



There is a Cure for the Common Cold (and Flu)

For years researchers have struggled to find the answer to the common cold. Yet, in spite of the thousands of hours of research and the millions of dollars which have been put into this project, science has not discovered a cure for this common ailment.

All of the over-the-counter medicines people use to treat colds and flu are all aimed at only one thing—relief of symptoms. They suppress coughs, dry up runny noses and reduce fevers. Not only does this not speed recovery, as we'll explain in this newsletter, it may actually interfere with recovery.

Doctors sometimes prescribe antibiotics for colds, but they don't do any good either. Antibiotics kill bacteria. They are ineffective against viruses and prescribing them for colds is counterproductive as they destroy friendly flora in the digestive tract, weakening the immune system in the process.

What About Flu Shots?

A strategy modern medicine employs with other viral disorders, such as mumps, measles and chickenpox, is to create vaccines. Vaccines introduce weakened viruses into the body. They aren't treatments for these diseases, but work by stimulating the adaptive immune system to produce antibodies against them. This makes the immune system react more quickly to the viruses when a person is exposed to them.

Vaccines are offered for the flu, but they aren't always effective because they only inoculate against the few strains of influenza that research suggests will be the most common that season. Unfortunately the influenza virus is constantly mutating, which means there are plenty of other flu viruses you can still catch.

Furthermore, flu shots contain mercury and other toxic substances that weaken your immune system. So getting a flu shot is sort of like playing a game of chance. You've challenged your immune system to develop antibodies against a few strains, while weakening your immune system to make you more susceptible to a thousand other varieties. Many people feel that they actually stay healthier without the flu shot.

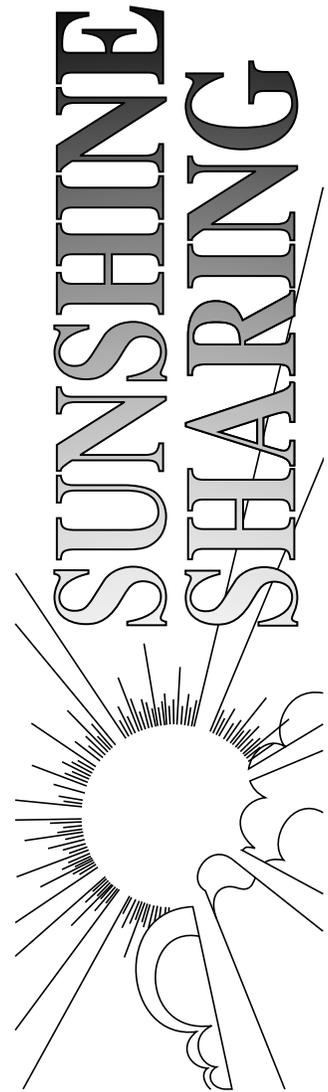
Laying aside question about the safety and efficacy of a flu shot, getting one won't help when it comes to catching a cold. There is no vaccine for the common cold because there are too many varieties of cold viruses, and compared to the flu colds are just mild annoyances.

So, What is the Answer?

At this point you might be asking if there is anything that does work to help you fight cold and flu viruses. And, the answer is YES!

And there are also things you can do to strengthen your immune system during cold and flu season to minimize your chances of getting sick in the first place. Inside you'll find information about both prevention and recovery. So, turn the page and learn what you can do to both prevent and cure the common cold and flu.

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Secrets to Curing the Common Cold

The secret to curing a cold is hidden in the symptoms a person experiences when they catch one. Most people think that the symptoms they experience when they get a cold or flu are generated by the viral agents. This simply isn't true. The symptoms are actually generated by the immune system working to cure you of the cold or flu. Specifically:

Fever is used to inhibit viral replication and alert the immune system to the presence of invaders. Using aspirin or other analgesics to reduce fever actually allows the virus to spread and slows the immune system's ability to respond effectively. Even natural analgesics like white willow do this. For anyone over the age of two, there is no danger from a fever of 102 or less. Let it run its course or better yet, use some of the techniques in this newsletter to open up the sweat glands and clear the colon.

Mild Headaches and Pain are symptoms of inflammation, which is closely related to fever. Inflammation signals the immune system that there is a problem and activates various white blood cells to investigate and deal with invaders. While analgesics may be helpful for easing mild pain, they do nothing to help the body deal with the cause of the inflammation.

Mucus Drainage in the form of runny noses, sinus congestion and coughing is also generated by the immune system. The first line of defense is the skin and mucus membranes, which are the home of the innate immune system. The body uses mucus to flush irritating substances out of the body. The sooner these irritants are expelled the faster you get well. So, instead of trying to inhibit these flushing actions with cough suppressants and antihistamines the best thing to do is encourage and support them.

Nausea, Vomiting and Diarrhea are associated with influenza and are also efforts of the body to expel irritating substances from the digestive tract. These symptoms are more problematic than mucus drainage simply because they cause a rapid loss of body fluids and electrolytes. These fluids and electrolytes must be replaced, of course, but again, seeking to suppress these efforts of the body to expel what is irritating it does not speed recovery.

Working With, Not Against the Symptoms

If symptoms are being generated by the immune system fighting the acute viral infection, it makes more sense to work with the immune system rather than against it. Experience has shown

that helping the body flush the irritants while naturally boosting immune responses can dramatically shorten the duration of colds and flu. In fact, they can often be "cured" in less than 24 hours, especially if you use these techniques at the first sign of a cold or flu.

So, based on this idea of working with, instead of against, the body, here are the secrets to rapid recovery from colds and flu.

First, Stop Eating

Many people have the erroneous idea that you need to eat to keep up your strength when you're acutely ill. This is completely contrary to the natural instincts of both children and animals when they are sick. Eating solid food, especially refined sugar, grains, dairy products and heavy proteins, diverts body energies away from flushing the disease from the body.

The widely misunderstood statement of Hippocrates, "Feed a cold, starve a fever," actually means "If you feed a cold, you will have to starve a fever." If you do need some nourishment, fresh fruit and vegetable juices or soup broth are great things to eat to speed recovery.

Second, Rest and Drink Fluids

The old adage, "rest in bed and drink plenty of fluids" is actually very good advice. While the body doesn't need solid food when it is acutely ill, it does need fluids. Water is needed to support the mucus drainage, sweating and other eliminative functions the body is using to combat the illness. Herbal teas, especially those containing aromatic herbs like peppermint, chamomile and ginger, can be especially helpful. If you have trouble drinking plain water you can add a little lemon juice to help flavor it.

Also, it is important to know that stress reduces immune responses, while rest and relaxation enhances them. You are most susceptible to catching infections when your immune system is down due to excessive stress. So, instead of taking symptom suppressing medications so you can keep pushing yourself, take a break and let your immune system do its work.

Third, Open the Eliminative Channels

The Chinese have a concept in their system of medicine called the wei qi (pronounced "way chee"). This is an energy system, like the energy shields around a space ship, that protects the body from disease. According to Chinese philosophy, this energy pushes outward on the surfaces of the mucus membranes lining the lungs, digestive tract and skin.

Herbs with a pungent taste, such as capsicum, horseradish and ginger help generate this wei qi energy. Think about what happens when you eat these spicy foods. You perspire, your nose runs, your eyes water and mucus clears from your throat and lungs. Eat enough of these spicy foods and they'll even promote evacuation of your bowels. In short, these pungent herbs activate the energy that helps the body discharge whatever is irritating it. That's why they're your best friends when you have a cold.

Additional Help and Information

For more information about preventing and treating the common cold and flu, contact the person who gave you this newsletter. You can also consult the following resources:

The ABC Herbal by Steven Horne

The Fundamentals of Natural Healing course by Steven Horne

An *Herbal Formula for Acute Illness* that contain herbs like **capsicum**, **ginger**, horseradish, cloves, thyme, oregano and peppermint can be taken every two to four hours with warm liquids to help flush out the cold and flu. If fever is present a formula with **yarrow**, catnip, peppermint, sage and/or chamomile can be very helpful.

Open the Sweat Glands

Perhaps you've heard of the idea of sweating out a cold. Well, it really works. The skin, after all, is the largest eliminative organ of the body. According to Registered Herbalist Matthew Wood, "Traditional medicine treats fever and other diseases by opening and closing the peripheral 'vents' of the body—the sweat pores, sebaceous glands, and capillaries. It does not attempt to 'kill microorganisms' directly. Instead, it dooms these critters by changing the environment in which they live."

Native Americans used a sweat lodge to do this therapy. Scandinavians used saunas. If you have access to a sauna or steam bath, use it at the first sign of a cold or flu. If you don't, use the herbal sweat bath therapy described below.

Take an *Herbal Formula for Acute Illness* along with plenty of warm liquids as described above. Another option is to take about 5-10 drops of **lobelia** extract along with a capsule or two of pungent herb like **capsicum** and **ginger**. Be sure to drink a full glass of warm or room temperature water, too.

Next, draw a bath as hot as you can comfortably tolerate. Optionally, you can add a about 10-20 drops of your favorite essential oils mixed with a natural soap like **Sunshine Concentrate** or Dr. Bronners. Good oils to add include **lemon**, **lavender**, **rosemary**, **thyme** and **chamomile**. You can also add 1-2 cups of Epsom salt. Soak in the bath for about 15-20 minutes.

Get out of the bath, dry off, go to bed and pile on the blankets. Take another dose of herbs and continue to drink plenty of liquids until you start perspiring. It's amazing how quickly this can break up colds, flu and many other acute ailments. After perspiring for 20-60 minutes, take a shower to cleanse the pores.

Cleanse the Colon

Clearing the colon is also helpful in rapid recovery from colds and flu. Most fevers will break as soon as the bowel is clear. Clearing the bowel can also ease respiratory congestion, earaches, headaches and mild aches and pains.

The fastest way to do this is with an enema. If you don't have the means to take an enema, take 1-2 capsules of **casacara sagrada** or an *Herbal Laxative Formula* containing herbs like casacara sagrada, buckthorn and Turkey rhubarb. For faster results take the formula in liquid form. In addition take about 10-15 drops of lobelia extract. Drink plenty of water when cleansing the colon.

If you are experiencing diarrhea, the body is already flushing irritants through the colon. Taking something to help absorb these irritants will both firm up the stool and speed recovery. One of the best remedies here is **activated charcoal**. Take 1-2 capsules every two hours until the diarrhea stops or you reach the maximum recommended daily dose which is eight capsules.

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Prevention is the Best

Obviously, it's better to stay healthy in the first place than to have to cure a disease after you've got it. For starters, let's look at why cold and flu season always occurs during the winter months. One theory is that the air tends to be more cool and moist in winter, which allows for airborne viruses to spread more easily.



It's also possible that people's immune systems are more compromised in winter. For instance, levels of vitamin D3 tend to be lower in winter than in summer. People also tend to get less fresh food, which means they may also get less vitamin C.

Stress may play a role, too, as depression is also more common in winter. It is well known that stress weakens the immune system and most people are more prone to catch a cold when they are stressed. So, the dark days, being shut indoors and the pressures of the holiday season may be factors, too.

Many people have discovered that by upping their level of certain nutrients during the winter months they are able to avoid getting sick. These include **vitamin D3**, **vitamin C** and **zinc**. These nutrients can also speed recovery.

There are also herbs that can boost your immune responses. Many Asian people use **astragalus** to ward off illness in the winter. **Echinacea** is also helpful to take during cold and flu season as are medicinal mushrooms like reishi, maitaki and shitaki.

An *Immune Boosting Formula* containing these nutrients and immune stimulating herbs has helped many people avoid getting sick. If you do start feeling sick, try taking an Immune Boosting Formula immediately. Take the formula every 2-3 hours along with plenty of water and you'll often nip the illness in the bud before it even gets started.

If you live in a cold, dry climate, a *Chinese Lung Tonic Formula* for strengthening the metal qi is also helpful. This formula contains astragalus, aster root, qinjiao root, inula flower and anemarrhena as key ingredients. Take a capsule of the concentrate or 3-4 capsules of the regular formula twice daily during the winter months.

Since these viruses are airborne, you can also inhibit their spread by diffusing essential oils into the air in your home using a nebulizing diffuser. Essential oils will inhibit viruses in parts per million. Good oils to use include **cinnamon** and **pine** (a great holiday combination), **frankincense** and **myrrh** (another holiday combination) as well as **thyme**, **oregano** and **eucalyptus**.

You can also use a *Silver Gel* as a hand sanitizer to help prevent the spread of infection.

Remember that most of your immune responses are located in your intestinal system. If you're prone to wintertime illness, try doing a *Colon Cleansing Program* in the fall and follow it up by taking *Probiotic Supplements* during the winter. It also helps to reduce your intake of sugar and refined carbohydrates. If you crave sweets, try taking **berberine** to balance your friendly flora.

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An Effective, Natural Approach to the Common Cold and Flu

Your immune system is incredible. It knows how to prevent you from getting sick with a cold or flu, it also knows how to treat it. Your immune system expels the viruses and irritants that are making you sick through fever, sneezing, coughing and other symptoms. That's the cure!

The problem is that many people think that these symptoms are the disease and take medications to suppress them. This interferes with the cure and actually keeps you sick longer.

In this issue of *Sunshine Sharing*, learn how to work with, not against your immune system, to both prevent colds and flu and recover more quickly from them.

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Flush the Kidneys and Lymphatics

Again, it is important to drink lots of water. Water will help the body flush toxins through the kidneys, colon, sweat glands and lungs. If you're not peeing or if you have swollen lymph nodes, sore throat, earaches or other signs of lymphatic congestion you can take some herbs to help reduce lymphatic stagnation and promote urination.

Use a ***Kidney Stimulating Formula*** containing asparagus, plantain, juniper berries and goldenrod along with a ***Lymphatic Formula*** containing cleavers, red clover, stillingia and prickly ash to clear fluids and congestion. Mix one teaspoon of each with a quart of water and sip frequently.

Clearing Respiratory Passages

When you're coughing or sneezing, you need a remedy that will break up mucus and then help the body expel it. A great ***Expectorant and Decongestant formula*** created by herbalist Jeanne Burgess contains fennel, fenugreek, horseradish and mullein. It is available in capsules, liquid and tablets, and can be used by persons of all ages from kids to the elderly. Take 2-4 capsules or 1/2 teaspoon every two hours along with plenty of water and your ***Herbal Formula for Acute Illness*** when you're congested.

When there's an infection in the lungs, combine the ***Expectorant and Decongestant Formula*** with **garlic**. You can use raw garlic, garlic oil or a garlic tablet with stabilized allicin. If there is yellow or green colored mucus try taking it with **Goldenseal and Echinacea**. This will clear your lungs more quickly. As soon as the lungs and sinuses have expelled the irritants, you'll feel a lot better—guaranteed!