

NATURAL COLD AND FLU REMEDIES

A Naturopathic Approach

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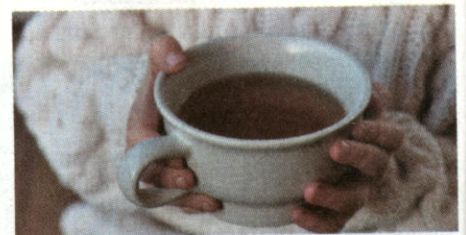
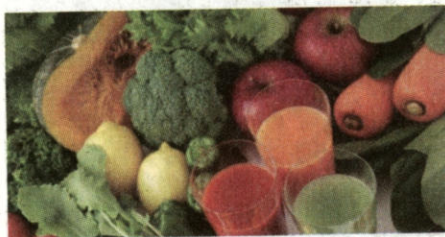
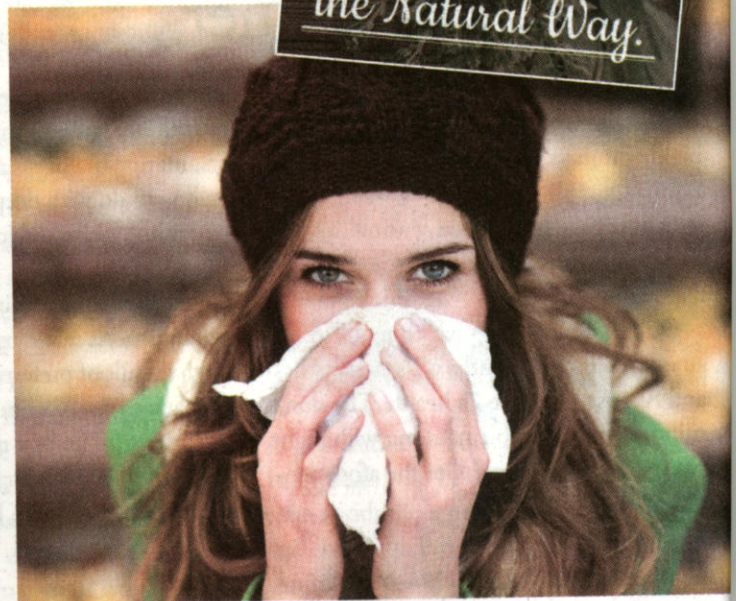
There are lots of theories about where colds and flus are coming from. Is it caused by a poor immune system, by bacteria, viruses or poor nutrition?

Fact is that a poor state of nutrition does weaken the immune system. More important, however, is the emotional stability of the individual. When I had a cold some 10 years ago, I saw a Naturopath in Germany and the first question he asked was: 'Did you have a loss recently?' I was puzzled by this approach, rejecting with a short 'No!'. Coming home I thought it over and discovered that in fact I had a loss! A huge loss - just before the onset of the terrible cold. I did visit my son, who lived with his mother some hundreds of miles away from my home. Recalling exactly how I felt by leaving my beloved son and where this sensation

skin brushing is also a great tool to improve blood and lymph circulation.

3. Keep a diet which is low in sugar and over processed. Organic is still the best.

4. What to eat? Once you caught a cold do what your body is requesting as we are all different. If it needs fresh or even cold air provide it. If it likes it warm, then you better turn the heater on. Don't push certain



exactly occurred, my cold symptoms lessened. This experience made me always think in my later practice as a Homeopath and Naturopath when trying to find 'The Cause' of a disease.

Babies often develop high fever within a short period of time. Why? Because they have been listening to their parents fighting each other causing disharmony and therefore a loss. So, dear parent, if you argue with your partner make sure your child doesn't hear it. I had twin brothers coming repeatedly in my clinic with various cold symptoms. Whatever I did, I could not manage to really stabilize their immune system. I found out much later that mommy was continuously shouting at daddy giving him and the family a hard time.

Now, what is the best way to fight/treat cold and flu?

- 1. Stay emotionally fit.** Solve problems you may have in the family or at work.
- 2. Make sure you exercise on a regular basis.** This way you improve the oxygen supply and blood circulation. Oxygen is the most important 'nutrient' of the body. Dry

foods or drinks on it. Sometimes bodies require lots of liquid, sometimes small amounts. A sick person often doesn't want to eat as the body needs the energy it takes to digest food to deal with the disease. Generally speaking you should stay away from mucous-forming food such as milk, cheese, chocolate and white flour products such as white bread, cakes and pastries.

Have a cup of tea: Prepare a large cup of Yogi tea of your liking (should have Ginger in it), squeeze a ½ of a lemon into it, add honey and as much Cayenne pepper as you can bear. Drink it as warm as possible. Cayenne does open capillaries and improves blood circulation.

Take a bath: If you feel tired and suffer from aching joints, a full bath in Himalayan salts works wonders. Take 2 lbs. Himalayan salt on a full bath. Sit in it for at least ½ an hour. Just pamper your skin when getting off the tub and go to bed, well covered. Give yourself a rest. Don't add anything else to the bath water as most of the staff is acidic and we want to get rid of toxicity.

Himalayan salt has all the minerals a human body consists of and provides as a bath additionally an alkaline environment which helps to detox.

Steam Inhalation: Got a sticky nose or sinus? Then try an old remedy. Boil water, add a handful of Chamomile to it and inhale the steam, covering your head with a towel.

What Vitamins?

Vitamin C, 2 – 3 times 1000 units taken daily at the onset of a cold, prevents often developing a cold. A great remedy is the so called 'Flu Bomb'. It is available in all health food shops and contains a cocktail of good stuff such as garlic.

Don't recover from a cold?

There are 2 remedies which often work wonders. One is Alfalfa in the 1C potency. Take 3 times daily 3 drops or granules. All symptoms should disappear within 2 days. If it doesn't work try Kali. phosph. 6 C. Take 3 drops or granules 3 times per day no longer than one week.

Vaccination?

Best is to go on and make up your mind whether you want to do this to your body or not. I have seen many patients who didn't recover from flu vaccinations or got really chronically sick. Best is always to get your body in good shape and stay away from emotional trouble.

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