

How Natural Remedies Cure Your Cold And Flu

Have you ever wondered why so many Americans are suffering regularly from the flu and colds nowadays?

The answer should be pretty straight forward for anyone who has a clue about how our bodies work: people get sick from infectious disease because their immune system gets weakened by a multitude of factors, including stress, lack of sleep and lack of essential nutrients, like Vitamin C, D, zinc, not to mention over consumption of poisons like processed foods and white-sugar, with an emphasis on the latter.

[Find out our Firefather's Time-Tested Natural Cures and Household Remedies](#)

Also, Big Pharma plays a role in this extravaganza, as the myriad of so-called flu/cough medicine sold over the counter is basically useless and sometimes makes things worse. How many of you know that you can quell flu/cold from installing if you gargle with salt water immediately after the first symptoms appear?

Speaking of flu and common cold alike, because it's pretty hard to distinguish between the two in the absence of a thorough lab-analysis, the former is usually producing worse symptoms (including fever, vomiting and even diarrhea) than the latter, and there's a school of thought which claims flu may be due to a gastric tract virus, also known as an enterovirus.

What enteroviruses are...

The thing about enteroviruses is that there are more than 100 of them, i.e. way too many to develop a specific vaccine, and

they can cause all sorts of respiratory illness, brain inflammation also known as meningitis, conjunctivitis aka bleeding eyes, inflammation around the heart or myocarditis, pancreatitis and so on and so forth. The good news is that there are many natural antidotes that can be used to fight enteroviruses, including Vitamin B3 also known as niacin, probiotics like Bifidus and Acidophilus, luteolin and red wine molecule aka resveratrol.

Starting with sore throats, which makes for one of the nastiest side effects of both flu and the common cold, the actual inflammation is usually provoked by streptococcus, a type of acid forming bacterium. You can literally destroy the streptococcus if you gargle immediately (and repeatedly, like once at every 30 minutes for at least 60 seconds) with salt water. Salt is alkaline and counters the effects of the acid bacteria. I tried this numerous times and it really works, provided you're taking the "gargle-process" seriously and you use real salt, as in unprocessed salt. Also, you must learn that sugar feeds strep, hence if you eat sugary foods/candy before going to bed, you may wake up in the morning having a sore throat. The same acid forming strep is the culprit for tooth cavities, as acid eats through your teeth's enamel. If you're prone to developing a sore throat, stop eating sweets, as you're only making things worse. During flu season, even if you're 100 percent healthy, make a habit from gargling with salt water the first thing in the morning and at bedtime.

Ultimate Flu Relief

8 oz water

1/8 tsp tumeric

1/8 tsp thyme

1/8 tsp cinnamon

1/8 tsp cayenne pepper

1/4 tsp grated ginger

2 lemon slices

2 tbsp honey

Add all ingredients except honey into pan, bring to slow boil for 5-10 minutes. Let cool slightly to drinking temperature then add honey. Stir and enjoy!

I felt brand new after drinking this magical brew while having a cold/flu!!

If things are already in an “advanced stage”, as in you feel that the illness progresses severely, you can head off ear infections by instilling a couple of hydrogen peroxide drops into your ear canals. You must hold your head to the side for a couple of minutes after you instill the hydrogen peroxide and allow it to bubble up. A cool trick for stopping bronchitis from setting in is to get into the shower, turn the hot-water up and then breathe deep in the steamy mist; in this way, if you’re coughing with mucus or phlegm (the definition

of bronchitis), you'll be able to clear your bronchus easily and get rid of that nasty gunky stuff.

Viruses to blame

Adenoviruses and rhinoviruses (rhino means nose in Latin) are the culprits for the common cold and runny noses. When you get infected with these viruses, you'll experience an instant histamine release, i.e. a runny nose. To mitigate the issue, you must take an anti-histamine of the "natural kind", which doesn't give you drowsiness. And I'm talking about quercetine (the stuff you find in onions), which can be bought at health food stores; a 250 mg dose should do for adults. Aside from that, you can always make onion-tee for immediate relief from flu/cold symptoms, including stuffy nose, sore throat and all that.

Check out my [article](#) about onion tea, it really works, just as gargling salt-water (tested on yours truly). Another cool trick is to mix one teaspoon of salt with one teaspoon of Cayenne pepper in an eight ounce glass, and gargle with the stuff. The cayenne added into the mix will dramatically improve the efficacy of the remedy, just try it and see for yourself.

9 Cold Remedies

From Around the World

CHINA



Lizard soup

Protein and warm broth nourishes and soothes sore throats

JAMAICA



Rum and lime juice

Overproof rum and lime juice, a combination that helps 'sweat the cold out'

SPAIN



Garlic tea

Garlic, lemon tea and honey, a go-to cold remedy in many Latin American countries as well

UK



Bovril

A beef paste that can be mixed with water to create a soothing, easy-to-digest drink

MOROCCO



Garlic omelettes

A healing mix of immune-boosting garlic and nourishing, protein-rich eggs

RUSSIA



Gogol mogol

Egg yolk and honey or sugar, whisked and served over warm milk

JAPAN



Onion

The scent of a cut onion helps clear sinuses when you're congested

NIGERIA



Palm oil

Palm oil with either honey or sugar helps relieve a cough

INDIA



Turmeric

Turmeric has antiviral properties that can cure a common cold in no time

Another way to overwhelm nasty bugs (viruses like the cold virus) is to take a heavy dose of D3 vitamin, something like 50,000 units. Don't take the respective dose for more than a week though. Speaking of natural tricks for soothing a sore throat, try to take [elderberry](#) syrup (one TBS) four-five times a day. You can also prevent a cold/flu from installing by taking Echinacea drops, as a prophylactic measure of sorts. If you take [Echinacea](#) as a hot beverage, it works just as well as Tamiflu if you're suffering from influenza. Another excellent immune booster (just like Echinacea) is licorice root. Zinc is essential in your body production of antibodies via T-cells activation. It's a complicated process, but if you don't have enough zinc in your cells, your immune system will not work properly, as you cannot activate your T-cells without zinc.

You should take 30 milligrams of Zinc per day along with Vitamin B6 and selenium. The same goes for Vitamin C, which is the mother of all vitamins in regard to boosting one's immune system. You should take up to 3 grams or 3000 mg 4-5 times a day as you experience a bad case of flu or common cold. The best type of Vitamin C is the liposomal kind by the way, as it is absorbed way better by your body compared to regular Vitamin C. You can DIY your own Liposomal C, check it out, as there are many tutorials on YouTube:

As a fun factoid, the Spanish Flu epidemic of 1918 which killed tens of millions of people was due to aspirin overdose. Aspirin was marketed worldwide in 1918 for the first time in history as a 'miracle drug', and people were taking too much of it. OD-ing on aspirin leads to Vitamin C depletion, your immune system is thus compromised, then pneumonia installs, and then you die. Remember that folks. And also remember that during sickness, you should listen to what your body needs, i.e. you may crave sugary, fatty and salty foods. It's interesting to notice that people tend to crave junk foods when they are sick, and truth be told, you should listen to your body. If your immune system is busy fending off an

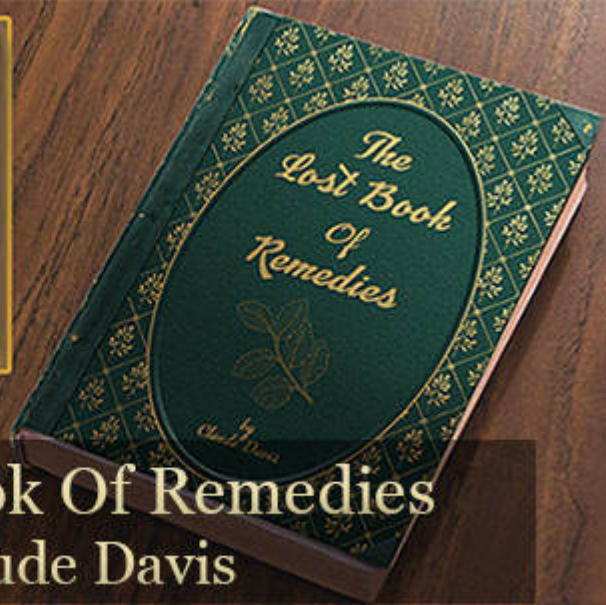
infection, your body will crave sugar, as sugars are basically “emergency ratios” which give you short-term energy. The trick is to provide your body with “healthy sugars”, not candy (white/processed sugar); healthy, as in organic honey and fruit; sugar rich fruits include ripe bananas, mangoes, cherries, pomegranate, oranges, kiwi and grapes.

The old school method

But I saved the best for last: an old school method for boosting immunity is the famous Tennessee Tranquilizer, or home made liquor. I am not kidding, as alcohol was used to treat infectious disease as a medical therapy for thousands of years. Organic alcohol is one of the safest and most effective antibiotics, just like colloidal silver. If you don't have alcohol related issues, you can drink a small amount of pure alcohol like vodka or “moonshine” until you become slightly tipsy. Don't drink until you pass out, just enough to “feel good”, if you know what I mean.

A tiny amount of alcohol in your blood is toxic to both viruses and bacteria, and that's basically a clever way to give your immune system an advantage. Don't forget to drink plenty of water/tea though, as alcohol is dehydrating. And remember, never mix alcohol with drugs like acetaminophen (Tylenol), as it may cause fatal liver toxicity. Generally speaking, don't drink while you're on meds.

I hope the article helped. If you have questions and/or comments, feel free to use the dedicated section below.



The Lost Book Of Remedies By Claude Davis