately decreases immune function. *Get some healthy exercise – brisk walking for twenty minutes a day can do wonders for your immune system. Avoid junk foods and as many processed foods as you can. Eat close to nature and focus on fueling your body with organic fruits, vegetables, fish, fowl, and meat. – Ed.*

3. Viruses are often passed by touch. **Wash your hands frequently** and avoid shaking hands with those who are already sick.

4. **Eat very lightly at first sign of feeling badly** in a non-specific way – it is especially useful to cut back to only fruits and vegetables. Follow your body’s inclination. If you are hungry, eat more and if not, eat less. *If you don’t feel right, skip a meal. If you still don’t feel right when it’s time for the next meal, skip that*
meal too. Listen to your body. It knows how to ward off illness, but you have to be quiet enough to hear the signals and intelligent enough to follow them. – Ed.]

5. **Make choices that promote strong immune function.** A few examples include: switching from coffee to tea consumption which has antibacterial and antiviral action; eating garlic liberally, for its antibacterial, antiviral and anti-fungal activity; and adding yogurt to your diet as it sets up a beneficial situation in the colon, helping to strengthen this underpinning of good health. [And use many of the preventative measures that are included in the pages to come of this special report. – Ed.]

6. Useful early homeopathic prevention includes the use of *Oscillococcinum* or other potentised flu products or *Ferrum phos cell salt* for early stages of feverish conditions. Sometimes these homeopathic medicines can stop an illness in the early stages.

7. As a **prevention measure, take a good high potency multivitamin-mineral** from a health food store, naturopathic physician or other natural health practitioner, daily, with at least 1000 mg. vitamin C, 50,000 IU vitamin A (unless pregnant), 400 IU vitamin E, 15 mg. zinc and 25+ mg. of the B vitamins.

8. Drink one quart of pure water (not distilled) for every 50 pounds of body weight. Avoid all other fluids, coffee, tea, and sodas.

9. Take a long, hot bath with a teaspoon of added Eucalyptus or Thyme oil (unless you are taking homeopathic medicines). Towel-dry and then pop into bed for a deep rest.
[Note: Next, let’s turn to the Center for Disease Control at http://www.cdc.gov/flu/ for some mainstream information about the flu. Though I personally consider much of the information coming from the CDC to be at least partially tainted because of their embedded relationships with the pharmaceutical, insurance, and HMO giants that control “disease care” in the United States, I think every natural health enthusiast needs to know the traditional point of view and recommendations before considering alternatives. Though I’m certainly not in the mainstream on this next point, I consider the CDC recommendations below regarding flu vaccines to be naïve at best and dangerous at worst. – Ed.]

What is the Flu?

Influenza (the flu)

Influenza, also known as the flu, is a contagious disease that is caused by the influenza virus. It attacks the respiratory tract in humans (nose, throat, and lungs). The flu is different from a cold. Influenza usually comes on suddenly and may include these symptoms:

- Fever
- Headache
- Tiredness (can be extreme)
- Dry cough
- Sore throat
- Nasal congestion
- Body aches

These symptoms are usually referred to as “flu-like symptoms.”

Anyone Can Get the Flu, but the Disease Is More Severe for Some People

Most people who get influenza will recover in one to two weeks, but some people will develop life-threatening complications (such as pneumonia) as a result of the flu. Millions of people in the United States – about 10% to 20% of U.S. residents – will get influenza each year. An average of about 36,000 people per year in the United States die from influenza, and 114,000 per year have to be admitted to the hospital as a result of influenza.

Anyone can get the flu (even healthy people), and serious problems from influenza can happen at any age. People age 65 years and older, people of any age with chronic medical conditions, and very young children are more likely to get complications from influenza.
Pneumonia, bronchitis, and sinus and ear infections are three examples of complications from flu. The flu can make chronic health problems worse. For example, people with asthma may experience asthma attacks while they have the flu, and people with chronic congestive heart failure may have worsening of this condition that is triggered by the flu.

Groups at Risk for Complications from Influenza

A yearly flu shot is recommended for the following groups of people who are at increased risk for serious complications from the flu:

- persons aged ≥50 years;*
- residents of nursing homes and other long-term care facilities that house persons of any age who have long-term illnesses;
- adults and children ≥ 6 months of age who have chronic heart or lung conditions, including asthma;
- adults and children ≥ 6 months of age who need regular medical care or had to be in a hospital because of metabolic diseases (like diabetes), chronic kidney disease, or weakened immune system (including immune system problems caused by medicine or by infection with human immunodeficiency virus [HIV/AIDS]);
- children and teenagers (aged 6 months to 18 years) who are on long-term aspirin therapy and therefore could develop Reye Syndrome after the flu; and
- women who will be more than 3 months pregnant during the flu season.

*People 50-64 years of age who do not have chronic (long-term) medical conditions might not be at high risk for serious complications from the flu. However, about 26% of people aged 50-64 years have high-risk conditions and are at increased risk for flu-related complications. Beginning in 2000, a flu shot was recommended for all people 50-64 years old each year to increase the number of high-risk 50-64 year olds who get a flu shot.

Because young, otherwise healthy children are at increased risk for influenza-related hospitalization, influenza vaccination of healthy children aged 6-23 months is encouraged when feasible.

Persons Who Can Give the Flu to People Who Are at High Risk for Complications

Persons with the flu can give it to other people. To help prevent flu among people at high risk for complications, the following people should get a flu shot:

- doctors, nurses, and other employees in hospitals and doctors’ offices, including emergency response workers;
• employees of nursing homes and long-term care facilities who have contact with patients or residents;
• employees of assisted living and other residences for people in high-risk groups;
• people who provide home care to those in high-risk groups; and
• household members (including children) of people in high-risk groups.

Flu Prevention for the General Population

Anyone who wants to lower their chances of getting the flu (the shot can be administered to children as young as 6 months) can get a flu shot. Persons who provide essential community services (such as police, firemen, etc.) should consider getting a flu shot to minimize disruption of essential activities during flu outbreaks. Students or others in institutional settings (those who reside in dormitories) should be encouraged to get a flu shot.

Who Should Not Get a Flu Shot

The following groups should not get a flu shot before talking with their doctor:

• People who are have a severe allergy to hens' eggs
• People who have had a severe reaction to a flu shot in the past
• People who previously developed Guillain-Barré syndrome (GBS) in the weeks after getting a flu shot

How the Influenza Virus Is Passed Around

The flu is spread, or transmitted, when a person who has the flu coughs, sneezes, or speaks and sends flu virus into the air, and other people inhale the virus. The virus enters the nose, throat, or lungs of a person and begins to multiply, causing symptoms of influenza. Influenza may, less often, be spread when a person touches a surface that has flu viruses on it – a door handle, for instance – and then touches his or her nose or mouth.

The Flu Is Contagious

A person can spread the flu starting one day before he or she feels sick. Adults can continue to pass the flu virus to others for another three to seven days after symptoms start. Children can pass the virus for longer than seven days. Symptoms start one to four days after the virus enters the body. Some persons can be infected with the flu virus but have no symptoms. During this time, those persons can still spread the virus to others.
How to Know if You Have the Flu

Your respiratory illness might be the flu if you have sudden onset of body aches, fever, and respiratory symptoms, and your illness occurs during November through April (the usual flu season in the Northern Hemisphere). However, during this time, other respiratory illnesses can cause similar symptoms and flu can be caught at any time of the year. It is impossible to tell for sure if you have the flu based on symptoms alone. Doctors can perform tests to see if you have the flu if you are in the first few days of your illness.

What You Should Do If You Get the Flu

- Rest
- Drink plenty of liquids
- Avoid using alcohol and tobacco
- Take medication to relieve the symptoms of flu

Influenza is caused by a virus, so antibiotics (like penicillin) don’t work to cure it. The best way to prevent the flu is to get an influenza vaccine (flu shot) each fall, before flu season.

Do Not Give Aspirin to a Child or Teenager Who Has the Flu

Never give aspirin to children or teenagers who have flu-like symptoms – and particularly fever – without first speaking to your doctor. Giving aspirin to children and teenagers who have influenza can cause a rare but serious illness called Reye syndrome. Children or teenagers with the flu should get plenty of rest, drink lots of liquids, and take medicines that contain no aspirin to relieve symptoms.

The Myth of the “Stomach Flu”

Many people use the term “stomach flu” to describe illnesses with nausea, vomiting, or diarrhea. These symptoms can be caused by many different viruses, bacteria, or even parasites. While vomiting, diarrhea, and being nauseous or “sick to your stomach” can sometimes be related to the flu — particularly in children — these problems are rarely the main symptoms of influenza. The flu is a respiratory disease and not a stomach or intestinal disease.
Good Health Habits to Avoid Flu

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Washing your hands often will help protect you from germs.
- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
[Note: Now that we have the CDC spin on the flu, we’ll leave traditional medicine behind and start exploring natural approaches to dealing with colds or flu. In this next section, we turn to a remedy that mothers have traditionally used for centuries, a remedy that has finally received validation from researchers… chicken soup. – Ed.]

**Chicken Soup:**
**Nature’s Best Cold and Flu Remedy?**

When I was growing up in the ‘50s, my grandmother always said chicken soup was good for what ails you.

Interestingly enough, scientific evidence today supports what dear old granny used to say.

Several medical experts have proven that old-fashioned chicken has healing properties.

Although a 12th century physician named Moses Maimonides first prescribed chicken soup as a cold and asthma remedy, its therapeutic properties have been studied by a host of medical experts in recent decades. Findings vary.

Some say the steam is the real benefit. Sipping the hot soup and breathing in the steam helps clear up congestion.

Irwin Ziment, M.D., pulmonary specialist and professor at the UCLA School for Medicine, says chicken soup contains drug-like agents similar to those in modern cold medicines. For example, an amino acid released from chicken during cooking chemically resembles the drug acetylcysteine, prescribed for bronchitis and other respiratory problems.

Spices that are often added to chicken soup, such as garlic and pepper (all ancient treatments for respiratory diseases), work the same way as modern cough medicines, thinning mucus and making breathing easier.

Another theory, put forth by Stephen Rennard, M.D., chief of pulmonary medicine at the University of Nebraska Medical Center in Omaha, is that chicken soup acts as an anti-inflammatory. The soup, he says, keeps a check on inflammatory white blood cells (neutrophils). Cold symptoms, such as coughs and congestion, are often caused by inflammation produced when neutrophils migrate to the bronchial tubes and accumulate there.

In his lab, Rennard tested chicken soup made from the recipe of his wife’s Lithuanian grandmother. He demonstrated that neutrophils showed less tendency to congregate – but were no less able to fight germs – after he added samples of the soup to the neutrophils. Diluted 200 times, the soup still showed that effect.
Rennard based his chicken soup research on a family recipe, which he referred to in his article as “Grandma’s soup.”

Dr. Stephen Rennard’s Recipe for Grandma’s Soup

1 5-6 lb stewing hen or baking chicken
1 package of chicken wings
3 large onions
1 large sweet potato
3 parsnips
2 turnips
11 to 12 large carrots
5 to 6 celery stems
1 bunch of parsley
Salt and pepper to taste

Clean the chicken, put it in a large pot, and cover it with cold water. Bring the water to a boil. Add the chicken wings, onions, sweet potato, parsnips, turnips and carrots. Boil about 1.5 hours. Remove fat from the surface as it accumulates. Add the parsley and celery. Cook the mixture about 45 minutes longer. Remove the chicken. The chicken is not used further for the soup. (The meat makes excellent chicken parmesan.) Put the vegetables in a food processor until they are chopped fine or pass through the strainer. Both were performed in the present study. Salt and pepper to taste. (Note: this soup freezes well.)

Soups Used in Dr. Rennard’s Study

When Rennard set out to determine whether there was any truth to the tales that chicken soup has medicinal qualities, he used an old family recipe – and found encouraging results. But he also found that some store bought soups fared even better.

It must be stressed that Rennard did only the one study. He concluded that to draw any definite scientific conclusions, further study would be needed. However, that’s unlikely to happen because there’s no money to be made with chicken soup.

Here’s the list of brand name soups Rennard used – in order of how effective they were in slowing the progress of colds and flu.

- Knorr’s Chicken Flavor Chicken Noodle
- Campbell’s Home Cookin’ Chicken Vegetable
- Campbell’s Healthy Request Chicken Noodle
- Lipton Cup-O-Soup, Chicken Noodle
- Progresso Chicken Noodle
- Grandma’s Soup
- Health Valley 100% Natural Chicken Broth
Dr. Weil Recommends Chicken Soup Too

Dr. Andrew Weil, the chubby and bearded physician who graces many natural health magazine ads and covers, also likes chicken soup for illness. Writing in February of 1997, Weil reported:

Chicken soup. Just the mention of it conjures images of steaming broth, packed with essence of carrots, celery, peppercorns, and onion; chunks of chicken; maybe some noodles thrown in. How could it not be a good remedy?

It’s comforting, it’s warm, and it’s fluid. At the University of Nebraska Medical Center, researchers found that chicken soup indeed had anti-inflammatory properties. They discovered that it reduced cold symptoms even when extremely diluted. Apparently the soup inhibits white blood cells called neutrophils, allowing them to fight infection without causing inflammation.

But chicken soup is more than just ingredients. It’s comfort, love, and caring, captured in a mixture that fills your nose and warms your insides. Much of chicken soup’s curative powers come from its function as a placebo. (When something has a powerful effect because you believe it will, it’s called a placebo.)

Of course, your relationship with chicken soup is affected by your cultural background. In some regions, fish soup is considered the universal elixir. Whatever soup you choose, its benefits also stem from the love and caring it embodies – whether you make the soup yourself or someone gives it to you. You could consider soup a natural remedy that helps you access your own natural healing power.
[Note: Now let’s turn our attention to the finest Jewish mother chicken soup recipes that I could find on the Internet. If one of these recipes doesn’t strike your fancy and ease your flu or cold suffering, I’d be pretty darn surprised. But before we get to the recipes, one more thought: My recommendation with chicken soup for illness is to remove the meat from the soup before eating. In fact, I’d also strain out any vegetables before consuming. In other words, I think the best and quickest healing support comes from chicken broth because – like juice with the pulp discarded – it is the easiest to digest. If you leave in the meat and veggies and matzo balls and all the other stuff, you’re using valuable energy that the body can put to better healing uses. Okay, let’s get to the recipes. – Ed.]

**Jewish Mother Chicken Soup Recipes + Two**

**Ashkenazic Chicken Soup**

2 lb chicken wings or drumsticks  
9 cups cold water  
1 lg onion, peeled  
1 lg carrot, peeled  
1 sm parsnip, peeled (optional)  
2 celery stalks, including leafy tops  
5 parsley sprigs  
3 dill sprigs  
Salt  
Pepper  
1 Tbs Snipped fresh dill

Combine chicken wings, water, onion, carrot, parsnip, celery, parsley and dill sprigs, and pinch of salt to a large saucepan and bring to a boil. Partly cover and simmer 2 hours, skimming occasionally. Skim off excess fat. (Chicken soup can be kept 3 days in refrigerator or can be frozen; reheat before serving.)

To serve soup, remove chicken wings, onion, celery, parsnip, parsley and dill sprigs. Take meat off bones and add to soup; or reserve for other uses. Add pepper to soup, stir in snipped dill and taste soup for seasoning. Slice carrot and add a few slices to each bowl. Serve hot.
Auntie Rivka’s Chicken Soup

1 or 2 large stewing hens 6-8 lbs. (plus giblets except liver, if desired)
Outer peeling from 4 large onions (Mom’s idea)
4 large onions, cut in half
5-6 celery stalks, preferably with leaves attacked
6-8 large carrots, peeled and cut in 2” pieces
2 large parsnips, peeled and cut into 2” pieces (Auntie called then Weiss carrots)
15-20 springs of parsley
Freshly ground pepper to taste
Dill
More parsley for a garnish

The chicken may either be used whole or cut in pieces. The choice is yours. Wash out the cavity of the chicken (if whole) or the chicken pieces in ice cold water. Remove the skin or not as you chose. If you leave the skin on, there will be more fat globules in the soup.

Put the chicken in a stock pot and add enough water to cover the chicken. Cover and bring to a boil. Skim the scum off the top. This usually occurs ten to fifteen minutes after boiling. Add the carrots, onions, celery, parsnip, and sprigs of parsley. Add in the onion peel. This is what gives it the color. If you wish, put all the vegetables except the carrots into a cheesecloth bag. This makes straining the soup easier.

Lower the heat. No more than a couple bubbles should appear at the top of the pot when the heat is reduced. Simmer like this for at least two hours. I usually leave it for 3 to 3.5 hours) (Tip: Do not cook too quickly, the water will boil out and the flavor will be lost.)

Remove the chicken and the vegetables from the soup. Set the carrots aside. They will be served with the soup – one or two pieces to each bowl. Discard all of the vegetables except the carrots.

Pour the soup through a fine mesh strainer. (Make sure you have another pot under the strainer). Discard what remains in the strainer.

Add the salt and pepper just before serving.

The soup can be chilled in the refrigerator. If you do this, remember to remove the fat layer that has formed and hardened on top of the soup. The meat should be just about falling off the chicken bones. This can be used for a chicken salad.

Pour the soup into soup dishes. Add a few pieces of carrots in each bowl. Garnish with a sprig of parsley or preferable dill, which adds more flavor.

The soup can also be frozen.
Bubbe’s Chicken Soup

From Elaine Radis’s A Jewish Mother’s Cookbook

1 5-6 lb chicken.
10-12 qts water, cover and bring to a boil
1 lg onion
3 celery stalks
1 parsnip or lg sweet potato
1 bn carrots
1 bn dill
1 bn parsley

Put the chicken in the pot and cover with water. When the soup comes to a boil, skim off the top, add the veggies, and turn down to a simmer.

While the soup simmers, keep the lid askew, and season to taste for about two hours. This wonderful soup freezes well. Yield: 8 servings.

Notes: Put the dill and parsley in the mesh onion bag, to make for easier removal. Most would say to throw the veggies out, but I like to eat the carrots and the onion. The chicken is great in sandwiches or salad. I love it hot by itself, but you can put pieces in the soup when you serve. Add rice or noodles (cooked elsewhere) and of course there’s always matzo balls.
Turkey and Chicken Soup

I’ve found two keys to making perfect chicken soup:

- using 2-3 turkey wings, along with the chicken
- adding in the right vegetables.

The following recipe makes about 3 qts of soup. Cut down as you see fit, but consider that it freezes beautifully. I usually put 1-qt containers of it in the freezer and/or individual portions. Some people even freeze it in ice-cube trays.

I use a small chicken (like a fryer) plus 2-3 turkey wings. I’m hyper about singeing off feathers and not only soak in saltwater but rinse and rinse until the water runs clear. I find this procedure results in a clearer broth. For this amount of meat, I use:

1 small onion, whole
5 carrots +/- (adds a sweet dimension)
1 large or 2 small parsnips
3 stalks celery, with leaves
Salt

Clean the vegetables scrupulously. Put all in a pot and add water just to cover. Bring to a boil and skim. Simmer over medium heat for 45 minutes covered; then another 45 minutes uncovered. Adjust the salt. You should have a nice, rich broth (not as clear as when using only chicken; the turkey makes it a bit cloudy). I then remove the meat and vegetables and strain the broth through a fine-mesh strainer.

If you don’t have turkey wings, extra chicken wings add to the flavor, but the turkey wings are the best.

Notes: If I find the soup flavor getting too intense about 2/3 of the way through cooking, I remove the parsnip. Last time I made this soup, I decided to taste the parsnip for the first time and found I really liked it. Still, I serve only the carrots. (I’m happy to have nothing else but the pure broth).
Spanish Onion Chicken Soup

2 cut up fryers (I prefer an oven stuffer of about 6 lbs)
2 Spanish onions, peeled
1-2 parsnips peeled, left whole
6 celery stalks, with leaves
2 lb carrots, scraped and cut in ½
3 sprigs of fresh dill
½ bunch fresh parsley
4 cloves garlic, peeled
1 Tbs kosher salt
Fresh ground pepper to taste

In a large stock pot, place chicken and salt in 4 quarts water, bring to a boil and reduce heat to a simmer, cook 15 min. Skim top if necessary, add remaining ingredients except pepper, simmer covered until veggies are tender, remove chicken and carrots to a bowl. Strain soup through a cheesecloth lined colander, return carrots to broth. If desired, cut some of the chicken into cubes and add to soup, reserve the rest for another use.

**Notes:** I make this either the night before or early in the day so I can chill and remove the fat. If you don’t have time for that, wrap ice cubes in cheese cloth or thin towel and skim top of soup, the fat will congeal on the cloth. Freeze leftover broth for future cooking.
Pumpkin Dill Chicken Soup

2 large bottles of mineral water
1 chicken, cut into 8 parts, inner parts discarded
1 bunch each parsley, dill, celery (both root and leaves)
4 carrots
2-3 leeks
1 slice of pumpkin (about 6 x 6 inches)
4 sweet potatoes
2-3 tsp chopped garlic
Juice from 2 lemons

Wash all vegetables well by immersing in water to remove grains of sand. Open leeks and wash well the insides.

Do not chop parsley and dill. Peel and cut to ½ x ½-inch cubes all other vegetables and cut carrots and leeks to rounds. Peel and cut celery root. Do not chop leaves of celery.

In a large pot, place on bottom bunches of parsley and dill. Arrange on top celery leaves. On top of leaves arrange chicken. On top, arrange other vegetables.

On top, spread chopped garlic. Add if desired salt and pepper.

Pour bottles of water on top. Bring to boil, then simmer for about 1½ hours.

Just before serving add only lemon juice. Yield: 10-12 servings.

Notes: Chicken can be served with soup. However I prefer to use it for chicken fruit salads. If made one day ahead, the fat in the soup can be trimmed.
Chicken Soup with Avocado

1 small onion, chopped coarsely
2 garlic cloves or 2 tsp chopped garlic from jar
½ jalapeño pepper, chopped and seeded or 1 small can chopped jalapeno
½ cup cilantro leaves
1 ½ cups leftover chicken, cubed
6 cups chicken broth
2 firm avocados
2 Tbs fresh lime juice

Pour a tablespoon of oil in the bottom of a large sauce pan. Sauté the onion and fresh garlic and fresh jalapeno for about 3-4 minutes. If using chopped garlic from jar, add it about 30 seconds before you add the liquid. Add broth and simmer for an additional 10 minutes.

If using fresh avocados, pit and cut into ½ inch cubes. Add chicken to broth, add remaining cilantro, avocado, lime juice and salt to taste. Add jalapenos.

Crockpot Country Chicken Soup

2 small onions, chopped
2 stalks celery, diced
2 carrots, sliced
1 tsp salt
1/4 tsp pepper
½ tsp basil
1/4 tsp thyme
1/4 tsp sage
2 Tbs dry parsley flakes
10 oz pkg. frozen peas
3 pound whole broiler/fryer chicken
2 ½ cups water

Cover and cook on low 8 to 10 hours (high 4 to 6 hours). One hour before serving, remove chicken and cool slightly. Remove meat from bones and return to crockpot. Cover and cook the additional hour on high. Serves: 4.
Grandma Doralee’s Chicken Soup

1 large stewing chicken
1 large onion, peeled and halved
1 large rutabaga, peeled and halved
1 large turnip, peeled and halved
3 medium parsnips, peeled and halved
12 large carrots, peeled and cut into chunks
6 stalks celery, cut in large pieces
1 bunch parsley
3 garlic cloves
1 tsp curry powder
1 tsp mild Hungarian paprika
1 tsp kosher salt
1 dash white pepper

Place the chicken in a very large stockpot with enough water to cover. Bring to a hard boil and skim off the top. Add all the vegetables and seasonings. Bring to a boil once again and then reduce heat to low and cook for about 2 ½ hours.

Remove the chicken and serve as you wish. Remove the vegetables, separating the carrots from the rest, and strain the soup. In order to remove the fat, I suggest using a gravy separator or placing the soup in the freezer for a short while, allowing the fat to rise.

As you know, clear chicken soup can be served many ways: with noodles, matzo balls, kreplach, etc. However, you may puree the vegetables you have removed and return them to the broth. This will only enhance the flavor. Some prefer only the carrots.

For chicken in the pot: Remove the chicken meat from the bones and serve in large bowls of soup with matzo balls or noodles, or both, etc. Yield: 16 servings.
Harsha’s Spicy Chicken Soup

Chicken meat
Medium onion
3 cloves of garlic
About ½” of peeled fresh ginger
1/4 tsp turmeric
1/4 tsp chili powder
1 tsp coriander
1/4 tsp cumin
1/4 tsp fennel
1/4 tsp black pepper
1/8 tsp red pepper

Make a chicken broth and strain it, reserving the liquid. You need about a gallon of soup. Shred the chicken meat from the broth and set aside.

Dice onion, cloves of garlic and about ½- inch of peeled, fresh ginger.

Put these 3 items into a hot frying pan coated with a little oil and fry until the onion “weeps,” that is, releases its juice and starts to turn a little golden.

Now for the spice portion of the soup. If you can, fresh grind your spices. They will be more aromatic, fresher and you’ll get more “zing” in the soup. If you don’t use fresh ground spices, that’s okay. Just use what you have.

Fry up these ground spices for a minute, mixing them in with the onion, ginger and garlic. Add the frying pan contents to the soup. Add the chicken to the soup.

Cook together on low for about a half hour to let the flavors blend.

Serve this spicy soup with rice or noodles to cut the zing of the spice.
Sickbed Chicken Soup

1 large chicken
1 white turnip, peeled and cut into medium chunks
1 yellow onion, cut into chunks
2 parsnips, peeled and cut into slices
3 carrots, peeled and cut into slices
4 stalks of celery, cleaned and cut into strips/pieces
5 healthy pieces of fresh dill or at least the flower part of one stalk

Put everything into the pot with about 3-4 quarts of water. Simmer until done. Debone the chicken, put into the refrigerator and skim off the fat.

Pumped Up Chicken Broth

Greg Duncan, writing in the *Log Cabin Chronicles*, offers an easy to prepare but potent chicken soup recipe:

A fast and easy way to pump up the healing benefits of chicken soup is to add lots of fresh garlic and ginger to the broth just prior to drinking it.

A few chili peppers will loosen up stuffed sinuses if you can stand the heat. Omit them if you can't. Although a thick soup has all the good healing properties you need, I prefer this simple out-of-the-can cold remedy that allows a quick trip to the stove and a faster return to the bed.

Here’s the recipe:

1 can Campbell’s chicken broth
6 cloves garlic (peeled)
1 large piece of ginger (smashed)
Crushed chili peppers (optional)

Add peeled cloves of garlic to broth and smash piece of ginger before adding to broth. Add chilies if desired and bring to a boil. Let simmer for five minutes. Strain and sip.
[Note: Leaving chicken soup behind, we now venture into the interesting area of home remedies for colds and flu. – Ed.]

**Home Remedies for Colds and Flu**

**A Natural Tonic**

This version of what I consider the single best natural tonic for colds, flu, and other acute illnesses comes courtesy of Jaimie, a woman who shared it with me in early 2004 when the Asian Bird Flu scare first started keeping a lot of people awake at night. Near as I can tell, the original recipe for this *Natural Tonic* is based on a plague tonic that’s over a hundred years old. Apparently this traditional formulation – which perhaps has its roots in the famous *Four Thieves Vinegar* from medieval times – was later refined and updated by herbalists John Christopher and Richard Schulze, among others.

Regardless of its derivation, I know you’ll consider the *Natural Tonic* a fine addition to your health arsenal and I encourage you to share its formula with friends and loved ones. In these scary times, it just plain makes good sense to have a powerful and traditional home remedy in your kitchen cabinet – even if you also believe in flu shots!

Ready? Here’s the recipe…

1 white onion, peeled and cut into quarters  
1 entire head of garlic, peeled  
4 red hot chile peppers, stems removed, chopped (handle with care)  
4” horseradish root, peeled and chopped  
4” ginger root, peeled and chopped  
Approximately 1 quart un-pasteurized apple cider vinegar (*Braggs* is good)

Put all ingredients in a blender, cover with un-pasteurized apple cider vinegar. Puree. Bottle in a glass container and store in a cupboard at room temperature. Adults should take two tablespoons morning and night at the first sign of a cold or flu.

**WARNING:** Hot chiles, such as jalapeños, habañeros, and serranos, contain volatile oils that can burn your skin and eyes. Avoid direct contact with these peppers. When working with fresh chiles, wear rubber gloves or disposable plastic gloves, or cover your hands with small plastic bags. If your bare hands touch the peppers, wash your hands and nails well with soap and hot water. If you get some of the oils in your eyes, flush them with cool water. Oils from chiles can transfer to knives and cutting surfaces, so wash tools and surfaces with hot, soapy water after using to prevent the oils from transferring to other foods.

**Additional Comments, Observations, and Directions from Jaimie**

Chet, I’ve been making this tonic for over ten years. I personally make batches in quart mayonnaise jars and store them in a pantry, doling out portions in baby food jars for my
family and friends. This tonic has never failed to kick a flu or cold within 24 hours for me.

When I make a batch, I use a whole head of cloves of garlic. The garlic is in proportion to the onion, not the peppers, ginger, or horseradish. I put all ingredients in the blender, add vinegar until it’s about one to two inches above the ingredients, and slowly start to chop, blend and puree. I continue adding vinegar until it is about two inches below the top of the blender. If you add too much vinegar at first, it splashes out; and if you add too little, the whole mess freezes up in a solid clog.

When I transfer the batch to a quart jar, I add un-pasteurized vinegar if it doesn’t reach the top. After putting the lid on the jar, I then gently shake the mixture by turning the jar upside down and up again. Un-pasteurized vinegar is available in health food stores. I don’t think there is any benefit to measuring the ingredients in cups, ounces, etc. As a homemaker and gourmet cook, I’ve found the proportions for these ingredients to be right on.

**Variations of the tonic involve the intensity of the red peppers.** I don’t buy the really hot ones, though many people do. Also, in the winter, it is sometimes hard to get red peppers because they haven’t ripened in the sun. The grocery store will still call them red peppers, but they will be green. In that case, I add about ½ teaspoon of ground cayenne.

If you can’t find horseradish in the store, I would suggest substituting about ¼ cup of prepared horseradish, though fresh is better. Most large supermarkets these days will carry horseradish root.

The taste of the tonic is intense, to say the least, especially if you don’t care for garlic. If you have trouble swallowing it, you may have made it too chunky, not pureed enough. Try adding a little more vinegar and take smaller spoonfuls. The vinegar should have masked the garlic taste, at least until after you swallowed it.

I don’t think it should matter if you take it on an empty stomach, but if it makes you retch, it would probably be best taken on at least a near-empty stomach. You can eat afterwards.

The only time I shake the tonic is when I am spooning out a batch to give to someone. Sometimes I will add a little new vinegar at this time. I have stored it for up to a year without spoilage. It won’t spoil because the vinegar is already rotten (fermented). It will darken in color.

I have given this tonic to a man who was in the full throes of the second day of a respiratory flu and running a temperature of 102°. He took two heaping spoonfuls and his fever broke 15 minutes later. I have given it to my 6-year-old granddaughter successfully, although she whined about the vinegar. My son likes it so well that he puts it on his salad as dressing.
I haven’t had a cold or flu in ten years, and I am a dental hygienist and very close to respiratory “bugs.” I simply take the tonic in the evening, at the first hint of a sore throat or body ache, and go to bed. Seldom do I have to take it again the next morning, but do if needed, and continue to experience flu-free health.

This tonic is extremely powerful because all the ingredients are fresh. Its power should not be underestimated. The tonic stimulates maximum blood circulation, while putting the best detoxifying natural ingredients into the blood. This formula is not just for the sniffles, it may even help turn around deadly infections like some of the new mutated killer viruses that defy conventional antibiotics.

The adult dosage is ½ to 1 ounce or 1-2 tablespoon, two or more times daily. Swish in your mouth and swallow. Don’t dilute with water.

Because it’s composed entirely of natural foods, the tonic – unlike prescription drugs – is non-toxic. Make up plenty as it does not need refrigeration and lasts indefinitely without any special storage conditions.

Ingredient properties

- Garlic cloves (anti-bacterial, anti-fungal, anti-viral, anti-parasitical)
- White onion, or hottest onions available (similar properties to garlic)
- Ginger root (increases circulation to the extremities)
- Horseradish root (increases blood flow to the head)
- Cayenne peppers or the hottest peppers available, i.e. Habanero, African Bird, or Scotch Bonnets, etc. (a great blood stimulant)

Berry Good-Tasting Cold Remedy

At last, a cold and flu remedy that actually tastes good. Elderberry has a long history as a tasty healer. Europeans would chase away cold and flu symptoms by drinking hot elderberry wine with lemon.

Today, elderberry is used by herbalists to treat viral infections, including colds, flu, and bronchitis. It may shorten the length of a cold by as much as 30 to 40%, according to some herbalists, who also state, “If you take it early enough, you may not get sick at all.”

Elderberry is available as a tincture or syrup, but the syrup may be more effective. It’s also easier to find, and it tastes better than a tincture. If you still prefer a tincture, use 1 teaspoon elderberry three times daily.
Breath-Free Onion Syrup

Chop one yellow onion and place in a small bowl. Drizzle about 1 tablespoon of honey over the chopped onion. Go to bed and place the bowl as close to your head as possible (night stand or next to your pillow). You will breathe freely all night. But wake up in time to shower because you will smell like you’ve been wandering around in an onion field.

Breathe Deeply and Feel Better

One of Grandma’s oldest remedies for congestion is also one of the easiest to do. Inhaling steam helps decongest you because it gets mucus moving. That’s important because bacteria flourish when mucus gets stuck in your nose, sinuses, or chest.

Here’s how to do it: Fill a cooking pot one-quarter full with water. Bring it almost to a boil, then turn off the heat, and add a couple of drops of essential oil of eucalyptus. Carefully remove the pot from the stove, and place it on a protected counter or table. Drape a towel over your head, lean over the pot, and inhale.

**Caution:** Keep your face at a very safe distance from the scalding hot water, so you don’t get burned.

An even easier approach is to add 2 or 3 drops of essential oil of eucalyptus to a wet washcloth placed on your shower’s floor. Close the door, turn on the water, steam up the bathroom, and inhale while you scrub yourself clean.

Why eucalyptus? It’s a decongestant and expectorant, says David Winston, a professional member of the American Herbalists Guild and founder of Herbalist and Alchemist, Inc., an herbal medicine company in Washington, NJ. It may also ease sore throats and coughs and help fight infection.

No eucalyptus oil on hand? Smear some medicated eucalyptus chest rub on a washcloth, and toss it on your shower’s floor. Take a hot, steamy shower, and breathe deeply.

Boneset-Yarrow Tea for Fevers

From its name, you’d probably guess that the herb boneset (*Eupatorium perfoliatum*) was used to treat broken bones. But you’d be wrong. Used by the Cherokee people for more than 3,000 years, this bitter herb got its unusual name from treating “breakbone fever,” or typhus, a condition in which the bones feel hot and achy.

Today, boneset is still admired for its ability to break a fever, says Winston. It works by raising body temperature, which causes profuse sweating. The combination of boneset
and yarrow (*Achillea millefolium*), another fever-breaking herb, helps during cold and flu season by stimulating the body’s immune response to viral and bacterial infections.

To make boneset-yarrow tea, add ½ teaspoon dried boneset and ½ teaspoon dried yarrow to 8 oz of boiling water. Steep, covered, for 30 minutes, then drink it “as hot as you can tolerate it,” says herbalist David Winston. Be forewarned: Boneset and yarrow are bitter-tasting herbs. And adding honey or sugar to boneset-yarrow tea only makes the taste worse. “But it’s one of the best things I know of for influenza,” says Winston.

**Caution:** Don’t drink boneset-yarrow tea if you are pregnant. Also, people who are allergic or sensitive to chamomile, ragweed, and other members of the daisy family may have an allergic reaction to the yarrow.

### Cinnamon Tea: Tastes Great, Kills Germs

Once as valuable as gold, cinnamon has been used medicinally for thousands of years. In modern times, this fragrant spice flavors everything from sticky buns and curries to cappuccino. But its reputation as a healing herb remains intact.

Cinnamon bark contains an oily chemical called *cinnamaldehyde* that kills a variety of illness-causing bacteria. It’s also a fever reducer and anti-inflammatory, says herbalist James A. Duke, PhD, author of *The Green Pharmacy* (Rodale Inc., 1999). And while it probably won’t replace aspirin or acetaminophen in your medicine cabinet, cinnamon does have some analgesic activity.

Dr. Duke recalls that his grandmother made cinnamon tea with honey to cure the common cold. He offers the following recipe: Add 1 tablespoon powdered cinnamon (or several sticks of cinnamon bark) and 2 cloves to 8 oz of boiling water. Steep, covered, for 20 minutes, then uncover and cool slightly. Add honey and lemon to taste. Drink 1 to 3 cups a day.

### Clear Your Lungs with NAC

In March of 2003, my wife Ellen flew back from a family visit hacking and congested with a rare chest cold, right during the SARS scare.

When her usual remedies didn’t work – her lemon juice squeezed into a mug of hot water with a few splashes of Tabasco or another hot sauce and some maple syrup along with her rounds of Echinacea capsules – which she started too late – she plowed through our health library and the Internet for more answers.

Ellen came up with a winner, something that worked like a charm to clear her lungs, a powerful antioxidant called *N-Acetylcysteine*, NAC for short.
NAC is the more efficiently absorbed form of a sulfur amino acid L-cysteine. It protects the liver and fights free radicals as well as viruses. In fact, a major reason vitamin C is recommended for colds is that it keeps the forms of cysteine and its peptide glutathione in their antioxidant form.

Trials in Europe show it can treat flu symptoms.

But what really struck Ellen was the discovery that NAC has been used since the 1960’s to break up mucus, especially in the lungs. The technical term is *mucolytic*. And NAC is a mucolytic that targets pulmonary and bronchial congestion. It has been used in liquid form as an inhalation treatment for Cystic Fibrosis to thin mucus secretions.

NAC is also used to treat liver damage from Tylenol overdose as the FDA-approved prescription, *Mucomist*.

Ellen took an antioxidant formula she had on hand that contained 30 mg. of NAC. It worked quickly to loosen and clear out her lung congestion. She took it several times a day at first, tapering off as symptoms dictated.

She also tried another formula for lung health that contained only 10 mg. that had no effect. So you may need to experiment with different formulas if you’re suffering from lung congestion.

NAC can be bought as an individual supplement, often offered in 600 mg., and is also combined with 100 mg. of glutathione, one of the body’s most powerful and important antioxidants. Because NAC is one of the three amino acids that can make glutathione, NAC itself also boosts glutathione levels in cells.

Bottom line: If you’re a supplement taker, check out the might of NAC if lung congestion persists when you have a cold or flu.

**Cold Wet Sock Treatment**

This is a great treatment for all sorts of infections and inflammations in the upper body. It is simple to do and you don’t need anything but some socks and some water.

The wet sock treatment is best if repeated for three nights in a row if you’re suffering from any of the following symptoms: sore throat or any inflammation or infection of the throat, neck pain, ear infections, headaches, migraines, nasal congestion, upper respiratory infections, coughs, bronchitis, and sinus infections. You’ll need:

1 pair white cotton socks
1 pair thick wool socks
Towel
Warm bath or warm foot bath
1. Take a pair of cotton socks and soak them completely with ice cold water. Be sure to wring the socks out thoroughly so they do not drip.

2. Warm your feet first. This is very important as the treatment will not be as effective and could be harmful if your feet are not warmed first. Warming can be accomplished by soaking your feet in warm water for at least 5-10 minutes or taking a warm bath for 5-10 minutes.

3. Dry off feet and body with a dry towel.

4. Place ice cold wet socks on feet. Cover with thick wool socks. Go directly to bed. Avoid getting chilled.

5. Keep the socks on overnight. You will find that the wet cotton socks will be dry in the morning.

This treatment acts to reflexively increase the circulation and decrease congestion in the upper respiratory passages, head, and throat. It has a sedating action and many patients report that they sleep much better during the treatment. This treatment is also effective for pain relief and increases the healing response during acute infections.

This is said to be an excellent treatment for early onset of a cold or flu, and works even better with the Ginger-Scallion Tea protocol found later in this report.

Curing the Common Cold and Flu with Hydrogen Peroxide

From The Alternative Medicine Research Foundation

From what we have read, hydrogen peroxide works quite well and is supposed to be effective 80% of the time, especially if done when the symptoms first appear. While it seems contrary to what we have been taught about colds and flu, we know quite a few people who have tried it with great success.

In 1928 Richard Simmons, M.D. hypothesized that colds and flu virus enter through the ear canal. His findings were dismissed by the medical community. According to Dr. Simmons, contrary to what you may think or have been taught about how you catch the flu or the cold there is only one way that you can catch the two, and that’s via the ear canal not through the eyes or nose or mouth as most have believed.

Keeping your fingers out of your ears will greatly reduce your chances of catching them, but then again these two are microscopic and can be air-born and may land on or even in your ear. Once they have entered the inner-ear (middle-ear) there they begin their breeding process, and from there they have access to every avenue throughout our body to travel to and to infect and make us sick.

In 1938 German researchers had great success using hydrogen peroxide in dealing with colds and the flu. Their data has been ignored for over 60 years.
It is important to begin treatment as soon as symptoms appear. If treatment is started promptly effectiveness seems to be in the 80% range.

We have found remarkable results in curing the flu and cold within 12 to 14 hours when administering two drops of 3% Hydrogen Peroxide (h2o2) into each infected ear, (sometimes only one ear is infected) The h2o2 starts working within 2 to 3 minutes in killing the flu or cold; there will be some bubbling and in some cases mild stinging occurs.

Wait until the bubbling and stinging subside (usually 5 to 10 min) then drain onto tissue and repeat other ear. A bottle of Hydrogen Peroxide in 3% solution is available at any drug store for a couple of dollars.

To cure the flu you’ll need to repeat this process two or more times at one or two hour intervals until there is no more bubbling when putting hp in ear(s).

Wait until the bubbling and stinging subside (usually 5 to 10 min) then drain onto tissue and repeat other ear. A bottle of Hydrogen Peroxide in 3% solution is available at any drug store for a couple of dollars.

Although this method is said to be perfectly safe for infant/children to use, the loud bubbling and stinging frightens them, so they’ll need someone they trust to put the hp in their ears. (Don’t get h2o2 in the eyes – if you do, flush with water.)

Cut Down on Stress

Examine the stress level in your life as well. Chronic stress severely compromises the immune system. Relentlessly extending yourself beyond your limits is never advisable, but continuing to do so during the winter months is also at odds with your body’s natural seasonal inclinations. Winter is a time for rest and rejuvenation. Take time to evaluate your priorities and eliminate needless pressures. Learn meditation or yoga, or explore another neglected area of interest. Don’t, however, just add more commitments to your schedule. Instead, simplify and focus.

Dill Pickle Juice

A reader of one of my newsletters wrote the following letter in the winter of 2003:

_Chet, I haven't had the flu, or even a cold, in 30 years. I consume two tablespoons of cold dill pickle juice each morning when I get up. A doctor told me that 30 years ago. Haven't had any problems since I started the daily ritual._
This is the kind of simple, elegant, natural approach that I like, so I added two tablespoons of dill pickle juice to my morning routine right after learning about it. I hope I have the same experience as my reader and spend the next 30 years without a cold or flu.

While researching this home remedy on the Internet, I learned that people also use dill pickle juice for upset stomach, and, interestingly enough, hangovers. So this might be a good addition to your health routine, especially if you’re still drinking alcohol.

Diluted Fruit Juices

During runny nose/achy body/stuffy head season, you probably keep a gallon of orange juice in your refrigerator, just as your mom – and her mom – did. Orange and other fruit juices provide healthy doses of vitamin C, which has been shown to shorten the duration of common colds and flu and may even prevent them. Vitamin C strengthens your immune system, so your body can fight back against viruses and bacteria. But fruit juices also contain sugar, which some people believe may suppress your body’s immune system.

To get the healing benefits of fruit juice without all the sugar (and calories), cut your glass of fruit juice in half with filtered water or sparkling water. And read labels carefully to make sure that you’re buying whole juices such as orange, pineapple, and tomato, not “fake” juices that contain less than 100% fruit juice.

Echinacea

An old physician’s saying declares a cold usually lasts about seven days if you treat it, and about a week if you don’t. Nonprescription cold remedies, including aspirin, decongestants and cough suppressants, may relieve some cold symptoms but will not prevent, cure, or even shorten the duration of illness. Herbs such as Echinacea promise to “cut the time you’ll suffer from symptoms of cold or flu.” Are these promises valid?

Some studies of Echinacea have shown it fights head colds and related ailments by increasing the number of immune cells in the blood. It also enhances the cells’ ability to destroy harmful bacteria. If you’ve been exposed to someone with a cold or the flu, Echinacea is a good preventive measure to take. Also, if you feel the first signs of a cold coming on, take your Echinacea. While it may not prevent a cold, it may shorten the length of a cold and lessen symptoms.

All of the studies agree that Echinacea almost never causes side effects. However, take Echinacea only when you need it, not as a general preventive supplement. The body becomes less responsive to it after a period of about eight weeks of use. Look for Echinacea augustifolia or Echinacea purpurea (or a combination of both) and take as recommended on the label.
Caution: Because Echinacea can affect the immune system, people with autoimmune diseases such as arthritis, lupus, multiple sclerosis, and scleroderma should not take it. The herb could potentially stimulate adverse effects. Pregnant women and those with diabetes or multiple sclerosis should also abstain, or consult with their physician first.

Garlic: a Cold’s Worst Enemy

If it can ward off vampires, then why not the common cold?

One of our oldest cultivated plants, garlic has been used for centuries to treat everything from the plague and leprosy to toothache. In the 1800s, American doctors prescribed garlic for colds and coughs. Today, scientists are busy uncovering the many ways that garlic keeps us healthy, and the list just keeps getting longer.

Garlic cloves contain hundreds of active ingredients, including sulfur-containing compounds such as allicin that give it its distinct and pungent aroma. Garlic is antibacterial and antiviral. It’s also an expectorant that helps you cough up phlegm.

To get its full cold- and flu-fighting benefits, stick with fresh garlic cloves. Deodorized garlic supplements are fine for hypertension or to reduce blood lipid levels, but when it comes to antibacterial activity, nothing is better than raw garlic.

For colds and flu, try 4 to 8 garlic cloves a day – preferably raw. If you just can’t stomach raw garlic (and many people can’t), try mixing it with plain yogurt or cottage cheese. If you must cook it, do so very lightly.

Tip: Before cooking the garlic, chop it, and let it sit for 10 minutes to give the disease-fighting compounds a chance to develop.

New Zealand Garlic Flu Remedy

A variation comes from New Zealand: Cut a raw garlic clove as thin as possible and put a slice on your tongue and let it soften. Do not chew. Once the slice softens, then you swallow it. Repeat throughout the day. This remedy is best taken at the first signs of flu symptoms.
Ginger and Ginger Tea

Ginger is indispensable in the treatment of cold afflictions. Ginger tea is not only a satisfying winter beverage, but one which warms the body, treats the common cold, soothes coughs, and relieves vomiting. Old ginger or “mother” ginger, available at Chinese markets, is preferred for medicinal purposes. A strong spicy drink may be made by boiling grated ginger root in a cup or two of water. Add sugar or honey to treat a cough. Boil with dried orange peel, using a ratio of 1:2, for vomiting and cough associated with a cold. If dried ginger is not available, you may use fresh or “baby” ginger, or one drop of ginger essential oil in a glass of hot water. Ginger oil or grated ginger may also be applied externally by adding to hot bath water. Soaking or washing with gingered water induces perspiration.

Ginger-Scallion Tea

Place 4 slices of fresh ginger root and one chopped scallion or green onion in a saucepan with one cup of water. Bring to the boil, simmer, covered for 5 minutes. Strain, add one teaspoon of honey. Drink while hot.

Honey and Lemon for Sore Throats

If you’re a tea drinker, you might add honey and lemon to your daily cup. But a teaspoon of honey and lemon without tea can do wonders for a dry, scratchy throat.

The thickness of honey helps coat and soothe an irritated throat. But there may be more to the story. Because it’s so thick, honey may interfere with the ability of bacteria to go about their business. In other words, bacteria may get stuck in a “honey trap” where they can do no harm.

Don’t forget to squeeze some lemon onto your teaspoon of honey. Lemon stimulates the salivary glands, pulling fluid into the mouth and making it easier to swallow.

H2O Cold Cure

Water. You can drink it, steam it, gargle with it, and even sit or stand in it. When it comes to colds, you won’t find a more time-tested or versatile remedy than water.

Still, most people don’t drink enough water when they’re sick, and they don’t get its healing benefits in forms such as steam treatments and baths, says Dr. Hardy. To get your share of H2O, start by drinking plenty of water, which helps replace the fluids you’ve
lost. Aim for ten 8-oz glasses a day. (You can flavor some of them with a little fruit juice; herbal tea counts as water too.)

If your throat is achy, try numbing it by gargling with warm water and Echinacea tincture (⅛ to ½ teaspoon Echinacea to 8 oz of water). Swallow the solution after gargling. Use a thoroughly cleaned humidifier to add moisture to your bedroom. And soak in a tub of cool (not cold) water to keep a fever in check.

**Horseradish**

Horseradish (*armoracia rusticana*) and nasturtium (*Tropacolum majus*) are both warming and rich in vitamin C, with anti-infective properties. A teaspoon of grated horseradish in boiling water makes a bracing drink for winter chills. These herbs, as well as garlic, may be added to a winter diet to increase natural resistance.

**Japanese Food Remedies for Flu and Cold**

By Setsuko Yoshizuka

Japanese Cuisine at [http://japanesefood.about.com/cs/styles/a/coldremedy.htm](http://japanesefood.about.com/cs/styles/a/coldremedy.htm)

Cold and flu season is here. Do you have a special cold remedy, which works for you? The most comforting remedy for people in western countries might be a bowl of chicken soup. But, it’s different for Japanese people. Don’t you wonder what Japanese people eat when they have a cold? When I am getting a cold, I eat a special miso soup with lots of ginger and green onion before I go to bed. It works for me if my cold isn’t severe. Basically, hot liquids and digestible food are good for us. I introduce three home cold remedies, which are very common in Japan.

**Tamago-Zake (Egg and Sake)**

It’s like an eggnog. Tamago-zake contains Japanese sake, which is a very strong alcoholic beverage, so it keeps the body warm. It’s said to drink tamago-zake before going to bed. Tamago-zake helps if people are in the early stage of a cold. It’s a common cold remedy for adults.

One egg
¾ cup sake
1 Tbs sugar or honey

Pour sake in a cup and heat in a microwave. Mix an egg and sugar well. Add the egg mixture in the hot sake. Makes one serving.
Shoga-yu (Hot Ginger Drink)

Ginger is said to be an excellent remedy for the early stages of a cold since it keeps the body warm and stimulates perspiration. Use fresh ginger.

2 tsp grated fresh ginger  
1 tsp sugar or honey  
1 cup boiled water

Put ginger and sugar in a cup. Pour boiled water in the cup and mix well. One serving.

O-Kayu (Rice Porridge)

O-kayu is the most common “sick food” in Japan. O-kayu is cooked very soft, so it’s easy to digest and is easy to eat. A plain o-kayu doesn’t include other ingredients than rice, but you can add vegetables or meat, depending on your appetite. Green onion is commonly used for home remedy for cold in Japan, so it’s good to sprinkle some chopped green onion if you would like.

½ cup Japanese rice  
3 cups water  
½ tsp salt

Wash rice well. Put water and rice in a pan. (an earthenware pot is suitable.) Leave it for 30 minutes. Put the pan on medium heat and bring to boil. Turn down the heat and cook the rice for 30-40 minutes. Add salt before serving. Take care of yourself. Two servings.

Lemon Balm Tea: Gentle Virus Killer

If Grandma lived in a temperate climate, she probably grew some lemon balm (*Melissa officinalis*) in her herb garden. This aromatic and pleasant-tasting herb has been used to calm jangled nerves and soothe upset tummies. It also has strong antiviral activity and helps break fevers associated with colds and flu.

Use the leaves, picked before flowering, to make soothing lemon balm tea. Add 2 tablespoons lemon balm to 8 oz of boiling water. Steep, covered, for 10 minutes. For best results, chop the leaves just before you prepare the tea. If using dried leaves, use 1 tablespoon lemon balm.
Mexican Cold Remedies

A Family’s Magic Drink

Get a pan of water and add one stick of cinnamon, a handful of raisins, and one teaspoon of oregano. Boil this solution and then let it cool. Sweeten with honey and add lemon. Drink 3 times per day for two or three days.

Lemon and Coffee

In my country, when somebody has the flu we drink lemon and coffee. You drink this for one week and after one week you will be better. Do not drink cold water while you drink the lemon and coffee mixture.

Mexican Apache Cold Cure

by I.M. Crisosto Pena, daughter of Crisosto Pena, and the great great granddaughter of Geronimo

My father, Crisosto Pena, a Mexican Apache, believed that chile could cure anything. He said that it was packed full of vitamins and therefore a cure-all, especially for colds.

One day he returned from work and found his wife and five children in bed with the flu. He felt so bad for them that he took out the bag of hot chile pods and soaked them in hot water for 15 minutes. Then he put them into a grinder and ground them with the water they were soaked in. He gave each one of his family members a spoonful with a piece of tortilla. About an hour later the family was moving about. The children were out playing around, and his wife was cooking dinner.

From that day on, I too believe that chile is a cure-all, especially for colds. As a preventive medicine, you can mix the chile with garlic and onions. It not only tastes good, but also keeps colds away.

Mustard Pack

To prepare a mustard pack, you’ll need two pieces of thin cloth (muslin works best), two tablespoons of dry mustard powder, one cup flour, and some hot water. Mix the flour and mustard. Add enough hot water to make a medium thin paste.
Place one piece of muslin over chest, spread mustard paste thinly over the entire cloth, then cover with remaining cloth to make a mustard “sandwich.” Place a piece of plastic wrap over top and then cover with a heating pad or hot water bottle.

**Caution:** Watch the skin underneath. It should get to be a healthy pink color but not red. Left on too long the skin can burn or even blister. Treatment usually lasts 10-20 minutes.

**Peppermint and Spearmint Help Headaches**

Peppermint and spearmint are particularly effective in treating headaches associated with colds and flu, as well as for settling the stomach. Peppermint is cool and pungent in nature, while spearmint is warm, pungent, and sweet. Peppermint oil may be applied externally, diluted in a carrier oil, to soothe aching muscles and cool fever. It may also be taken internally for vomiting. Try one drop on a sugar cube or two drops in a glass of water. Spearmint may be used similarly, when symptoms are cold in nature. Either herb may also be inhaled as an essential oil or consumed as an herbal tea.

**Spicy Symptom Solver: Ginger**

Grandma probably recommended ginger ale to settle your upset stomach. In fact, science has confirmed that ginger prevents motion sickness and nausea. But this spicy herb also helps with cold and flu symptoms, including fever, dry cough, chills, and congestion.

Ginger is available as a tincture, capsules, or tea. But for best results, use freshly grated ginger, which you’ll find in the produce section of your supermarket. To make ginger tea, mix 1 tablespoon grated ginger in 8 oz of boiling water. Steep, covered, for 10 minutes, then strain the tea into another cup.

**Slippery Elm Soothes Sore Throats**

When the early settlers came to America, they knew just what to do with slippery elm, a close relative of elm trees in their native England. The colonists used the gummy bark of the tree to treat coughs and sore throats, a remedy still used today.

Rich in the slick substance mucilage, slippery elm soothes a sore throat by coating the irritated mucous membranes in the mouth and throat. It’s available as a loose powder or lozenge in most health food stores. To make a chewy slippery elm paste from loose powder, add 1 tablespoon slippery elm powder to 2 to 3 oz of warm water. Stir, and mix with some honey or maple syrup to taste. Chew, and swallow. If you’d rather drink it down, mix 1 tablespoon slippery elm powder with 6 to 8 oz of water.
Super Immune Juice

In a blender place one cut up lemon (rind, seeds, everything) and one peeled orange or grapefruit (no rind). Add enough water to blend. Puree on high for 2-3 minutes. Strain juice and return to blender. Add ⅓ to ½ teaspoon cayenne pepper and 1-3 cloves of garlic and ½ teaspoon of horseradish. Puree for another minute, then drink. This concoction can be drunk as a daily tonic, or, if really sick, you can have it up to three times a day.

United Arab Emirates Cold Remedy

by Abdulla Mohammed Al Tunaiji

Three years ago, I went to Los Angeles, California, in the USA and the weather was very cold. When I came back to the UAE after two months, the weather was hot. I became sick because the weather changed and my body couldn’t control itself. I couldn’t move from my bed. I had a severe fever, a bad cough, a stomach ache, nausea and vomiting. This sickness lasted four days.

When I told my grandmother, she said me I had a cold. She did two different things. First, she brought olive oil and rubbed it on my chest. I used this remedy three times a day. Second, she mixed sliced chili peppers with garlic and onions and cooked them for 20 minutes. I took two cups a day for two days. After two days, I felt better than before. The remedy was very good.

Vitamin C

Two-time Nobel prize winner, Dr. Linus Pauling, was the first to realize vitamin C’s crucial importance in the maintenance of a healthy immune system. In 1970’s he proposed that vitamin C could help prevent and shorten the duration of the common cold. Because of this data, many people are now convinced that taking very large quantities of vitamin C will prevent colds or relieve symptoms. To date, no conclusive research has shown that large doses of vitamin C prevents colds. Instead, most research shows that vitamin C merely lightens the symptoms.

If you choose to take vitamin C to lessen the symptoms of your cold, don’t go too far. The National Academy of Science has determined that the body can absorb about 200 milligrams a day at most. Further, doses over 1000 mg may lead to diarrhea or kidney stones in susceptible people. Steer clear of chewables, which can eat away tooth enamel.

It is always advisable to get more vitamins and minerals from food sources. Vitamin C is present in many kinds of foods, especially fruit (citrus fruits, strawberries, cantaloupe and kiwi) and in vegetables (green and red peppers, broccoli, and sweet potatoes).
According to Linus Pauling in one of his last interviews before he died, “There is no doubt now that vitamin C in large doses has value against the common cold. My recommendation is not 1 gram a day, or 2 grams a day of vitamin C but at the first sign of a cold, take a gram of vitamin C or 2 grams and then an hour later, if the symptoms still exist – if you’re still sneezing, or your nose is running or feel shivery, take another 1 or 2 grams of vitamin C. Keep doing that until you forget because the symptoms have gone away and this will stop a cold in almost every person who follows the regimen.”

West Indies Cold Cocktail

If your grandmother hailed from the West Indies, she might have recommended an exotic and ferocious cold remedy consisting of lemon juice, garlic, ginger, cayenne, and vinegar.

It may sound mouth puckering, but the West Indies Cold Cocktail works because it’s loaded with healthful anti-cold ingredients. Ginger and garlic, for example, both have natural antibiotic properties. Lemon juice and cayenne are astringents, meaning that they tend to be drying, and they’re good for clearing up mucus and wet coughs. And ginger and cayenne are “warming” herbs. In many herbal traditions, you use a warming herb to balance out conditions in which the body is colder than it should be.

Here’s the recipe: Combine ½ cup lemon juice, 2 tablespoons vinegar, 1 clove garlic (crushed), 1 teaspoon grated ginger, and a dash of cayenne. Mix thoroughly, and slug it down.

Zinc Lozenges

Sucking on zinc lozenges to lessen your cold? The theory is that zinc in the mouth and throat somehow deactivates cold viruses. Several studies dating back to 1980 suggest that a certain type of zinc lozenge may help shorten the duration of a cold. These studies suggest that zinc lozenges may shorten a cold to an average of four days versus and average of seven days in non-zinc takers.

Not all zinc lozenges on the market are the kind used in studies. The type of zinc used in research is called zinc gluconate-glycine and is marketed under the name of Cold-Eeze.

If you decide to try zinc lozenges note the following caveats: Plain zinc gluconate tastes awful, and just swallowing it isn’t enough to treat a cold. You have to suck on zinc gluconate to get its symptom-relieving effects. While loading up on the mineral for a week may help fight a cold, too much zinc taken over long periods can reduce the amount of copper in your body, ultimately weakening your immune system and lowering your HDL (“good cholesterol”).
The bottom line? If you are curious about zinc’s effectiveness, there is likely little harm in taking them for the days cold symptoms are present. Limit the lozenges to one week, in doses less than 100 milligrams total per day. Common complaints against zinc are nausea, mouth irritation, and a bad taste in the mouth. To combat the nausea, try taking them following a meal. Also, don’t consume citrus fruit or juices 30 minutes before sucking on a zinc lozenge. Some experts believe vitamin C and related compounds may interfere with zinc’s effectiveness.

[Note: Now we turn to my favorite approach for dealing with any acute illness. My personal experience since 1993 is any acute illness, like a cold or flu or allergy attack or rash or whatever, can be overcome with a 3-7 day juice fast. For what it’s worth, I haven’t missed more than three days of work, total, from an illness since 1993 because I know how to stop eating and start juicing on those rare occasions when I’m not feeling at the top of my game. So let’s begin with an article I wrote in the year 2000, the last time I was sick with a cold or flu. – Ed.]

How I Licked the Flu with a 3-Day Juice Fast

By the time I went to bed one night in the winter of 2000, I knew I had the flu that had already invaded CasaDay and taken prisoner my wife and two sons.

During the first ten days of the flu bug’s visit to our home, I thought I might squeak by and maintain my three-year record of no work days lost to illness.

But I didn’t think that would be the case because I’d eaten way too much junk during the holidays, hadn’t exercised much, hadn’t juiced at all, and just plain didn’t feel as immune to disease as I generally feel.

Sure enough, my nose started running like a faucet, and the next thing I knew I had my own personal box of Kleenex tied to my suspenders.

You know what? I’d forgotten just how bad a person can feel with the flu. I mean, seriously, when you haven’t been sick for years, you really do lose the recollection of what’s it like to have your nose so plugged you couldn’t breath through it with a catheter.

I mean, Richard Simmons screaming at the top of his lungs couldn’t break though the ear congestion.

And the nights... on man, I had really forgotten what it was like to not be able to sleep from feeling so bad, from having a headache that felt like the Boer War was taking place within my skull, from having muscle aches that felt like Dr. Frankenstein himself had been working on me in his lab, from having diarrhea that kept me on the toilet as much as off it.
You know what I mean? When you moan and sit up and hold your head between your hands and just plain groan out loud from sheer frustration and pain.

Anyway, I felt **bad**, and I knew I needed to do something fast because self-employed guys like me who earn our livings on the Internet don’t have the luxury of spending a week in bed while calling in sick every morning.

I also knew from my experience and my studies in natural health since 1993 that I didn’t need to take *TheraFlu* and *Tylenol*, that I didn’t need to gnaw on rhinoceros horn powder, and that I didn’t need to rush to some doctor for decongestants and analgesics and antibiotics for secondary infections – the expensive symptom maskers that would actually drag out my illness rather than helping my body to heal.

I knew I really only had to do three things:

1. Drink plenty of fluids;
2. Stay in bed and rest
3. Not eat

Most people are familiar with the first two protocols for the flu. Doctors and mothers have been teaching these two aspects forever.

At the same time, most people haven’t learned to stop eating when they’re ill because they’ve been taught to “eat to keep up your strength.”

Well, I’m flat out telling you that when you’re dealing with an acute illness like the flu or a bad cold, your body needs its strength to heal and not to digest hot milk, grilled cheese sandwiches, poached eggs on toast, or yeast-raised waffles with butter and syrup on top.

So I went to bed and stopped eating.

In the past, when I’ve had the flu, I drank freshly squeezed orange juice, diluted half and half with distilled water, whenever I felt like I needed a little pick-me-up. I did the same thing this time, but I also tried one thing different:

When I work up every morning, I drank what I now admiringly call my *Flu Cocktail*, a simple concoction that contained eight ounces of water and the juice of one half lemon. (Some people like to use the juice of a whole lemon, as well as adding up to ½ teaspoon of cayenne pepper for extra kick.) Try variations until you find the one that feels best to you.

Although I answered important e-mails for an hour or so even when I felt like I was on my last breath the first day and a half of my bout with the flu, the rest of the time I slept and sipped on orange juice and distilled water.
After three days on this routine, I felt just fine again. My energy returned, my head cleared, my nose stopped running, and I resumed my usual work schedule.

It’s now eight days since I caught the flu, and I’m feeling the best I’ve felt in ages.

I lost several pounds and I gained at least a megawatt of energy.

For me, the flu was a blessing in disguise because it motivated me to get on a good juice diet and clean out the remnant toxins from all those holiday goodies back in November and December.

So the next time you come down with the flu, give some thought to trying a juice diet, along with lots of bed rest and plenty of distilled water.

Using a juice diet, most people will spend a whole lot less than what they’d spend on a doctor’s visit that resulted in two or three prescriptions for drugs that mask symptoms and may well increase the length of time you feel bad.

And using a juice diet, most people will get well two or three times faster because they replied on their body’s self-healing powers instead of masking symptoms with prescribed and over-the-counter drugs that, as far as I’m concerned, make it harder for their bodies to resolve the problem.

Our bodies truly are marvelous, self-healing wonders, if we’re only intelligent enough to stand back and give them room to function as designed.
How to Do a Short Juice Fast

An update of a 1996 article from an H&B Weekly classic issue
(See http://chetday.com/hbclassics.htm for all back issues)

Time to get to some how-to information on what to do during the holiday season when you feel yourself bloating up and sickening down with a cold or flu, filled with mucus, walking around with a headache, holding an upset stomach, cringing from constipation, and the whole host of other symptoms that keep the doctors and over-the-counter drug business rolling in the dough.

Well, happily, you have at your disposal a solution so much better for you than the aforementioned “cures” that cost money and leave Lord only knows what kinds of residues in the cellular structure as they pass through your body.

We call this solution the juice diet.

And, strictly speaking, it isn’t a cure or a solution – it’s a method to give the body some rest from the energy-sapping processes of almost constant digestion.

The natural health model that I follow holds that no cures exist, that only the body can “cure” itself, and it’ll most efficiently do that only when you give it the materials that it needs to activate its self-healing nature: proper foods, proper rest, pure water, exposure to sunlight, exercise, and so on.

Some alternative health teachers tell us to fast when we’re sick. To stop eating completely and to go to bed and to consume nothing but distilled water until we once again feel well. This technique works for many people, but I personally find it difficult to do because I rarely have time to go to bed and stay there until I feel great, so I attain similar good results by going on a juice diet when I know my body needs a period of physiological rest – when I get too many of the symptoms listed earlier or when I just feel “too full” and I hear my body telling me to “Hey, ease up on the food, dude.”

How do you go on a juice diet? Well, you can find as many juice diet (some call it a juice fast) plans as you can find advocates, but, in general, they all agree on a few important steps, which I’ll list below.

Before doing so, however, for legal reasons I should remind you that I have no qualifications whatsoever as a medical expert and consequently you should check with

[Note: You probably already figured this out from reading the previous article, but I’ll repeat myself to make sure you get the point: although I have a soft spot in my heart for the many natural approaches to dealing with colds and the flu that you’ve already read in this special report, my favorite method is the juice fast (or juice diet, as some call it) where you just drink fruit or vegetable juices for various lengths of time until you’re feeling yourself again. If you’re at all interested in this approach, keep reading. If you’re not interested in this approach, keep reading anyway because this next article contains “how to” information that could save you thousands of dollars in medical bills during the rest of your life. – Ed.]
your family physician or health professional before using any of the information that follows on juice dieting. But find someone who knows something about alternative health models, please!

Diabetics in particular are generally told to avoid fasting and/or juice dieting because of blood sugar problems. Severely underweight individuals should also not go on diets such as this. People who fear not eating should avoid fasting and/or juice dieting. People on drugs, either prescribed or recreational, should check with their physician before trying the techniques that follow. I would encourage individuals who fall into any of the above categories to associate with a physician in tune with fasting and/or juice dieting, however.

With that out of the way, here are details about juice fasting…

You will, first off, of course, need a quality juicer. Although we own top of the line, expensive juicers, these days at our house we mainly use our easy-to-clean *L’Equip Mini Pulp Ejector Juicer* that we bought for $89.

Okay, here are the main steps for a short juice fast:

1. If you’re not juice fasting for a cold or flu, you can ease into the juice diet by spending a few days on a fruit and vegetable regime where you eat nothing but uncooked fruits and vegetables for anywhere from one to five days. Some people never get beyond this point because after eating high-quality, natural foods such as fruits and veggies for a few days they suddenly feel great again and no longer feel a need to go further.

2. Some people hate the idea of living on “rabbit food” even for a few days. For those folks, move right into the juice diet. I’ve tried both ways and could give you good arguments for either technique. Instead, think about the options and then go with the one that feels right to you. *Your body is constantly talking to you. Learn to listen. It’ll tell you what to do.*

3. Plan on going **from one to five days** on your first juice diet. People can live on juices alone for remarkable lengths of time, but if you’ve never juice dieted before, just going for a few days will be most comfortable. I still remember my first five-day juice diet. That was the one that resolved my stiffening shoulder problem that the doctor had wanted me to use cortisone shots for. That was the experience that significantly changed my life and got me into all this natural living stuff.

4. For one to five days, eat nothing solid. Instead, when you feel hungry, slowly sip a glass of juice. What kind of juice? I start my day with the juice of a lemon squeezed into a cup of hot water. Add a pinch of cayenne pepper and a teaspoon of organic maple syrup and you have a great pick-me-up. This drink will also facilitate a terrific bowel movement in most people who aren’t chronically constipated.

5. Later in the morning (at least an hour later) I like freshly extracted orange juice or grapefruit juice mixed half and half with pure water, no more than 12 ounces total. Sip it
slowly and swirl around in the mouth to properly insalivate. I’ll have another glass of the same thing around mid-morning if I’m feeling hungry.

6. Around noon time, repeat step 5 or follow the directions in step 8.

7. In mid-afternoon, if you feel hungry, repeat step 4.

8. In early afternoon or supper time, have 8-12 ounces of freshly extracted carrot/celery/Romaine lettuce/zucchini/kale/etc juice. If you don’t have a juicer, purchase organic juices at your local health food store or else go to a juice bar on your way home from work. Carrot juice alone also works great, though it’s too sugary for my taste. A tablespoon of your favorite super green food mixed in 8 ounces of freshly extracted carrot/vegetable juice also makes a fabulous combination.

9. Just before bedtime, if you’re a little hungry, have 4-8 ounces of organic apple juice (mixed half and half with pure water).

10. You may or may not feel hungry during your days of juice dieting. When I did an extended juice diet of 28 days in October/November of 2003, I surprised myself because I did not feel hungry the whole time I stayed on juice alone. On other occasions, I’ve been slightly hungry the first few days. The whole business of hunger is very individualized, but most people report that their hunger goes away after three days. If you still feel hungry, look at yourself in a mirror. If you look so thin that you fear you’re gonna starve, then it’s time to stop and eat. Seriously, nobody’s going to starve to death by consuming juices for a few days.

11. What to expect or how will I feel? Again, each of us carries a different level of toxicity, and each of our bodies deals with that toxicity in a different manner. In general, if you’re very toxic, during a juice fast you may experience some cold or flu-like symptoms – headache, runny nose, tiredness, fever, and so on. This is especially true if you drink coffee, smoke tobacco, do recreational or prescribed drugs, or consume alcohol. The body doesn’t like this stuff and when it starts unloading it, you pay the piper.

If you experience symptoms, be thankful. Go to bed and get a well-deserved rest and let your body do some self-repair. Contrary to conventional thinking that encourages us to suppress symptoms of whatever ails us, the natural health model tells us that disease itself is the cure, that through disease (colds, flu, etc.) the body is trying to heal itself, working diligently to get rid of a toxic overload.

According to this model, if we suppress symptoms, we build deeper and more dramatic problems for ourselves in later life.

Whoa, now that’s a wild idea, isn’t it?
You can also expect to experience some very positive changes on a juice diet. Increased ability to concentrate, improved mood and sense of well-being, increased energy, less congestion, improved sense of taste and smell, and a host of other good things.

12. To end the juice diet, start with the best orange (preferably organic) you can find the morning you want to resume your regular life. Peel that sucker and get your hands into it. Break into segments and then bite down on maybe a quarter of one segment. Lordy, lordy, you never realized in your life an orange could taste this good. Guess what? During your brief juice diet, your taste buds have reset themselves. And they’ll continue to appreciate the wonderful tastes of fruits and vegetables until you reset them again by eating spicy, sugary, processed foods. And then, guess what, the fruits and veggies will seem bland and not good. At least until you go on your next juice diet and reset yourself back to the way we’re meant to be!

For the rest of the day you break your juice diet, eat fruits only, but don’t overeat. You can resume your regular diet the second day, though I encourage you to stay away from all processed foods as much as possible and to only eat organic, non-supermarket fish and meats.

Of everything I’ve learned since 1993 in my on-going search for superior health, I currently hold dearest the juice diet information I’ve just shared with you. Juice dieting represents a remarkably easy and simple way to improve health. It doesn’t cost a cent, it’s easy enough to do, and it works.

Who could ask for more?
Bird Flu and Mexican Swine Flu

Introduction to Bird Flu and Mexican Swine Flu Section

I can’t tell you exactly how many hours I spent the past several years reading about the 1918 Spanish Flu so I’d have a better understanding of just what might happen if the predicted Bird Flu pandemic ever materializes. So you can image my surprise in April of 2009 when the Mexican Swine Flu outbreak occurred and suddenly it was all the news.

Regardless of how much time I spent researching and thinking about the topic, however, what I learned convinced me that natural approaches to any new flu pandemic will most likely be more effective than the vaccines and prescription drugs that the medical authorities will no doubt try to force upon us.

For example, here are some natural methods that helped people survive the Spanish Flu, according to Robert Collier’s outstanding *The Plague of the Spanish Lady*…

- Cool dry air not only increased the flow of blood to the pleura, the double membrane lining the outside of the lungs [of infected victims], but stimulated the flow of cleansing lymph that washed away bacterial toxins.

- A few hours of sunshine and fresh air had shown an almost universal drop in temperature, from 104° F to a reassuring 97° F.

- The only sure treatments would be symptomatic, according to individual needs, though often rest, warmth, and a liquid diet proved as efficacious as many more pretentious cure-alls.

- At Sing Sing prison, absolute quiet and rest, rooms at outside air temperature, and a diet of raw milk, whisky, and four raw eggs daily saw every man in their isolation ward on the road to recovery.

More often than not, from what I read, those who took a natural approach to overcoming the Spanish Flu fared better than the great majority of those who were cared for professionally by the medical establishment of that time.

Personally, if the 21 century flu pandemic ever does occur, I expect to weather it just fine by using the natural methods in this special report.

Okay, enough commentary.

Read on for the addition information and remedies that I’ve included with the latest version of this special report.
Korean Kim Chi Recipes

Korean kim chi is a traditional sauerkraut. A BBC story in October of 2005 reported: “South Korea's spicy fermented cabbage dish, kim chi, could help to cure bird flu, according to researchers. Scientists at Seoul National University say they fed an extract of kim chi to 13 infected chickens – and a week later 11 of them had started recovering.”

Traditional Kim Chi Recipe

By Dr. Ben Kim
http://drbenkim.com

Ingredients:

Napa cabbage - approximately one pound
4 cups of cold water
3 tablespoons of sea salt
1 tablespoon of fresh garlic, finely chopped
1 tablespoon of fresh ginger, finely chopped
1 tablespoon of fresh green onions (scallions), finely chopped
1 teaspoon of dried red chili pepper flakes (more if you like things spicy, less if you don’t)
1 ½ to 2 teaspoons of sugar

Directions:

Separate and wash cabbage leaves. Sprinkle 2 tablespoons of sea or kosher salt evenly on cabbage leaves. Place salted cabbage leaves in a large bowl, add 4 cups of cold water, cover with plastic wrap, and place in refrigerator overnight. Be sure that water covers all cabbage leaves - place a plate or other heavy object on top of leaves to ensure that they stay covered with water.

The next day, pour off water and thoroughly rinse cabbage leaves. You can shake them gently in the sink to remove excess moisture.

Place cabbage leaves back into large bowl and add garlic, green onion or scallions, ginger, dried red chili flakes, sugar, and 1 tablespoon of salt. Use your hands to rub seasoning evenly into all cabbage leaves. Be sure to use gloves to do this, otherwise, your hands will burn from the chili flakes. If you are pressed for time, mix seasoning ingredients with about a cup of warm water before adding them to cabbage to allow for easier distribution on cabbage leaves.

Transfer seasoned cabbage leaves into a large glass bottle. Be sure to use firm pressure with your hands to push down on cabbage leaves as they stack up inside the bottle. Transfer any liquid that accumulated during the mixing process into the bottle as well - it
will become kim chi brine. Some liquid will also come out of the cabbage leaves as you press down on them as they are stacked in the bottle.

Leave about 2 inches of room at the top of the bottle before capping it tightly with a lid. Allow bottle of kim chi to sit at room temperature for 2-3 days.

Your kim chi is now ready to eat. Use scissors or a knife and cutting board to cut cabbage leaves into 2 inch pieces before serving as a side dish to a bowl of rice, soup, and perhaps a piece of fish. Refrigerate remaining kim chi and take out small portions right before meals. The refrigerated kim chi will continue to ferment slowly in the refrigerator over time, becoming more sour and flavorful with each passing day. So long as you use clean utensils to take out small portions, it will keep for up to a month in your refrigerator.

Kim chi, Korean miso soup, a bowl of rice, and some dried anchovies are a typical Korean meal - high in omega-3 fatty acids and friendly bacteria.

**Kim Chi**

1 lb Chinese (Napa) cabbage
1 large carrot
1/4 lb white Oriental (Daikon) radishes
2 scallions, thinly sliced
1/4 cup soy sauce
1/2 cup water
2 Tbs honey
3 Tbs apple cider vinegar
1 tsp fresh ginger, minced
4 cloves garlic
2 to 4 hot red peppers, dried, 2 inches long, split

Slice the cabbage lengthwise into quarters. Remove the tough core and then slice the quarters into 1 to 2 inch-long pieces.

Slice the carrot and radishes lengthwise and then into 2 inch-long sections. Slice the sections into very thin strips.
Toss cabbage, carrot and radishes with the scallions, soy sauce and water. Cover loosely and let stand overnight.

Drain liquid from the vegetables into a bowl. Add honey and vinegar to the liquid and stir well until honey is dissolved.

Add ginger, garlic and peppers to the vegetables and pack them into sterilized jars. Pour liquid into the jars. If more liquid is needed to cover vegetables, add water. Cover loosely with a lid and let sit at room temperature for 3 to 5 days to ferment. The liquid will bubble and the flavor will become sour.
Refrigerate the kim chi for 3 to 4 days. The cabbage will become translucent and will be ready to serve.

Easy Kim Chi Recipe

Traditionally, kim chi takes months to prepare because it is fermented in stone jars. Here is a quicker version (ready in one day) which makes eight servings.

2 lbs Chinese (Napa) cabbage
1 tablespoon salt
2 green onions, chopped
4 cloves garlic, crushed
1 tablespoon crushed red pepper flakes (amount to taste)
2 teaspoons minced ginger
1/2 cup light soy sauce
Dash of sesame oil
1/2 cup (unpasteurized) apple cider vinegar

Chop cabbage coarsely and place in a large dish. Sprinkle cabbage with salt; let stand 3-4 hours. Squeeze cabbage dry with hands and place in another bowl. Add remaining ingredients except sesame oil, and mix well. Refrigerate at least 24 hours before serving.

A word of advice for those new to kim chi. If you don't like sour food, eat the kim chi in the first few weeks. The sooner you eat it, the less sour it will be. Kim chi will continue to ferment even though it is refrigerated. If you like it more sour, leave it on the counter for a few days, though the smell might be offensive to some family members. If you double the recipe, one batch can go straight into the fridge and the other on the counter. By the time you finish the "counter" batch, the batch in the fridge will have soured a bit.
Sardi Suggestions for Bird Flu

Health writer Bill Sardi has written extensively about Bird Flu.

His recommendations for natural remedies for influenza, in states of active infection, include many of the approaches already mentioned in previous versions of this special report, as well as two new ones for selenium and quercetin…

<table>
<thead>
<tr>
<th>Natural Remedy</th>
<th>Mode of Action</th>
<th>Dosage Range</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C</td>
<td>Antihistamine, antiviral</td>
<td>1000 mg</td>
<td>5-10 times a day</td>
</tr>
<tr>
<td>Selenium</td>
<td>Calms virulence</td>
<td>200 mcg</td>
<td>Once a day</td>
</tr>
<tr>
<td>Elderberry</td>
<td>Stop viral replication</td>
<td>15 ml</td>
<td>4 times a day</td>
</tr>
<tr>
<td>Garlic</td>
<td>Kills virus (depletes glutathione)</td>
<td>1 fresh clove</td>
<td>Crushed daily</td>
</tr>
<tr>
<td>Quercetin</td>
<td>Antihistamine, enzyme inhibitor</td>
<td>1000 mg</td>
<td>3-4 times a day</td>
</tr>
<tr>
<td>NAC</td>
<td>Antioxidant</td>
<td>500 mg</td>
<td>1-2 times a day</td>
</tr>
</tbody>
</table>

Vitamin C and Bird Flu

Robert Cathcart, M.D., writes on his website at [http://www.orthomed.com/bird.htm](http://www.orthomed.com/bird.htm)

Treatment of the Bird Flu with massive doses of ascorbate would be the same as any other flu except that the severity of the disease indicates that it may take unusually massive doses of ascorbic acid orally or even intravenous sodium ascorbate.

(Why the dose needed is somewhat proportional to the severity of the disease being treated is discussed in my paper published in 1981, Titrating to Bowel Tolerance, Anascorbemia, and Acute Induced Scurvy.)

I have not seen any flu yet that was not cured or markedly ameliorated by massive doses of vitamin C but it is possible that the bird flu may require even higher doses such as 150 to 300 grams a day.

These doses are easily tolerated by most but are much higher than doses thought high by 99.9% of the population. Therefore, be very careful to read and understand this site. If you want to use this ascorbate treatment in case you come down with this flu, please read all this now and be prepared.

Dr. Cathcart’s website is at [http://www.orthomed.com](http://www.orthomed.com).
Closing Words

Well, that’s it for the latest edition of *How to Beat Colds and Flu with 37 Natural Remedies*.

By using the natural remedies in this special report, I’m hopeful you can either avoid colds and flu all year long or, if you do get sick, that you’ll quickly be on your feet once again.

If you have a natural remedy for cold and flu that wasn’t in this report, please share it with me so I can include it in the next update of *How to Beat Colds and Flu with 37 Natural Remedies*.

Oh yes, I have one more excellent resource for you that is devoted to natural health: the online home of Dr. Ben Kim. If I ever needed professional help with a health issue, Dr. Kim would be the man to whom I’d turn.

Dr. Kim has hundreds of free articles at his fascinating website at

http://drbenkim.com

In closing, I hope you’ll join me in using natural approaches to health and well-being. My personal experience since 1993 is that most people can live without illness if they only take the time to learn how to do so. Won’t you do your homework and start taking responsibility for your own body?

Yours for a Healthy and Loving World,

Chet Day
Editor, Health & Beyond Online at http://chetday.com