RESPIRATORY SYSTEM

LESSON 9



Self-Reliance in Health Course

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The respiratory system has two interconnected parts: the upper and lower respiratory tract. Its purpose is to exchange oxygen — needed by the body for all its processes — for carbon dioxide, the waste product our cells produce. This system also allows us to speak, sing, make sounds, and smell. Air travels down through branching airways that narrow again and again, much like the branches of a tree, until it reaches the alveoli, where the actual exchange of oxygen and carbon dioxide takes place. This beautifully symbolizes the oxygen exchange because trees provide us with the oxygen we inhale, while we provide the carbon dioxide trees "inhale". Our bodies and plants truly work together in a symbiotic relationship.

Upper Respiratory System

The upper respiratory system includes the nasal cavity, sinus, and larynx. The nose is the opening for passage of air. It cleans, heats, and moistens the air as it is breathed in. It is also responsible for smelling and is involved in voice production.

Lower Respiratory System

The lower respiratory system includes the trachea, which is the tube that oxygen flows down to enter the lungs where the bronchioles and alveoli are located, and the oxygen/carbon dioxide exchange is made. At this point oxygen is taken to all the parts of the body via the blood, while carbon dioxide is 'exhaled' back up through the trachea and out the naval cavity.

Respiratory Care

If the blood is the "river of life" flowing through the body, the breath is what keeps this life force flowing. Practicing certain breathing exercises, consuming tonic respiratory foods and regular exercise can strengthen and build this most important system.

- Breathe clean air. Make sure to change home filters regularly and go outside for fresh air each day. Even better, nature walks, and hikes are very lung cleansing, taking deep breaths while out in nature.
- Breathe deeply. Mindfully inhale all the air you can and then exhale it slowly. Doing this for 5 minutes each day not only strengthens the respiratory system, it also reduces stress, improves immune function, better oxygenates the blood and focuses the body towards healing.
- Yoga. This type of exercise focuses on the breath while moving with the body. It calms both the mind and body which reduces stress, improves immunity, and strengthens not only the respiratory system, but the body as a whole.
- 20 minutes of light exercise five days a week. This could be any fun activity you enjoy doing such as walking, riding a bike, roller blading, hiking, dancing, tennis, or any type of sport specific to you, and my favorite - nature walks. Find something you enjoy doing and just get out and do it.

- Foods that feed and strengthen the respiratory tract include beets, peppers, tomato based foods, blueberries, pumpkin, apples, and red cabbage.

Lung Tonic herbs are herbs that can be taken to strengthen, support, increase energy to, and stimulate the respiratory system.

Comfrey
Garlic
Ginger
Mullein
Turmeric
Wild cherry
Astragalus
Elecampane
Fenugreek
Lungwort
Pleurisy root
Reishi mushroom

Herbs for the Respiratory Tract

The upper and lower respiratory tract are closely connected, so congestion or irritation in one area often affects the other. Each of these five herbal actions has a distinct purpose, but many herbs aren't limited to just one. Peppermint is a good example: it works as an antispasmodic to ease tight, spasming airways, an expectorant to help loosen and clear mucus, and a decongestant to relieve stuffiness in the sinuses.

Anticatarrhal herbs breakdown and eliminate excess mucus and counteract inflammation in both the respiratory system and the digestive system. They are generally used for chronic excess mucus production with inflammation and used as a tonic.

Cayenne
Echinacea
Garlic
Ginger
Goldenrod
Mullein
Red clover
Sage
Eyebright
Angelica
Borage
Black pepper
Burdock root
Cloves

Coriander
Dill seed

Expectorant herbs break up and discharge mucus from the throat and lungs. They can promote coughing when needed to expel mucus and are usually combined with demulcents to soothe the mucus membrane.

Angelica
Catnip
Cinnamon
Comfrey
Elder
Fennel
Gumweed
Mullein
Thyme
Wild cherry
Yarrow
Elecampane
Horehound
Horseradish
Licorice root
Marshmallow root
Nettles
Pine
Pleurisy root
Violet

Antispasmodic herbs relieve irritation, muscular spasms, convulsions, cramps. and hacking coughs. In the respiratory systems they would be used for constant coughing beyond the body expelling mucus, and asthmatic conditions.

Calendula
Chamomile
Fennel
Gumweed
Lemon balm
Linden
Mullein
Mint
Red clover
Red raspberry leaf
Sage

Decongestant herbs constrict blood vessels in the mucus membranes to reduce inflammation in the sinuses and nasal passages.

- Brigham Tea
- Eucalyptus
- Peppermint
- Cinnamon
- Cloves
- Ginger
- Lavender
- Rosemary
- Thyme
- Yarrow

Demulcent herbs are mucilaginous herbs that moisten, soften, relieve and protect irritated or inflamed tissue. Because most respiratory issues deal with inflammation, these are wonderful to use in combination with any of the herbs above.

- Aloe vera
- Chickweed
- Marshmallow
- Mullein
- Plantain
- Purslane
- Coltsfoot
- Licorice root
- Cornsilk
- Flax seed
- Psyllium seeds
- Slippery elm

Respiratory Conditions

Conditions affecting the respiratory tract, lung and bronchioles, resulting in chest congestion, cough, pain and discomfort can be considered cold and flu caused by a virus, infection caused by a bacteria, allergies, emphysema, bronchitis, croup, whooping cough, pleurisy, asthma, tuberculosis, etc. These remedies should help with all these conditions, with a focus on just a few.

Cold and Flu

The common cold is a viral infection of the upper respiratory tract that can be caused by weakened immunity, poor nutrition, overwork, stress, lack of exercise, etc. It only affects the sinus area, and no fever is present. The flu is similar to a cold, also being caused by a virus and contributing factors. Symptoms are the same for a cold but with additional goodies such as fever, body and headaches. Depending on the virus different body systems

can also be affected such as the lungs or digestive system, adding other symptoms such as respiratory congestion, nausea, and vomiting.

- At the first sign of illness, cut out all meat, dairy and sugar until the patient is 100% once again. Meat is heavy on the system and the energy put into digestion could go toward healing. Dairy congests the body by producing excess mucus that you don't want to clog the lymph and respiratory system, and sugar is a strain on the immune system, preventing it from doing its job of getting rid of the pathogen and bringing balance.
- Massage one of the essential oils, herbal oils, or salves below on the bottoms of the feet and along the spine.
- Diffuse an essential oil throughout the home for the duration of the illness. Thieves is a great immune boosting and antibacterial blend, you could also choose one from below.
- Add more garlic, onions, cinnamon, ginger and herbs to your meals. Black pepper drains chronic sinus and dissolves mucus.
- Administer lots of fluids, including herbal teas, smoothies, fresh juice, bone broth and probiotic drinks, such as rejuvalec Lesson 2. Stay away from processed drinks and juices that are high in sugar, artificial colors, and other not so great ingredients - fresh is always best!
- Hot beverages: Drinking any type of hot beverage or bone broth will help open up the pathways in the body; draining mucus, expelling waste and promoting blood, lymph and urine flow.
- Rest, rest, then rest some more. As you rest your body can put all its energy into expelling pathogens, disposing of waste, and over all healing. Rest is the key to quicker healing.

Home Remedies

Echinacea extract, 3 droppers every hour until symptoms subside
Garlic Oil
Ginger Bath
Ginger Lemon Tea (add the optional cayenne)
Heal All Formula
Herbal Detox
Dr. Christopher's Plague Formula
Four Thieves
Onion Remedies
Golden Goodness Mix
Autumn Spice Tea
Elderberry Syrup
Medicinal Honey
Bone Broth

Immune Booster Blend

Sinus congestion and infection manifests as inflammation of the upper respiratory system causing red, swollen nose with discharge that is clear or milky from the pressure of swelling. This can be caused by illness, allergies, or reaction to toxins. An infection is caused by a virus or bacteria. Symptoms include congestion, sinus pain, headache, fever, fatigue, tender sinus cavities, and even sore teeth. The discharge changes to green, yellow, or brown.

- Follow cold and flu remedies above
- Blow mucus out regularly
- Steam Inhalation is the most effective remedy for a sinus infection in my opinion. It helps loosen the mucus, soothe dry membranes, and drain the sinus cavities. I have seen it open the sinuses in even the most stubborn cases. Use as often as necessary.
- Decongestant herbs; use in steam inhalation, for a soothing tea, or any other herb preparation.
- Neti pot is a saline solution filled vessel that is used to flush or rinse the sinuses and nasal passages. Warm 1 cup of distilled water to a comfortable temperature then stir in ½ tsp pure sea salt and a pinch of baking soda until dissolved. Pour into clean neti pot. Lean over a sink, tilt your head sideways, breathe through your mouth, and let the solution flow in one nostril and out the other. Repeat on the other side. Wash and dry the neti pot after each use — don't let it air-dry with residual moisture sitting in it, and let it dry fully between uses.
- Decongestant Salve; apply directly to sinus cavities.
- Hot Herbal Teas. Drinking any type of hot drink will help open and drain the sinus but using decongesting and immune boosting herbs will also help to kill the virus and address the problem. A few favorites are:
    - Peppermint
    - Heal All Herb blend; this not only opens the sinus cavities but will break a fever if present, and help kill the virus.
    - Immune Booster tea
    - Ginger Lemonade or Hot Lemon Refresher
    - Herbal antibiotics (Lesson 5)

Essential oils that encourage proper nasal function. They can be diffused throughout the home, placed in a humidifier, or applied to sinus cavities with a carrier oil. You can also add to the bath water, shower floor, and as a facial steam.

Eucalyptus
Ginger
Mints
Rosemary
Lavender
Wintergreen

Ravintsara
Frankincense
Sinus blend of choice

Congestion Blend
30 drops ravensara
15 drops lemon
10 drops wintergreen
10 drops peppermint

Bronchitis is inflammation of the bronchioles causing symptoms such as cough, chest pain, fever, shortness of breath, and wheezing. Acute bronchitis can be associated with cold, and flu caused by a virus or bacteria. Chronic bronchitis can be caused by smoking, damp, dusty or foggy environment, or allergies to name a few. The best way to bring balance to this area is to feed, nourish and support the respiratory system. Follow the same measures as listed under cold and flu and sinus infection, plus the following:

- Massage a respiratory support essential oil blend into chest and back (see below).
- Apply on top of the essential oil layer a respiratory salve or herbal oil
    - Respiratory salve
    - Decongestant salve
    - Glandular Oil
    - Garlic Oil
    - Infection Salve
- Then do some chest claps. Simply cup your hand and whack it firmly over the chest and back to break up mucus, just make sure that the hand is cupped or else you will just be smacking, not clapping. There are chest clapping tools also available to purchase.
- During the evening run a humidifier in the room of the sick one and add a few drops of one or more of the respiratory essential oils to the water.
- If the patient is having a hard time breathing, wrap warmly in blankets and take out into the cool night air, letting them breathe deeply for several minutes. This can be repeated as often as needed. If it is warm outside go into the bathroom and turn on a hot shower to produce some steam (adding essential oil to the floor of the shower will diffuse it into the steam, opening the bronchial passages) let them inhale for several minutes, then take them out into a cool room.
- Steam inhalation
- Administer herbal tinctures and herbal tea, sweetened with raw honey, throughout the day. The following will aid the body in fighting illness while strengthening the respiratory system:
    - 2 dropperfuls of Dr. Christopher's Lung and Bronchial Formula or sip on a cup of the tea every hour.

- Elderberry glycerite or syrup about 3 times a day or more
- Immune Booster Herbal Tea
- Heal All formula
- Ginger Lemonade

- Baths and foot soaks are also very healing. I like to make a strong herbal infusion with the Heal All Herb Mix and pour into the bath water. Thyme and oregano baths are also good for the respiratory system. Pour the water over the chest and back while bathing. Drink plenty of fluid while bathing.
- Use any of the remedies below under pneumonia.

Essential oils for respiratory support help break up chest congestion and support the lungs and bronchioles. They can be diffused throughout the home, placed in a humidifier, or applied to the chest and back with a carrier oil. You can also add to bath water, shower floor, and as a facial steam.

Eucalyptus
Rosemary
Peppermint
Cajeput
Niaouli
Ravensara
Wintergreen
Tea Tree
Pine or fir
Thyme
Respiratory support blend – I like Breathe Easy from REVIVE

Coughing is the body's way of ridding itself of excess mucus, waste, dead virus and bacteria remains, foreign material, and irritants. There are two kinds of coughs that help pinpoint the cause. Dry coughs can be caused by infections, colds, chemicals in the atmosphere, foreign objects, and sometimes nervousness. A loose, "wet" cough is caused by inflammation in the lungs that could result from infection or allergy. Chronic coughing can be from asthma, reflux, and smoking to name a few.

- Follow remedies for cold and flu
- Work with your body to expel the mucus by using expectorant herbs that will aid the body in expelling that mucus
- If dealing with an unproductive cough, which would mean mucus isn't coming up, chest pain, and preventing sleep you can use antitussive herbs to calm the cough reflex.
- Wild Cherry Cough Syrup
- Raw honey, herbal honey even better!
- Onion Syrup
- Garlic Oil massaged onto chest and throat

- All the remedies listed for bronchitis will help with a "wet" cough, since the cough is the symptom of the root cause (bronchitis).

Antitussive herbs help calm and relax the cough reflex. Wild cherry bark is one of the best, which is where the wild cherry cough syrup stems from. Other antitussive herbs include:

Wild cherry bark
Garlic
Ginger
Horehound
Thyme
Wild lettuce
Lobelia (use in small amounts and with prudence)

Sore Throats are one of the most common health complaints, probably due to the tonsils filtering out toxins, viruses and bacteria as part of the immune response. They manifest as raw, burning, itchy, or just soreness at the back of the throat. Most sore throats are caused by viral or bacterial infections, but other factors could be irritants, allergies and strain on the vocals.

- Follow the remedies for cold and flu, and respiratory conditions in addition to these suggestions.
- Throat Coat or use plain raw honey
- Sore Throat Spray
- Wrap and alternate warm and cold towels around the neck; 3 minutes hot/30 seconds cold, alternate 3 or 4 times
- Lymphatic massage before bed using Garlic Oil, Glandular Oil, Decongestant Salve or an essential oil listed above. In a gentle circular motion, start behind the ear, down the neck and towards the chest and heart.
- Cayenne extract and lobelia extract, massaged gently down the throat and along lymph glands (caution: cayenne is hot use with a carrier oil if irritation occurs)

Strep Throat is a bacterial infection of the throat and tonsil, caused by Streptococcus pyogenes. Unlike a virus which can simply run its course, Strep can be treated with antibiotics. Signs of strep include fever, swollen, tender lymph nodes on the side of neck, white patches on tonsils and back of throat. Other symptoms could include sore throat, headache, painful swallowing and less often nausea and vomiting. When treating strep throat, you want to add an antibiotic along with the sore throat remedies. Garlic is a powerful herbal antibiotic and 4 cloves is the equivalent of 1 dose of antibiotics. Here are some ways I have included garlic as part of my strep throat treatment, and these will also work for a throat abscess (which I have also had).

- Add 4 cloves of minced garlic to the Throat Coat above. This is very potent and effective, and I have healed a case of strep throat in one day taking it every hour it, but I had to gag it down because the texture was too much for me.

- Take 4 cloves of pickled garlic a day. You could mince it and add it to fresh dishes (don't cook) or just eat them whole.
- Use garlic oil as the massage for your neck and lymph, apply to the bottoms of the feet and to the wrists.
- In his book *Herbal Antibiotics*, Stephen Buhner lists the following herbs as specific for streptococcus; berberine plants (goldenseal, barberry, Oregon grape root), cryptolepis, juniper, usnea, lomatium, honey, echinacea, licorice, ginger, and red root.

*If you do not see any signs of improvement within 24 hours, you may want to see your doctor.

Pneumonia is an infection of the lungs caused by bacteria, fungus, or viruses that enter the lungs, leading to inflammation of the lung tissue. It is a general term used to describe any infection that is deep in the lungs. Those at higher risk of developing pneumonia are the elderly, those with weakened or compromised immune systems, those that are hospitalized, alcoholics, those that smoke and those suffering with other health conditions. Symptoms include, rapid, shallow breathing, shortness of breath, chest pain, sore throat and headache, cough with mucus and possibly blood, fever, sweat, shivering attacks, fatigue and exhaustion. Follow all the suggestions for cold and flu, sinus, lung, and cough conditions above, in addition to the following.

- Incorporate herbal antibiotics, including Immune System Formula
- Ginger tea with raw honey and a squirt of lime - ginger is warming and drying which can help the wet condition of the lungs
- Soak in an herbal bath as often as your body feels. It is also good for this condition to dip in cold water, right after a hot bath or do Dr. Christopher's cold sheet treatment. I recommend yarrow and thyme. Yarrow baths are a go to healing remedy for whatever may ail you, it just knows what to do in a body to bring about balance and healing. Thyme is specific for the lungs and antiviral/antibacterial. Soak for at least a half hour and drink plenty of fluids.
- Incorporate plenty of garlic and onions in the diet. Not only do these foods have antibiotic properties that will aid the body in killing the bacteria or virus, but they also help expel phlegm.
- Hot Chest Plaster can be made using a poultice, compress or hot pad. Use food such as onions, garlic, ginger and or mustard (powder not the condiment), herbs or essential oils.
- Alternating hot and cold packs. If you are dealing with a stagnate condition, alternating hot and cold over the area - in this case the lungs - will get the lymph and blood moving. Chest claps are another way to help break up mucus so it can be expelled.
- Cold sheet treatment

- Castor oil massage into the chest and on the back every morning and evening before bed. Castor oil applied to the skin will increase the blood supply to that area for focused attention. It also can stimulate the immune system. For best results cover with heat.
- Catnip enema with cold water
- Exercise like jogging or jumping
- Using aromatic spices as a tea or in your foods. Many such as cloves, cinnamon, and allspice have microbial action that can help the body kill off harmful viruses and bacteria. They are also more drying so will help with the wet condition in the lungs.
- Autumn Spice Tea with little raw honey sipped on throughout the day
- Pneumonia Formula
- Dr. Christopher's Immucalm. Sometimes the immune system can get in overload mode and sends so many blood cells to take care of the lung problem that mucus builds up too quickly. This formula helps to calm the immune response while also strengthening and stimulating the body's ability to fight off infection. Combine equal parts: marshmallow root and astragalus. (can also be purchased)
- Dr. Christopher's Plague Remedy breaks down protein coat on viruses, it is antiviral and antibiotic, while strengthens and nourishes body systems.
- Try to take deep breaths throughout this process. The body needs oxygen, and it needs to fight to breathe. Many times, when people are placed on machines that breathe for them, the body stops fighting to breathe and they go downhill. Intentionally work to breathe deep to keep the lungs working.

Lesson 9 Formulas & Recipes

IMMUNE BOOSTER BLEND

1 part elderberries
1 part hibiscus flowers
1 part nettles
1 part rosehips
¼ part ginger root

Mix all the herbs together and keep stored in a container. I keep a quart jar of this mix ready to go. You can also use this blend to make a tincture, glycerite, or herbal capsules.

I make a quart of tea at a time, adding raw honey to taste and sip it throughout the day. Sipping on your tea over an extended period of time is the best way to incorporate the medicinal properties into your system. In the summer refrigerate for a refreshing drink or freeze in popsicle molds.

DECONGESTANT SALVE

Mix the following herbs together to make an herbal oil (Methods section):
1 part thyme
1 part mullein
1.5 parts lavender
1.5 parts rosemary
2 part peppermint
2 parts yarrow
¼ part ginger

For each cup of herbal infused oil, melt with 1 oz. of beeswax in a pan over very low heat. Remove from heat and add the add 1-2 teaspoons of one or more of the congestion essential oils. Pour into containers until cooled and hardened. Cap and label.

LUNG AND BRONCHIAL FORMULA

I modified this Dr. Christopher formula to make it more palatable as a tea by adding a bit of peppermint. I found the peppermint also supports the original formula due to its own respiratory support and congestion clearing properties.

1 part marshmallow root
1 part lobelia
1 part peppermint
1 part chickweed
½ part mullein
½ part comfrey leaf

I find this herbal formula works best as an herbal tea. Add a teaspoon of raw honey and it tastes great while receiving the healing benefits of the raw honey. It is soothing on sore throats that can sometimes accompany constant coughing associated with respiratory conditions. You can also make a tincture or glycerite or grind into a powder for herbal capsules. Typical dosage would be one cup of tea two or three times a day, 2-3 capsules two or three times a day or 1 teaspoon of extract 3 times a day for adults and 2-3 dropperfuls 3 times a day for children.

RESPIRATORY SALVE

This salve is formulated to support, strengthen, cleanse and heal the lungs, making it useful for treating mucus coughs, chest congestion, croup, bronchitis, pneumonia, whooping cough, and other lung related conditions, including asthma.

Make and infused herbal oil using the following herbs:

- 3 parts yarrow
- 2 parts oregano
- 2 parts comfrey
- 1 part sage
- 1 part lobelia

For each cup of herbal infused oil, melt with 1 oz of beeswax in a pan over very low heat. Remove from heat and add the following essential oils:

10 drops eucalyptus essential oil
10 drops oregano essential oil
10 drops blue spruce essential oil
10 drops peppermint essential oil
or 30 drops of a respiratory blend of your choice

Pour into containers to harden and cool. Cap and label

WILD CHERRY COUGH SYRUP

This recipe can be played around with to suit whatever you have growing around you or on hand to accompany the wild cherry bark, where the power lies. If you don't have access to wild cherries, you can substitute rosehips and/or elderberries.

2 ½ cups wild cherries
1 cup water
2 cups food grade vegetable glycerine
½ cup fresh grated ginger (¼ cup dried)
½ cup fresh chopped mullein (¼ cup dried)
1 cup wild cherry bark

Add cherries, water, and glycerine to a pot over medium heat and steep for 20 minutes. Add ginger and mullein then let simmer another 20 minutes. Remove from heat and add the wild cherry bark. Let sit, covered for 2-3 hours. Strain and store in the fridge. Take a teaspoon at a time 3 to 4 times a day or as often as needed.

<u>Simple Wild Cherry Syrup</u>
This is a very simple version using basic tinctures to create a simple syrup.
1 part wild cherry bark tincture

2 parts elderberry glycerite

Mix the tinctures together well and take a teaspoon 3 to 4 times a day.

SORE THROAT SPRAY

At the onset of a dry or sore throat start spraying with this every hour or sometimes more frequently depending on how you feel. During the night it works great on those dry hacking coughs that keep you up all night. Also use for strained throat, tonsillitis, strep throat, or any kind of throat condition, I've even used it as a breath freshener!

¼ cup echinacea glycerite
⅛ cup distilled water
6-8 drops peppermint essential oil or Thieves oil (I prefer peppermint)

Mix ingredients thoroughly and pour into a spritzer bottle. Spray as often as needed.

THROAT COAT

1 Tbsp raw honey
¼ tsp cayenne pepper
optional (for infection) 4 cloves minced garlic

I just mix up a tablespoon at a time because the throat seems to heal so fast you usually don't need anymore than that. You could double or triple if treating an entire family. If your raw honey is solid you may want to warm it in some hot water (don't let the temperature exceed 100) until softened, stir in the cayenne and if using garlic mix that in also.

Take ½ teaspoon every waking hour and do not drink for 30-60 minutes. You want the honey to coat your throat to soothe and heal, if you drink, you'll be washing it right down, this is why I call it a throat coat. If the heat is too hot or you could handle more adjust the increments to your liking.

INFECTION FIGHT FORMULA

This formula can be made as a salve, tea, extract or capsules. Lobelia is the "thinking herb" that tells the other herbs what to do and where to go to deliver them to the area of distress and then helps to resolve the issue and cleanse the body.

Herbs
2 parts usnea
2 parts yarrow
1 part red clover
½ part nettle leaf
¼ part lobelia

Use
Take internally to treat any infection. Apply topically as you would an antibiotic ointment on cuts, wounds, sores, or skin infections of any kind. Apply over any internal areas of infection such as the chest for lung issues and abdomen for urinary infections, cover with a hot pad to push further into the body.

PNEUMONIA BLEND

This blend contains a combination of herbs that will help fight infection, tend to be more drying for the wet condition in the lungs, aids the elimination of mucus, reduces inflammation, and relives pain and swelling. Take in small frequent doses throughout the day.

Combine the following herbs:
1 part yarrow
1 part elder flowers
½ part birch bark
½ part oak bark
½ part Oregon grape root

CHEST PLASTER

Plasters work like a poultice in drawing out toxins, relieving inflammation, cooling, moistening, pain relief, stimulate circulation and to promote proper cleansing and healing of an area. The difference between a plaster and a poultice is the herb material is placed between a thin cloth or dense material such as flour or cornmeal is added to the base.

Plasters are a wonderful healing tool when treating lung congestion as they break up mucus, draw out toxins and bring pain relief. Always apply olive oil or even better, glandular oil (recipe Lesson 5) to the chest before applying the plaster to protect the skin and aid with deeper penetration. Leave on for 20-30 minutes.

Mustard Plaster

Mustard plasters have been used for centuries to aid the body in breaking up and expelling mucus from the lungs. Because of the heat in the mustard always add to a base material, in this case flour.

¼ cup ground mustard seed
½ cup flour or cornmeal
warm water

Place the mustard and flour in a bowl and stir until well incorporated. Slowly add warm water while stirring until a smooth paste is formed. Take a cheesecloth and fold it to have three layers thickness. Apply the paste and fold up like a burrito. Apply to chest for 20 to 30 minutes.

Herb Plaster

Choose any expectorant or lung support herb listed above. Comfrey is a favorite of mine so I like to combine it with other herbs such as mullein or peppermint or you can just use it alone.

½ cup dried or powdered herb material or use fresh leaves
warm water

Place the plant material in a bowl, if using powdered herbs add enough water to make a paste. Dried herbs will need less water and add just enough for the material to absorb the water. Fresh herbs add just a little water and mash up with a mortar and pestle or other method of your choosing.

Apply moistened plant material to a cheesecloth folded in three layers and wrap like a burrito. If there is too much water, gently "wring" it out so it isn't dripping. Apply to chest for at least 30 minutes. You can also apply a heating pad on top for deeper penetration.

Onion or Garlic Plaster (*Onion Remedies in Lesson 3*)

Cold Sheet Treatment

Taken From Dr. Christopher's Herbal Legacy – www.herballegacy.com

When a cold has advanced into a severe, chronic condition, or when you have no success with the first simple remedies, the Cold Sheet Treatment program is the next step you want to take. It successfully blends hydrotherapy with herbal therapy to clean out the body of its poisons and toxins. It works to break up systematic congestion, such as viral infections and pneumonias, which prevents normal bodily function through the use of hot water and diaphoretic herbs. It is a very safe healing modality because it works with the body instead of against it. (For more detailed information see *Dr. John R. Christopher Herbal Home Health Care*)

To do this program properly, you should have at least two people. This treatment takes time and is best to do in the evening so your patient can sleep through the night after the treatment. It is wise to make all your preparations before you proceed with the Cold Sheet Treatment.

Preparation Items:
10-15 cloves, fresh garlic
8 oz. Diaphoretic herb (yarrow, peppermint, elder flowers, catnip, ginger)
1 oz. cayenne pepper
1 oz. dry mustard powder
1 oz. ginger powder
16 oz. apple cider vinegar
1 gallon distilled water
1 gallon fruit juice
1 oz. olive oil
4 oz. petroleum jelly
Gauze or cotton strips
2 large cotton socks
Natural sponge
Enema bucket or bag/bulb syringe for babies and children
Rectal syringe
Towels
Bucket or ice chest
Safety pins
Plastic or rubber sheet for bed
Cotton sheet bedding
Several natural fiber blankets (wool, cotton, linen, or silk)
1 double cotton sheet
Cayenne extract (in case of shock)
Pots or pans (stainless steel, glass, or corning ware)
Strainer
Measuring cup

Cold Sheet Treatment Preparations

Iced Sheet
Take a large double sheet and soak in ice water.

Diaphoretic Tea
Prepare a gallon of diaphoretic tea. This can be any good sweating herb, preferably yarrow. But it can also be blessed thistle, chamomile, pleurisy root, boneset, thyme, Hyssop, garden sage, catnip, spearmint, or any other good, diaphoretic herb.
For one gallon:

1 cup of diaphoretic herb *(p. 287)*
1 gallon distilled water *(p. 284)*

Preparation: Pour boiling water over herbs, cover, allow to steep (not boil) in a warm place 30 minutes. Strain and sweeten with honey if desired. Keep warm until used.

Garlic Paste
To prepare a garlic paste for an adult, use 1 part garlic and 1 part petroleum jelly. Reduce the amount of garlic for a child or small infant to 1 part garlic to 3 parts petroleum jelly. For an adult, you will want about 1 cup of paste. Crush or finely grate peeled garlic cloves. Blend with an equal amount of petroleum jelly.

Hot Bath
Fill a hot tub of hot water. Add to the water, according to your tolerance, one or all of the following diaphoretic herbs, ginger being the most mild, then dry mustard, with cayenne as the most stimulant. Use 1 ounce of each herb.

Bed with Plastic
Prepare a bed by placing a rubber or plastic sheet over the mattress, with a cotton sheet over it. Have several natural blankets on hand, such as wool or cotton.

Enema
4 tablespoons catnip, sage, or red raspberry cut or powdered herb
1 quart distilled water

Preparation: Bring distilled water to a boil and pour over cut herb. Steep for 30 minutes. Strain the herb and set in refrigerator until tea is cool. Pour tea into enema bucket or bag. Lubricate the end of the enema hose to be inserted into the rectum.

Garlic Injection
1 cup apple cider vinegar
1 cup distilled water
3 or more cloves of garlic

Preparation: Combine vinegar and water. Grate, squeeze through garlic press, or puree in blender 3 cloves of garlic until finely crushed. Blend in water and vinegar mixture. Put mixture into syringe and check flow. If flow is loose, add additional

crushed garlic. Continue adding as much garlic as you can, making sure the mixture flows from syringe without clogging.

Cold Sheet Treatment

Step One: Cleansing Enema *(p. 271)*
Give the patient an enema using catnip, sage, red raspberry or some other herb, but preferably catnip. You will want to administer this enema cold.

Important Note: Do not use enemas except in the case of emergencies.

Step Two: Garlic Injection
In herbology an injection is never a needle; it is a syringe type application into an already existing orifice of the body, i.e. the rectum, ears, or nose. Insert the prepared injection into the rectum with a syringe. Use the full pint for an adult and less for a child. Have your patient retain the injection for as long as possible before voiding.

Step Three: Hydrotherapy
After the patient has voided the garlic injection, help him or her into a hot bath prepared with diaphoretic herbs. Have the water as hot as your patient can possibly tolerate. Cayenne, dry mustard, and ginger will increase the perspiring of the patient by opening the pores wide.

Step Four: Diaphoretic tea
Do not give cold drinks. Instead, give them cups of hot diaphoretic tea, such as yarrow or another type. You will want to stay with only one type of tea. Have your patient drink as much as possible. This will keep the patient from a dry fever. You should give them a cup to drink about every 10 to 15 minutes.

Your patient may get lightheaded and feel like fainting. If so, place a cold towel or washcloth on their forehead. Leave the patient in the hot bath as long as possible, at least 45 minutes (may reduce for a small infant). You will know when to get a child out when perspiration starts to bead up on the face. At this point, give them 10 to 15 more minutes.

When your patient is ready to leave the tub, you will need to lift him or her out, as they will be unable to support themselves. Fainting can occur when you pull the patient out of the bath. Keep a cayenne tincture on hand in case your patient goes into shock.

Step Five: Cold Sheet Therapy
After you have helped the patient out of the bath, wrap the large double cotton sheet, dripping wet from being soaked in ice-cold water, around the standing patient. With just the head and the feet protruding, pin the sheet down the side. Help your patient into the prepared bed that has been covered with plastic and with a cotton sheet. Then place dry cotton sheet covers over the patient while they are still wrapped in the cold

sheet. Add additional natural fiber blankets over the top of the sheet for warmth and to continue the sweating routine.

Step Six: Garlic Paste
With your patient lying down in bed, thoroughly massage their feet from the ankles down with olive oil. Allow as much of this oil to be absorbed into the skin as possible, covering the soles, sides, and entire foot area. After you have massaged each foot, prepare a strip of cotton that is wide enough to cover the bottom of the foot with ½ inch of the garlic paste. When this is done, place the strip of cotton with the paste on the sole of the foot, then take a roll of two-inch gauze and gently wrap the foot to secure the strip of garlic to the foot. With this in place, gently pull over the foot and gauze bandage a large white cotton wool sock to hold everything in place.
Do not allow the paste to get up on the sides or on top of the foot. Put it only on the sole.

Put the bandaged feet back under the cold, wet sheet and pin the bottom of the sheet together so that the patient will be in a wet sack. You will want to use a large double sheet instead of small because it will allow your patient to roll or turn around without being too closely confined.

Step Seven: Sound Sleep
In most cases, your patient will sleep soundly all night in the cold sheet. You do not have to worry about them wanting to get up to urinate because of the large amount of tea they drank. While the body is in the cold, wet sheet, the subconscious mind will build an artificial fever to warm the body. From this incubation process, the patient's body will use the fluid from the ingested teas and accumulated moisture from their bath to warm the outside of their wet body. While this is being done the body breaks loose old toxins, drugs and medicines, mucus and poisons which have accumulated and carries them out of the body through the sweating process. Your patient will lie all night in a deep sleep, sweating out the poisons of their body.

When your patient wakes in the morning, they will be refreshed and invigorated from having such a thorough cleanse. The large, white sheet, which was wrapped around your patient, will no longer be wet. In addition, it should no longer be white. It will often be stained with toxic residue secreted out of the body during the night.

Step Eight: Sponge Bath
After your patient awakes out of the deep sleep, take them out of the bed and sponge them down thoroughly with a warm mixture of 1 part apple cider vinegar and 1 part distilled water. You will probably want 1 quart of solution, so use approximately 1 pint of each. This removes any remaining toxic residue from the outer layers of the skin. It is very important that you do not leave toxic residue on the skin.

Put fresh clothing on the patient and fresh bedding on the bed. Now you will want your patient to go back to be and relax for a while to regain their strength.

Step Nine: Juice Therapy

Your patient should by this time have a desire for something to drink or to eat. This is a critical moment for your patient; what they eat will either retain or cause them to lose their health. They may even have cravings from the past. They may desire a steak, a full meal, processed beverages, ice cream, or other junk food. Do not respond to these desires. Instead give your patient fresh fruit or vegetable juices (juices from Dr. N.W. Walker's Fresh Vegetable and Fruit Juices or Wheat Grass drink in School of Natural Healing, pp. 610-614), or bottled fresh grape juice, apple juice, etc, with no additives. Each mouthful of juice should be swished or chewed thoroughly to mix it with the saliva for good assimilation. In addition, chewing your juice will prevent an unpleasant sugar reaction if your patient is hypoglycemic or diabetic.

Do not mix the patients juices. If a different juice is desired, wait at least one half hour before using a different one. After a few hours, if your patient is very hungry, let them have a little ripe fresh fruit, but it must be chewed to a liquid before swallowing.

During the day it is good for your patient to have as much distilled water as desired and some good herb teas. It is best to keep your patient on juice therapy for one to two days to allow thorough cleansing of the digestive organs before going into the Mucusless diet.