

SIMPLE REMEDIES FOR SOME OF TODAY'S COMMON INFECTIONS

“God has caused to grow out of the ground, *herbs for the use of man, and if we understand the nature of those roots and herbs, and make a right use of them, there would not be a necessity of running for the doctor so frequently, and people would be in much better health than they are today.*” 2 SM 298

Romans 14:2 “For one believeth that he may eat all things: another, who is weak, eateth herbs.”

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The History of Medicine

2000 B.C. - Here, eat this root.

1000 A.D. - That root is heathen. Here, say this prayer.

1850 A.D. - That prayer is superstition. Here, drink this potion.

1940 A.D. - That potion is snake's oil. Here, swallow this pill.

1985 A.D. – That pill is ineffective. Here, take this antibiotic.

2000 A.D. - That antibiotic doesn't work anymore. Here, eat this root.

Anonymous

2 SM, 288

“There are simple herbs that can be used for the recovery of the sick, whose effect upon the system is very different from that of those drugs that poison the blood and endanger life.”

2 SM, 289

“The Lord has provided antidotes for diseases in simple plants, and these can be used by faith, with no denial of faith for by using the blessings provided by God for our benefit we are cooperating with Him.”

2 SM, 291

“There are herbs that are harmless, the use of which will tide over many apparently serious difficulties. But if all would seek to become intelligent in regard to their bodily necessities, sickness would be rare instead of common. An ounce of prevention is worth a pound of cure.”

2 SM, 288

“Christ never planted the seeds of death in the system. Satan planted these seeds when he tempted Adam to eat of the tree of knowledge which meant disobedience to God. Not one noxious plant was place in the Lord's great garden, but after Adam and Eve sinned, poisonous herbs sprang up.”

RESPIRATORY SYSTEM

For Respiratory (Colds, Flu, Ear) Infection

Ingredients:

- Garlic- 1 bulb
- Onion- 1 bulb
- Ginger- ½ cup
- Honey- 2 Tbsp
- Lemon- 1 whole
- Water- to cover the ingredients

Dosage:

Children- 1-2 tsp of syrup 3-4/day;
Adult- 1-2 Tbsp of mixture/day

- Mix all ingredients in a mason jar and cover with water to the level of all the above ingredients.
- Put the mason jar in a water bath and put in the stove to boil.
- Remove from the stove when water starts to boil.
- Allow to cool- ready to use!

For Acute Asthma Attack or Severe Cough

Ingredients:

- Onion- ½ bulb
- Cayenne- 1/8 tsp
- Cellophane bags- 2

- Chop onion fine and smash, and add the cayenne in cellophane bag (1/2 in each bag).
- Put feet into the cellophane bag with onion and cayenne.
- Wrap feet with socks.
- May keep the sock on overnight or as long as eight hours.

Sore Throat

Natural Therapy:

- Charcoal drink
- Charcoal poultice
- Warm Saline Gargle
- Hydrotherapy
 - Hot and Cold Shower
 - Hot Foot Bath
 - Hot and Cold Foot Bath
 - Heating Compres
 - Revulsive / Fomentations to affected area

Ear Infections

- **Garlic poultice**
 - Crush and leave to activate for 10 minutes and then steam for another 10 minutes
 - Wrap garlic in paper towel and apply it over the external ear
- **Bayberry/Bilberry tea**- 1/4 tsp powder in 1 cup of boiling water; let steep for 30 minutes and serve (honey/lemon to taste)
- Give child the **herbal antibiotic** for the ear infection
- You can check the ear using the Otoscope (you can purchase one from Walmart)- refer if the ear drum is abnormal

Prevention:

- Avoid feeding baby while laying down; keep head higher than the body when feeding
- Help the baby empty her/his nose when stuffy using the nasal aspirator
- You can have a eucalyptus added to a humidifier to lessen nasal passages and the respiratory tree congestion.

FEVER

- Fever is not a disease. It is a normal reaction of the body to help fight infection.
- Fever is a friend up to 101°F (38.3°C). If it goes higher, some children are prone to adverse reactions such as delirium and/or febrile seizures.
- Round the clock monitoring of fever is thus necessary so as to catch the spikes.

Fever Therapies:

1. **Lukewarm Bath**- dip the entire body in a water bath of 92-100°F until the temperature comes down to normal or high normal range (98-99°F). You will need to take oral* temperature regularly (every 5-10 minutes). Upon getting out of the bath, make sure that the body is quickly wiped dry. Avoid any draft while putting on loose and warm clothes.
2. **Tepid or Ice-Cold Sponge Bath**- remove clothing (if child) soak a hand towel or sponge in a bowl with tepid or ice-cold water and wipe the entire body, taking care to follow-up wiping dry. Never leave the child soaking wet. Avoid draft by all means. When temperature drops to normal or near normal, clothe the child with loose, dry clothes.
3. **Alcohol Bath**- same as #2. Using alcohol lowers temperature faster, but it should not always be used because alcohol can dry the skin/cause irritation.

4. **Mild Cayenne Poultice-** sprinkle cayenne on a paper towel wet with olive oil. Apply the paper towel on both feet and wrap them on the feet with fitting socks.
5. **Mustard Footbath-** in a basin large enough for both feet, add two teaspoons of mustard powder to four cups of hot water, then soak.
6. **Wet-Sock Treatment-** follow wet sock procedure in the above
7. **Drinking lots of tolerably cool (not cold) water!!!**

ALL THESE ARE DEATHS / YEAR:

- 12,000 -- from unnecessary surgery
- 7,000 -- from medication errors in hospitals
- 20,000 -- from other errors in hospitals
- 80,000 -- from infections in hospitals
- 106,000 -- from non-error, negative effects of drugs
- These total to 225,000 deaths per year from iatrogenic causes!!
- What does the word iatrogenic mean? This term is defined as induced in a patient by a physician's activity, manner, or therapy. Used especially of a complication of treatment.
- Doctors Are the Third Leading Cause of Death in the U.S.

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Barbara Starfield, Johns Hopkins University

DISCLAIMER: This presentation is for education purposes and is not meant to diagnose or treat. See your medical care provider appropriately when needed.