

BEYOND WHEAT & WEEDS

The complete guide to using natural and alternative remedies during a disaster.



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CONTENTS

Special Thanks

Preface

Part One: Introduction

Chapter One.....	My Story, 19
Chapter Two.....	Three Endeavors: One Book, 23
Chapter Three.....	Disaster Scenario, 25
Chapter Four.....	5 Lessons Learned from Hawn's Mill, 29

Part Two: Disasters, Diseases & Prevention

Chapter Five.....	Disaster Types: What Might We be Facing, 35
-------------------	---

- Natural Disasters, 36
- Manmade Disasters, 36
- Other Disasters, 41
- Conclusion, 42

Chapter Six.....	Introduction to Infectious Diseases During a Disaster, 43
------------------	---

- CDC List of Diseases, 43
- Common Day-to-Day Illnesses, 43
- Other Illnesses and Maladies, 44
- Most Common Causes of Mortality, 45
- Conclusion, 45
- Review, 46

Chapter Seven	Preventative Measures During a Disaster , 47
---------------------	--

- Preventative Protocol, 47
- Hygiene Steps, 47
- Food Handling and Washing, 48
- Waste Disposal, 50
- Sanitary Water, 51
- Immune System Boosters, 54
- Nutritional Supplementation, 56

Part Three: Pathogens, Remedies & Tools

Chapter Eight	Bacteria, Fungus, Parasite or Virus: How to Tell the Difference, 59
---------------------	---

- Pathogen Definitions, 59
- Is it a Bacteria or Virus?, 61
- Is it a Fungus?, 62
- Is it a Parasite?, 63
- Review, 64

Chapter NineTypes of Remedies: What Are They?, 65

- Alternative Remedies, 65
- Essential Oils, 65
- Herbal Remedies, 66
- Homeopathic Remedies, 69
- Nutritional Medicine, 70

Chapter Ten.....Natural and Alternative Remedies, 71

- Complete List of Remedies, 73
- Remedies for Five Healing Processes, 75
- Remedy List Categorized by Medicinal Properties, 77
- Remedy Descriptions, Importance and Uses
 - Activated Charcoal, 78
 - Aged Garlic Capsules, 79
 - ASAP Silver, 81
 - Asea, 101
 - Baking Soda, 104
 - Bentonite Clay, 106
 - Breathe Essential Oil, 109
 - Castor Oil, 110
 - Cayenne, 111
 - Colostrum / Astragalus, 112
 - Cloves Essential Oil, 113
 - Diatomaceous Earth, 114
 - Digestive Blend Essential Oil, 116
 - Dr. Christopher's Anti-Plague, 116
 - Elderberry, 117
 - Glutathione, 120
 - Goldenseal / Oregon Grape Root, 121
 - GSE, 122
 - Hydrogen Peroxide 3%, 133
 - Lavender Essential Oil, 135
 - Laxative / Senna, 136
 - Lomatium Tincture, 138
 - Lypospheric Vitamin C, 139
 - Magnesium Chloride, 140
 - Melissa Essential Oil, 142

- Minerals, 143
- Nascent Iodine, 144
- Olive Leaf Extract, 145
- Oregano Essential Oil, 146
- Probiotics, 147
- Slippery Elm, 148
- Tea Tree Essential Oil, 149
- Thieves Essential Oil, 150
- Turmeric, 151
- Vitamin A, 151
- Vitamin C, 152
- Vitamin D3, 153
- Vitamin (Multi), 154
- Yarrow, 154
- Zeolite, 157
- “Must-Have” Remedies, 158
- Antibiotic Alternatives, 159
- Minimum Quantity Check-Off Chart, 159

Chapter Eleven.....Tools and Supplies, 165

- Nebulizer, 166
- Saran Wrap, 174
- Sinus Rinse Bottle, 174
- Rectal Syringe, 175
- Enema Bag, 177
- DMSO, 179
- Blood Pressure Cuff, 180
- Stethoscope, 183

Part Four: Symptoms & Treatments of Illnesses, Maladies and Ailments

Chapter Twelve.....Basic Protocols for General Illnesses, Injuries and Ailments, 189

- Allergic Reactions, 190
- Bleeding, 190
- Burns, 192
- Cavity, 200
- Colds, 203
- Constipation, 206
- Deep Wound, 210
- Dehydration, 213
- Diarrheal Illnesses, 216
- Ear Infection, 220

- Eye Infection, 224
- Fevers, 225
- Food Poisoning, 228
- General Illnesses, 228
- High / Low Blood Pressure, 229
- Heart Attack, 231
- Hypothermia, 234
- Insect Bites/Stings, 236
- Insect Repellent, 240
- MRSA, 242
- Near Dead / Severe Illness, 245
- Pain, 247
- Prevention Protocol, 250
- Plague, 253
- Radiation Exposure, 260
- Respiratory Illness, 266
- Sinus Infection, 274
- Skin Irritation / Chaffing, 277
- Skin Infection, 278
- Snake / Scorpion Bite, 280
- Sore Throat, 283
- Small Wound, 286
- Stomach Flu, 288
- Swelling / Bruising, 289
- Remedy Oral Dosages, 290

**Chapter Thirteen.....Most Common Infectious Diseases during a Disaster:
Descriptions, Symptoms and Treatments, 295**

- Cryptosporidiosis, 295
- Enteroviruses, 295
- E. Coli, 299
- Giardia, 300
- Hepatitis, 301
- Leptospirosis, 302
- Legionnaire's Disease, 303
- MRSA Infection, 304
- Norovirus, 305
- Rotavirus, 307
- Shigellosis, 308
- Skin Infections, 310
- Tetanus, 310
- Toxoplasmosis, 312
- Trench Foot, 313

- Tuberculosis, 314
- Chicken Pox, 316
- Vibrio Illnesses, 317
- West Nile Virus, 319

Chapter Fourteen.....Most Common Day-to-Day Illnesses in Adults, Elderly, and Children Descriptions, Symptoms, and Treatments, 323

- Adults and Elderly
 - Acid Reflux, 323
 - Bladder Infection, 326
 - Diabetes, 330
 - Flu, 333
 - Heart Disease, 335
 - High / Low Blood Pressure, 339
 - Respiratory Infection, 341
 - Sinus Infections, 343
 - Strep, 346
- Children
 - RSV, 349
 - Hand, Foot, and Mouth Disease, 350
 - Croup, 352
 - Whooping Cough, 353
 - Fifth Disease, 355
 - Roseola, 357
 - Strep, 358
 - Ear Infections, 360
 - Scarlet Fever, 362
 - Stomach Flu, 367
 - Respiratory Infections, 366
 - Pink Eye / Conjunctivitis, 368

Chapter Fifteen.....Other Health Illnesses and Maladies: Descriptions, Symptoms, and Treatments, 375

- Appendicitis, 376
- Blood Clots, 378
- Breast Milk Supply, 380
- Coma / Concussion, 381
- Ebola Virus, 383
- Epilepsy / Seizures, 386
- Frost Bite, 388
- Gall Bladder Attack, 391
- Headaches, 396

- Kidney Stones, 397
- Labor and Delivery, 399
- Lice, 400
- Malaria, 402
- Menstrual Bleeding (Heavy), 404
- Scabies, 405
- Sepsis, 408
- Shingles, 411
- Shock, 415
- Tick Bites, 418

Part Five: Extra's

Chapter Sixteen.....Basic First Aid List, 423

- Medicines, Lubricants, Liquids, 423
- Tools / Supplies for Wounds and Injuries, 424
- Extra Tools / Supplies, 424
- Extra Points, 425

Chapter Seventeen.....Gua Sha, 427

Chapter Eighteen.....Using Remedies for Water Purification, 433

Chapter Nineteen.....Must-Have Books, 437

- Prescription for Nutritional Healing, 437
- When There is No Doctor, 438
- When There is No Dentist, 439
- Modern Essentials, 440
- A Failure of Civility, 441
- Butterfly Express Books, 442

Chapter Twenty.....Remedy Grab-Bag, 443

Index, 447

Preface



I have spent seven years in search of the most effective remedies, supplements and tools to treat a chronic illness that nearly took my life.

In a sense, I've traveled the world, much like some "Journey to the Center of the Earth" expedition, desperately trying to get my hands on the most effective healing remedies in existence.

I've used healing modalities ranging from China's ancient herbs to Utah's aged volcanic ash; from Africa's most nutritious plant to nutrient-rich microscopic oceanic plants; from medicinal backyard herbs to medicinal oils extracted from the purest plants around the globe; from ancient petrified plant deposits to the most scientifically researched and modified salt water; from hours of vitamin therapy IVs in a state other than my own to simple detoxifying baths within my own home; from naturopathic to herbal to homeopathic to allopathic and to medical healing methods from doctors and health experts throughout the Western United States.

I've tried just about *everything*.

During this journey I have always felt that what I was learning was never about me. It was about sharing what I found to be good, true and life changing or life *giving* with others. It was about helping others heal their diseased bodies and helping them know what to store away so that they can use the most effective tools and remedies when a disaster happens.

It's about pointing those who are seeking for truth and enlightenment to tools and remedies that I know Heavenly Father has placed on this earth, in our hands, and at this time for the good of mankind and for the furthering of His work.

With disasters on the rise, with families and children suffering with all types of health conditions, and with a lower level of enlightenment and spirituality spreading throughout the world due to the overabundance of toxins and pathogens existing within our environment and within our bodies and the lack of stamina and well-being that comes as a result of that – how can I not share what I have learned?

This is God's work. Not mine.

Having had chronic Lyme disease and an unremitting determination to fight this complicated disease, coupled with Heavenly Father's countless miracles, I was the perfect guinea pig for figuring out the best, the most effective, and the most beneficial remedies and nutrients that help eradicate pathogens, support and/or allow the detoxification process to take place and help heal the body on a systemic and a cellular level.

I'm amazed and humbled at the options we have to turn to. It has strengthened my testimony and helped me to know that there truly is a Father in heaven who loves us, who watches over us, who knows our current situation, who knows what's coming, and who wants us to be able to be as close to Him as possible and help others to follow Him as well.

Heavenly Father loves us and wants us to be well, prepared and happy.

Beyond Wheat and Weeds is a complete compilation of the most effective and most essential tools and remedies we can use and ought to store in case of a probable calamity. This book teaches:

- What disasters (man-made or natural) we might be facing.
- What preventative measures we can take to avoid becoming ill or spreading an illness.
- What remedies and supplements can be stored to treat all types of pathogens (viruses, bacteria, fungi, parasites).
- What disease or illness we may have and how to treat it.
- What remedies can be used to treat radiation exposure.
- What handful of tools to store in order to treat respiratory infections, prevent death due to dehydration and electrolyte loss, have a means to administer nutrients into the body other than oral intake, and more.
- How to use the remedies in this book to purify water.
- How to treat a myriad of health issues:
 - Treating the most common infectious diseases that take place after a disaster
 - Treating day-to-day illnesses that will take place as well
 - Knowing how to birth a baby
 - Knowing how to keep the immune system strong in order to be able to fight off the diseases (man-made or natural) that we may be exposed to
 - Treating shock
 - Treating toothaches
 - Treating large wounds
 - Treating burns
 - And much more

Beyond Wheat and Weeds allows you to have a guidebook in your hands that provides potentially life-saving information. It not only explains what

to store before a disaster happens, but gives a thorough and complete outline as to how to identify what illness one might be facing and what to do about it.

CHAPTER ONE

My Story



“With total discipline we can solve all problems.”

— Scott Peck, *The Road Less Traveled: A New Psychology of Love, Traditional Values, and Spiritual Growth*

For over seven years I struggled with a chronic illness that was slowly eating me alive. Having been misdiagnosed by a medical doctor as having nothing more than depression, I was forced to take my health into my own hands and find alternative doctors and remedies that would restore my wellbeing and grant me my life back.

Three years into this journey I finally received a diagnosis that made sense: chronic Lyme disease. My body was riddled with tricky bacteria that had run rampant throughout it, doing damage to my digestive system and other organs, weakening my nervous system, affecting my ability to think clearly (or think at all) and exhausting my immune system to the core.

These bacteria burrowed their way into my tissues and would hide away in a protective cyst state by shielding themselves in a mucous layer when being hit with synthetic treatments that threatened their safety. They are tiny living organisms that will do anything they can to survive and thrive. But **I** wanted to survive and thrive too! This journey became a battle of will and determination between me and an army of devious pathogens.



But this journey was much more than that. This journey had a purpose – I could sense it. Through many countless prayers, I pleaded with the Lord to have mercy and take this disease from me and restore my health. But He didn't. Not completely. What He *did* do was lead me to one doctor or

health specialist, one book, one article, one person after another that would point me to one *treasure* after another – remedies or tools that were unmistakably effective and incredibly valuable.

Eventually as the years passed, instead of pleading with the Lord to take this seemingly never-ending illness from me, I would ask, “What do you want me to learn from this situation?” while always having the feeling that this was information I’d be sharing with others one day.

Approximately 5 years into the journey I had been feeling much better and had a one or two week streak of feeling well (which was still a rare occurrence at this point). I felt so grateful for this break and always took full advantage of any and all of these “good days.”

During this time I had the opportunity to go on a tour with a church youth group through the Church of Jesus Christ of Latter Day Saints “Bishops’ Storehouse” – a commodity resource center used by LDS bishops to provide goods to needy members. While there we watched a short video explaining the work they do and showing the peoples of the world who this work benefits.

Somewhere in the video a scripture was quoted speaking of feeding the hungry, clothing the naked, visiting the sick, and administering relief both spiritually and temporally to those who need it. While listening to this scripture passage, the Spirit immediately spoke to me saying, “There is still more you need to learn.” I knew right away that this meant: *There is still more suffering that you need to endure in order for you to be led to more treasures that you need to learn about and teach to others.*

“Are you willing?” the Spirit asked. I was being given a choice. Without hesitation I responded, “Yes,” then I began to cry. I was so, so tired of being sick. But I yearned to do what was asked of me to gain the knowledge, the understanding and the information that would help others.

One week later I was sick again and faced a seemingly relentless journey. Soon thereafter I learned about the effectiveness of three amazing remedies that I now couldn’t imagine not knowing about: Zeolite, Bentonite Clay and Aged Garlic capsules – a few of the important remedies that are a part of the list I recommend in this book.

I had another experience similar to that one that helped me to clearly see that this illness was about more than just being sick all the time. Once again I had been feeling better for some time but slipped, rather quickly, into being very, very sick again. With no energy to even do the dishes and unable to take in information around me, I knew I needed to make

another expensive visit to a clinic I had visited several times outside of the state I lived in.

I was devastated. I had been doing so well and had made so much progress. We had exhausted our financial resources over the 6 months previous to this getting me the professional help I needed during the worst spell I had had with this disease. During that spell, brain inflammation had become severe, my organs were weakening and on the verge of shutting down – I knew I only had months left to live until, through the grace of God, a friend, our “home teacher” of all people, recommended a doctor to me who urgently recommended a different doctor, his brother-in-law, who specialized in Lyme disease out in Idaho.

Many visits and many hours were spent at this clinic where I received many life-saving IV’s that restored nutrition to my body, killed the pathogens within it and put my body on a track where it could begin healing itself once again and be able to deal with the horrendous die-off that takes place when the body has to eliminate the toxic buildup that occurs due to a significant amount of bacteria having been killed off within the body.

It was after having made multiple trips to this clinic, and having for the first time in years seen a light at the end of the tunnel, that I slipped hard and I was left in that state of desperation I spoke of earlier. I pleaded to the Lord to spare my life and deeply questioned why I was back at this point and if I’d ever make it out alive.

Once again I made that 3 hour drive to the clinic but this time, while sitting in the IV room (a room where many chronically ill patients sit in cozy recliners while being hooked up to IVs for 3 to 4 hours at a time) I happened to overhear a patient sitting 4 recliners away from me talk about a certain supplement that she knew to be a big part in her miraculous recovery – a supplement that the doctor at this clinic had recently begun supporting and recommending.

Having spoken to this woman I found out what this supplement was, purchased it upon arriving home and studied it in depth. This supplement is called Lypospheric Vitamin C. I was so grateful to have heard about it and grateful for its effectiveness in helping me get over many future hurdles and being a very effective supplement I would use for my family time and time again.

I found it to be no coincidence that I ended up in the clinic on that particular day with that particular woman to hear about that specific remedy. It’s one of the top remedies I recommend for remedy storage purposes.

I also don't find it to be a coincidence that I began to research disasters and the infectious diseases that can or do take place during them, which led me to the realization that the remedies I had been led to were perfect solutions to **all types** of health issues especially in circumstances where there may be a lack of medical help during disaster situations.

My journey was grueling, but it was guided and directed by divine influences including the help of particular deceased family members, my dear angels, on the other side.



I know that this journey was given to me so that I could learn about many of the most effective remedies out there and the specific tools that are essential in protecting our family's health. I feel very strongly that Heavenly Father wants us to be prepared in *all* ways possible – including having remedies and tools stored for our family's wellbeing for disasters that may come our way.

With the number of disasters increasing and the economy and government being as unstable as they are, coupled with the infectious diseases that take place during a disaster; along with the day-to-day illnesses that we'd still be facing; *and* other illnesses and ailments that are fairly common during our lifetime – is it any wonder why the Lord wants this information, these remedies and tools, to be in our hands?

Although I am far from being a professional writer, I have done my best to compile years of information in the clearest way possible, collected from my own personal research and experiences - **jewels** learned about from many experiences and from a variety of health specialists: medical doctors, naturopathic doctors, pharmacists, physician assistants, nurses, energy workers, bio-meridian testers, and more.

I sincerely hope that the information within this book benefits you and your family and I genuinely ask that you help spread the word about this simple little book so that others can benefit from it as well, so that we, the good people of society, no matter our religion, ethnicity or background, can be able to actively protect our family's health and be the ones to recreate civility within our neighborhoods were a disaster to strike.

CHAPTER TEN

Remedies



"Although the world is full of suffering, it is also full of the overcoming of it." - Helen Keller

In my opinion, in order to defeat the ugliest and most destructive diseases that may be coming our way – we need to not only use the ancient medicinal properties found in plants scattered across the earth in the form of herbs or essential oils but we also need to use current alternative remedy health-science breakthrough's that have also been given to us by Heavenly Father through God-loving and God-led researchers and scientists.

Heavenly Father knows what's coming and **if we are to successfully defeat aggressive diseases we need to fight them aggressively** – giving our bodies the ability, in every possible way, to survive. There are 5 steps that help with the overall healing process:

1. Fighting pathogen(s)
2. Removing toxins (Open elimination systems – Cleansing the blood / organs)
3. Strengthening the immune system
4. Promoting cell repair
5. Nourishing the body with needed nutrients

The remedies within this book help us do just that and will be a great blessing to us if we store them.

Effective alternative remedies exist in our world – whether they've come from the earth or are made in a lab – we have to open our hearts and minds to **all** of the alternative healing remedies that are available to us. These remedies are meant to be stored by us and to be used for the health issues we now face and for the illnesses that are to come.

I have used far more remedies than the ones listed in this chapter - the remedies I have listed are simply the ones that I have found to be **the most effective** and the one's that apply the best to the health threats we will probably face during a calamity.

Not *all* of these remedies have be purchased. However, there are reasons as to why, out of the hundreds of remedies I've used in my lifetime, these 40 remedies are the ones I've chosen to list in this book – in the hopes that others will store them.

Careful consideration and sensitivity to the Spirit should be given when choosing to store only some of these remedies.

For those who only want to store a hand full of the remedies listed I have, with some difficulty, minimized this list to those remedies that I believe are **the most critical** in keeping in one's home storage. This "must have's" list is included at the end of this chapter.

When storing remedies, it's important and helpful to keep in mind that the most common causes of mortality during a disaster are:

- | | |
|--|--|
| <ul style="list-style-type: none">• diarrheal diseases• respiratory infections• vector and insect-borne diseases | <ul style="list-style-type: none">• infections due to wounds and injuries• malnutrition |
|--|--|

As mentioned before, many of these remedies overlap in medicinal properties and can be used for multiple health problems. This may make it hard to know which ones to use during times of illness. I have created suggested protocols for general illnesses and maladies in Chapter Twelve – but I still recommend familiarizing yourself with these remedies by browsing through this book, by using your best judgment and by turning to the Lord in knowing which ones to use, how much to use, and how often to use them when no other health professional is around.

Caution and careful consideration should be used when using the remedies listed in this chapter. Although most people react well to the remedies – there are exceptions - especially when using potent remedies such as essential oils. Essential oils should be given to children orally with great caution and consideration and should be diluted with a carrier oil such as olive, coconut or canola oil when using them topically.

The information in this book is designed for educational purposes only and is not intended to serve as medical advice. The information provided should not be used for diagnosing or treating a health problem or disease. It is not a substitute for professional care. If you have or suspect you may have a health problem, you should consult your health care provider.

Here is the complete list of remedies that are able to treat a variety of health issues such as; radiation exposure, poisoning, diarrheal diseases, plagues, fevers, ear-nose-throat issues, cavities, shock, and many other infectious diseases.

See remedy dosages within each remedy category in this chapter, throughout the protocols in Chapter Twelve, and in "Remedy Dosages" section in Chapter Twelve.

Complete List of Remedies

See HealthyPreparedness.blogspot.com for full list of **linked** resources.

REMEDY	MEDICINAL PROPERTY / USES	RESOURCES & COST
Activated Charcoal (bulk)	Antibacterial, Antiparasitic, Poisons: Topical / Internal	Health Food Store - \$10 Morethanalive.com - \$19
Aged Garlic Capsules/ Garlic Cloves	Antibacterial, Antiviral, Antiparasitic, Antifungal	Health Food Store \$
ASAP Silver Solution	Antibacterial, Antiparasitic, Immune System Strengtheners	AbSilver.com / health food Store - \$15 (10ppm)
Asea	Antibacterial, Antifungal, Antiviral, Immune System Strengtheners	Cellconnection.teamasea.com - \$30/bottle
Baking Soda	Antibacterial, Antiviral, Antifungal, Alkalizes Body	Grocery Store - \$1
Bentonite Clay	(Draws out all pathogens, Topically/ Internally, Radiation Treatment, Diarrhea, Wounds, Insect Bites)	Health Food Store / morethanalive.com / Redmondclay.com
Breathe Essential Oil	(Respiratory Illness Symptom Reliever, Asthma – opens airway)	HealthyPreparedness.blogspot.com (\$18 - \$26)
Castor Oil	Antibacterial, Antiviral, Antifungal	Health Food Store - \$6
Cayenne	Antibacterial, Antiviral, Antifungal, Stimulant, Heart Attacks	Health Food Store / Online / Mountainroseherbs.com (\$2, bulk or \$9, extract)
Cloves Essential Oil	Antibacterial, Antiviral, Antiparasitic, Antifungal, Cavities	HealthyPreparedness.blogspot.com (\$10 - \$15)
Colostrum / Astragalus	Boosts Immune System	Health Food Store / Blog (\$10 - \$15)
Dandelion Tincture	Cleanses Blood and Liver	Health Food Store / Online (\$10)
Diatomaceous Earth	Antiparasitic (draws out other toxins such as radiation as well)	Health Food Store / Online / Morethanalive.com (\$2 - \$6)
Digestive Essential Oil	(Soothes upset digestive system; vomiting or diarrhea, heartburn)	HealthyPreparedness.blogspot.com (\$15 - \$34)
Dr. Christopher's Anti Plague Formula	Antibacterial, Antiviral, Antiparasitic	Health Food Store / Online (\$39)
Elderberry	Antiviral (one of the best immune boosters, can be taken on continual basis)	Health Food Store / MountainRoseHerbs.com (\$2 – bulk, \$14 – syrup)
Glutathione (Lypo & Capsule)	One of best antioxidants for overall immune system function	Lypo – livonlabs.com - \$60 Capsule – TheraNaturals.com - \$35 ("Reduced L-Glut. Plus")
Goldenseal Tincture or Oregon Grape Root	Antibacterial, Antiviral, Antiparasitic, Antifungal	Health Food Store / Online – \$10

GSE (Grapefruit Seed Extract)	Antibacterial, Antiviral, Antiparasitic, Antiviral	Health Food Store / Online (\$9)
Hydrogen Peroxide 3%	Antibacterial, Antiviral, Antiviral, ear infections	Grocery Store - \$1
Nascent Iodine	Anti-bacterial, Anti-fungal, Radiation Protector	NaturalHealthyConcepts.com (\$39)
Laxative / Senna Leaf	For Constipation	Health Food Store / Grocery Store – (\$5 - \$8)
Lavender Essential Oil	Anti-inflammatory; use topically for insect bites and burns;	HealthyPreparedness.blog spot.com (\$15 - \$25)
Lomatium Root Tincture	Antibacterial, Antiviral, Antifungal, Anti-inflammatory, Antimicrobial, Respiratory Infections	PureFormulas.com / lherb.com – (\$10)
Lypospheric Vitamin C	Boosts immune system, promotes healing indirectly killing of all types of pathogens in high doses	Livonlabs.com – (\$30)
Magnesium Chloride (Oil, Gel, Flakes)	Cell Function, Detoxing, Insect Repellent	Health Food Store - \$10 NaturalHealthyConcepts.com (\$25-\$30)
Melissa Essential Oil	Antiviral	HealthyPreparedness.com – (\$24 - \$150)
Liquid Minerals (Sun Warrior brand/ other)	“Spark plugs” of life	Sunwarrior.com / Health Food Store – (\$30)
Olive Leaf Extract	Antibacterial, Antiviral, Antiparasitic, Antifungal	Health Food Store / Online – (\$10)
Oregano Essential Oil	Antibacterial, Antiviral, Antiparasitic, Antifungal	HealthyPreparedness.blog spot.com – (\$15 - \$30)
Probiotics (Shelf-Stable Type, 5+ Strain)	Restores good bacteria population in digestive tract – crowds out bad bacteria, boosts immune system	Health Food Store - \$10 - \$20
Slippery Elm	(Heals large, deep wounds as a poultice)	Health Food Store / MountainRoseHerbs.com -
Tea Tree Essential Oil	Antibacterial, Antiviral, Antifungal	HealthyPreparedness.blog spot.com – (\$13 - \$25)
Thieves Essential Oil	Antibacterial, Antiviral, Antiparasitic, Antifungal	HealthyPreparedness.blog spot.com – (\$16 - \$42)
Turmeric	MRSA, Radiation Exposure	MountainRoseHerbs.com / Health Food Store
Vitamin A	Antiviral (boosts immune system and promotes healing)	Health Food Store / Online – (\$10)
Vitamin C Supplement (Powder, Now Brand)	(Boosts immune system, promotes healing indirectly killing of all types of pathogens in high doses)	Health Food Store / Online – (\$12)
Vitamin D3	(Boosts immune system)	Health Food Store – (\$12)
(Multi) Vitamin		Health Food Store – (\$12)
Yarrow (bulk & tincture)	Antibacterial (Relieves fevers, shortens duration of colds and	Health Food Store (\$4) MountainRoseHerbs.com –
Zeolite	Pulls toxins / radiation out of body	Online \$30+

As mentioned, when treating an illness there are 5 steps that help with the overall healing process:

1. **Fighting pathogen(s)**
2. **Removing toxins (Open elimination systems – Cleansing the blood / organs)**
3. **Strengthening the immune system**
4. **Promoting cell repair**
5. **Nourishing body with needed nutrients**

The remedies listed in this book that help with those 5 particular steps are as follows:

Remedies for Five Healing Processes

<p>#1 Pathogen Fighters</p> <ul style="list-style-type: none"> • Aged Garlic / Garlic • ASAP Silver • Asea • Cloves Essential Oil • Anti-Plague Remedy • Elderberry • Glutathione (indirectly) • Goldenseal • Grapefruit Seed Extract • Hydrogen Peroxide (ear) • Nascent Iodine • Lomatium Tincture • Lypospheric C • Melissa Essential Oil • Olive Leaf Extract • Oregon Grape Root • Oregano Essential Oil • Tea Tree Essential Oil • Thieves Essential Oil • Yarrow (mild) <p><i>(All of these are also indirect immune system builders.)</i></p>	<p>#2. Toxin Removers</p> <ul style="list-style-type: none"> • Activated Charcoal • Bentonite Clay • Castor Oil • Dandelion • Diatomaceous Earth • Laxative / Senna • (Magnesium Chloride) • Slippery Elm • Zeolite <p><i>(All of these are also indirect immune system builders.)</i></p>
<p>#3. Direct Immune System Builders</p> <ul style="list-style-type: none"> • (Asea) • Baking soda • Colostrum • Elderberry • Glutathione • Lypo C / Vitamin C • Vitamin D3 • Vitamin and Minerals 	<p>#4. Cell Repair</p> <ul style="list-style-type: none"> • Asea • Baking Soda • Magnesium • Liquid Minerals • Multi-Vitamin

#5. Some of the remedies in this book that help to nourish the body are:

- **Elderberry**
- **Slippery Elm**
- **Vitamins and Minerals**
- **Yarrow**

Please see my book “How to Turn Your Food Storage into a Nutritional Powerhouse” to know how to keep your body nourished during a disaster.

This next list shows which of the four main medicinal properties (anti-bacterial, anti-viral, anti-parasitic and anti-fungal) are found in the listed remedies.

This will help a person know which remedy to use when dealing with a specific illness or injury and will help a person know if the remedies they’ve stored contain at least one of each of the four listed medicinal properties – so that one knows, for sure, that they have remedies stored away that can be used for the 4 main pathogenic threats.

Forty remedies may seem like a staggering amount to have to purchase and store away but most of these remedies are quite affordable. Out of the 40 remedies listed, 27 of them are under \$15 each. 15 of them are under \$10.

I feel very strongly that if you feel the need to store these remedies but your budget is tight, that if you pray, with faith, a way will be made available to you so that you can have the extra income to purchase the remedies (and other necessary food storage and home storage supplies).

The Lord loves us and wants us to be prepared. As one exercises their faith I recommend that a person refrains from focusing on what they **can’t** get or want they **don’t** have but instead envisions themselves, with a grateful heart, having the means to purchase **all** they need and envisions themselves having a **generous** supply of remedies, tools, food and other home-storage supplies.

The Lord will bless those who do this.

3 Nephi 14:7

“Ask, and it shall be given unto you; seek, and ye shall find;
knock, and it shall be opened unto you.”

<u>Anti-Bacterial Remedies</u>	<u>Anti-Viral Remedies</u>	<u>Anti-Parasitic Remedies</u>	<u>Anti-Fungal</u>
Aged Garlic	Aged Garlic Capsules		Aged Garlic Capsules
ASAP Silver Solution (Asea)	ASAP Silver (Asea)	Activated Charcoal	ASAP Silver (Asea)
Baking Soda (indirectly)	Baking Soda (indirectly)	Aged Garlic	Baking Soda (indirectly)
Castor Oil Pack (indirectly)	Echinacea & Goldenseal Extract	ASAP Silver Solution	Castor Oil (can be taken internally)
Cayenne Pepper (indirectly – helps aid other remedies used with it)	Castor Oil Pack (indirectly)	Bentonite Clay	Cayenne Pepper
Elderberry	Cayenne Pepper (indirectly – helps aid other remedies used with it)	Diatomaceous Earth	Chaparral
Goldenseal (& Echinacea Tincture)	Cloves Essential Oil	Chaparral	Cloves Essential Oil
Cloves Essential Oil	Dr. Christopher's Anti-Plague Formula	Cloves Essential Oil	Dr. Christopher's Anti-Plague Formula
Dr. Christopher's Anti-Plague	Elderberry	Dr. Christopher's Anti-Plague Formula	Dr. Christopher's Anti-Plague Formula
GSE (Grape Seed Extract)	Glutathione (indirectly)	Goldenseal Extract	GSE (Grapefruit Seed Extract)
Hydrogen Peroxide	Goldenseal	GSE (Grapefruit Seed Extract)	Hydrogen Peroxide
Iodine	GSE (Grapefruit Seed Extract)	Olive Leaf Extract	Iodine
Lomatium Root	Iodine	Oregano Essential Oil	Lomatium Root
Lypo-C (indirectly)	Lomatium Root	Oregon Grape Root	Lypo-C (indirectly)
Olive Leaf Extract	Lypo-C (indirectly)	Zeolite	Olive Leaf Extract
Oregon Grape Root Extract	Lugol's Iodine		Oregano Essential Oil
Oregano Essential Oil	Melissa Essential Oil		Oregon Grape Root
Tea Tree Oil	Olive Leaf Extract		Tea Tree Essential Oil
Thieves/Onguard/Dragon's Breath Essential Oil	Oregon Grape Root Tincture		Thieves/Onguard/Dragon's Breath Oil Blend
Yarrow	Oregano Essential Oil		Oregon Grape Root
	Thieves/Onguard/Dragon's Breath Essential Oil		Goldenseal
	Tea Tree Oil		
	Vitamin A		

(Please see Protocols in Chapter Twelve for more dosage / treatment options and information for each of the listed illnesses / injuries listed under each remedy.)

Activated Charcoal:



Description: Charcoal is a powerful substance every hospital in the country carries in their ER to treat poison victims. It's so potent that one gram of it – an amount the size of your fingernail – can absorb enough toxins to fill the square footage of four tennis courts. (60)

Activated Charcoal is made by heating coconut shells in the absence of air. The partly burned shells are then granulated to a size that provides for optimum absorption. This vegetable form of carbon (an element found in all living matter), is completely safe for human consumption. (1)

Benefits: Emergency decontaminant, reduces absorption of poisonous substances. Relieves gas, extracts and

neutralizes many more times its own weight in gases, heavy metals, toxins, poisons and other chemicals.

Activated charcoal on the short term can be instrumental in lowering radiation exposure from radionuclides by removing them from drinking water. Activated charcoal taken internally can bind radionuclides in the GI tract from ingested food and unfiltered water, and carry them all safely out of the body. (59) *See Radiation Protocol in Chapter Twelve.*

Note: Charcoal is most successful if used within the first hour of swallowing poison. In severe poisoning cases, several doses of charcoal might be required. It pulls nutrients as well so taking a nutritional supplement is necessary if taking the charcoal for more than a few days. (60)

Maladies: Radiation Exposure, Food Poisoning, Insect Bites, Bee Stings, Snake Bites, Wounds, Eye Infections, Heavy Metal or Chemical Poisoning

How to Use:

It's best to use a powder form, mixed into a liquid. Tablets or capsules take too long to absorb and release the activated charcoal. And the dose is usually too small to do the job.

- **Radiation exposure:** Take 20-30 grams (10 teaspoons) a day of powdered activated charcoal (in divided doses) mixed with water over a period of 1-2 weeks. (*See Radiation Protocols in Chapter Twelve*)
- **Stomach bug, food poisoning or diarrhea:** Adults take 520-975 mg at a time and up to 5 grams per day (2-3 capsules at a time and up to 17 capsules per day). Many recommend when actively sick to take two capsules every hour or so, until you've gotten to the max for the day. (For comparison, in poisoning cases, doctors will use up to 50-100 grams of charcoal for adults, and 10-25 grams for children. At these higher amounts, very rarely there will be issues with GI blockages – mixing the charcoal with water before ingesting is recommended to help avoid this problem).

For children decrease that amount by half or a fourth of the amount.

- **Bites / Stings:** Create a poultice and apply to bite / sting. Keep on for 20 minutes. Reapply as necessary. (See *Bites and Stings Protocols in Chapter Twelve for more info.*)

Activated Charcoal Warnings:

You shouldn't take this as a supplement long term, as it could be absorbing vitamins and minerals from your diet, leaving you deficient.

Some people report constipation with higher doses, or long term use.

If you are on any type of medication, you should absolutely consult your doctor before taking activated charcoal, as it will adsorb medications.

Don't give it with ipecac, as activated charcoal will absorb it.

Give supplements (such a probiotics) a couple hours apart from activated charcoal, for the same reason. (65)

Purchasing Info: It's best to buy charcoal in bulk. Charcoal in bulk can be purchased from morethanalive.com for \$19 or another online reputable source. You can also buy activated charcoal from: <http://www.buyactivatedcharcoal.com>.

Aged Garlic Capsules:



Description: AGE is a form of garlic created using extraction and a proprietary process of aging. The garlic is stored in the stainless steel tanks for up to 20 months in an aqueous ethanol solution, which helps to extract and age the garlic compounds.

The proprietary aging process produces an odorless preparation and converts the harsh, unstable organo sulfur compounds in garlic (e.g., allicin) into milder and more beneficial compounds including water-soluble, sulfur-containing, antioxidant rich amino acids such as S-allylcysteine (SAC), S-allyl mercaptocysteine (SMAC) and Maillard reaction products.³

Benefits: Boosts immunity, antiviral, anti-bacterial, anti-fungal, anti-parasitic.

Maladies: High blood pressure, high cholesterol, coronary heart disease, heart attack, atherosclerosis (hardening of arteries), enlarged prostate, diabetes, osteoarthritis, diarrhea, colds, flu, building immune system, bacterial and fungal infections, fever, coughs, stomach ache, sinus congestion, gout, rheumatism, hemorrhoids, asthma, bronchitis, low blood pressure, low blood sugar, high blood sugar and snakebites. ²

Can be used topically for fungal infections, warts, corns, jock itch, ringworm, insect bites, and athlete's foot. ²

Some scientists have suggested that it might have a role as a food additive to prevent food poisoning. There is some evidence that fresh garlic, but not aged garlic, can kill certain bacteria such as E. coli, antibiotic-resistant Staphylococcus aureus, and Salmonella enteritidis in the laboratory. ²

How to Use: Take according to bottle directions or more (I tripled the dose while using it to fight of the Lyme bacteria. It was very effective and I had no side effects.)

- **Snake Bite:** When no other medical help or first aid supplies are around garlic can be used to help treat snake bites. Garlic is a very old treatment for snake bite and it is supposed to work although I have never tried it, myself. Crush it and rub directly into and around the fang marks. It will burn like fire for a minute or two and then settle down. (See Snake / Scorpion Bites in Chapter Twelve)
- **Stomach Flu/Nausea:** Take 3-5 capsules very 2-3 hours to hit the bug. Alternate hourly intake by using garlic one hour along with another antiviral/antibacterial medicine such as Oregon Grape Root and heavy doses of probiotics the next hour. (See Diarrheal Illnesses / Stomach Flu in Chapter Twelve)
- **Topical applications:** When using the gelcaps, open gelcaps using a knife and apply topically for issues such as insect bites, ringworm, snakebites, athlete's foot and more. A mashed up fresh garlic clove can also be used in the same way.

Purchasing Info: Health food store / online. Approx. cost: \$12.

Note: Using garlic, plain, either in fresh or dried form also has some amazing medicinal properties. Highly consider learning how to store and grow garlic.

Warnings:

The use of herbs is a time-honored approach to strengthening the body and treating disease. Herbs, however, can trigger side effects and can interact with other herbs, supplements, or medications. For these reasons, herbs should be taken with care, under the supervision of a health care provider qualified in the field of botanical medicine.

Garlic is listed as Generally Recognized as Safe (GRAS) by the U.S. Food and Drug Administration.

Side effects include upset stomach, bloating, bad breath, body odor, and a stinging sensation on the skin from handling too much fresh or dried garlic. Handling garlic may also cause skin lesions. Other, more rare side effects that have been reported by those taking garlic supplements include headache, fatigue, loss of appetite, muscle aches, dizziness described as vertigo, and allergies such as an asthmatic reaction or skin rash.

Garlic acts like a blood-thinner. Too much garlic can increase your risk for bleeding during or after surgery. It may also interact with blood-thinning medications (see "Interactions").

People with ulcers or thyroid problems should ask their doctor before taking garlic.

- **Possible Interactions**

Garlic may interact with a number of medications, including the ones listed below. To be safe, if you take an prescription medicines, ask your doctor before taking garlic supplements.

Isoniazid (Nydrazid) -- This medication is used to treat tuberculosis. Garlic may lower the amount of this medication that the body absorbs, meaning it might not work as well.

- **Birth control pills** -- Garlic may make birth control pills less effective.

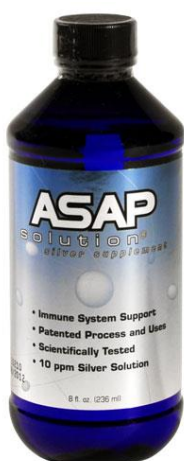
Cyclosporine -- Garlic may interact with cyclosporine, a medication taken after organ transplant, and make it less effective.

- **Blood-thinning medications** -- Garlic may make the actions of these medications stronger, increasing the risk of bleeding. Blood-thinners include warfarin (Coumadin), clopidogrel (Plavix), and aspirin.
- **Medications for HIV/AIDS** -- Garlic may lower blood levels of protease inhibitors, medications used to treat people with HIV. Protease inhibitors include:
 - Amprenavir (Agenerase)

- Fosamprenavir (Lexiva)
- Indinavir (Crixivan)
- Nelfinavir (Viracept)
- Ritonavir (Norvir)
- Saquinavir (Fortovase)

Nonsteroidal anti-inflammatory drugs (NSAIDs) -- Both NSAIDs and garlic may increase the risk of bleeding. NSAIDs include ibuprofen (Advil, Motrin) and naproxen (Aleve) as well as prescription medications. (90)

ASAP Silver Solution:



Description: Scientifically formulated and tested, ASAP Silver Solution is a bacteria-killing liquid that is made up of 10 (or more) parts-per-million of silver particles in a water solution.

Benefits: Anti-Bacterial – on all bacterial types. Boosts the immune system in fighting off sickness and disease. Spray on skin as an antiseptic spray and to promote healing.

I have corresponded with a few of the makers of the ASAP silver solution. I once asked one of their retired employees if they could tell me whether or not ASAP silver only kills a hand full of bacteria or more (a myth told to me by another health expert).

He very clearly told me that it has been able to kill every bacteria they have every tested it against within a lab. ASAP Silver is also antiviral.

As for the argyria issue (the blue-ing of the skin from overusing colloidal silver) – it is physically impossible to drink enough of ASAP Silver to produce the argyria condition. ABLsilver.com teaches more about that.

Maladies: Acne, allergies, appendicitis, arthritis, blood parasites, bubonic plague, burns, cancer, cholera, conjunctivitis, diabetes, gonorrhea, hay fever, herpes, leprosy, leukemia, lupus, lymphangitis, Lyme disease, malaria, meningitis, parasitic infections, pneumonia rheumatism, ringworm, scarlet fever, septic conditions of eyes, ears, mouth and throat, shingles, skin cancer, staph infections, strep infections, syphilis, toxemia, trench foot, warts and stomach ulcer.

Purchasing Info: Health food store, Emergency Essentials, or online. Approx. cost is \$15-\$20 per 8 oz bottle.

How to Use:

(Unless otherwise noted, all information in this section is sourced and inspired from Dr. Gordon Pedersen's book, "A Fighting Chance," pages 42 to 124.)

- **Abscesses**

Because it's an open wound, an abscess can expose the blood flow and the lymph system to possible bacteria contamination. It is very important to kill the bacteria in the wound. Silver can be used as a mouth rinse for an abscess in the mouth. Hold one ounce of liquid in your mouth for at least six minutes, two to three times a day. It can then be swallowed, providing an internal rinse as well.

You can also use liquid Silver as a rinse for an abscess on the outside of your body. When you first clean the abscess, rinse it with liquid Silver. If it requires a bandage, soak the gauze bandage in liquid Silver and put a drop of gel on the surface before taping it into place. For a very small abscess, you can simply put a drop of the Silver gel on a Band-Aid and place it over the abscess. For a large abscess, place the gel or spray the liquid Silver on the wound one to four times a day.

- **Acne**

Acne attacks people of all ages, from infants to adults. Bacteria getting inside of a hair follicle or a sweat gland called a sebaceous gland can cause acne. Once the bacteria gets under the skin it will duplicate itself, dissolving healthy tissue in the process and leaving scars behind. To get rid of the acne, you must get rid of the bacteria.

To kill the bacteria, take two teaspoons of silver twice a day. Silver should also be applied topically twice a day. You can use the gel or spray the liquid topically.

You can expect to see reduction in the size and in the damage of the acne within 24 hours. Total improvement of the skin will take about four weeks, which is the amount of time necessary for new skin to grow from the bottom to the top layer.

- **Age Spots**

Age spots develop when the liver doesn't produce enough enzymes to detoxify what is circulating through the blood stream. Certain toxins can be deposited in the fats underneath your skin, creating an age spot – usually a permanent effect like a tattoo.

You can get the liver working properly again, and get the proper production of enzymes at the same time, by drinking liquid Silver on a regular basis. Putting Silver gel on the age spot can help excrete that which has been stored under the skin. For the best benefit, apply topically two to four times a day and take one teaspoon orally twice a day.

- **Anti-Bacterial**

Found on the skin, in the blood stream, in the intestines, or in the hair, bacteria cause countless diseases. When serious diseases are examined in the lab they find that every serious chronic disease is associated with the presence of pleomorphic bacteria or mold. These damage the immune function that normally protects the cell from foreign invaders. When the bacteria or mold invade a cell and reduce the immune protection, they allow toxins and contagions to enter the cell and damage the DNA, allowing serious disease to originate. Silver starts killing bacteria in as little as fifteen seconds. If you put Silver gel, liquid, or mist in direct contact with bacteria, the bacteria will usually be totally destroyed within six minutes. Some bacteria may take longer but can be destroyed with regular Silver use.

For preventative use, drink one teaspoon of Silver each morning and night. That dose

can be doubled to fight an aggressive bacterial infection. It may be applied topically to any affected areas one to four times a day. ***Other immune-supporting remedies can / should be used along with the Silver.***

- **Anti-Fungal**

Fungus can get into any warm, moist area and often feeds off of sugars. Cutting off sugars can combat intestinal fungus or yeast. For a yeast or fungus infection in the armpits or vagina, apply Silver directly to the yeast or take liquid Silver internally. It can be applied topically one to four times a day, or as needed. The recommended liquid use is two teaspoons, one to three times a day. ***Probiotics should be used simultaneously.***

Yeast and fungus can get inside your intestines, causing muscle pain and symptoms of depression and attention deficit disorder. It can also result in all the symptoms of headaches, lymph problems, lupus and autoimmune disorders, including fibromyalgia.

Many people have resolved these symptoms by taking two teaspoons of Silver daily as part of an intestinal yeast and fungus cleanse. The cleanse may be accompanied by one to three weeks of flu-like symptoms while the yeast leaves the body. Silver colonics have been used in the rectum, and douches are being successful in the vagina. For these applications use only distilled water with Silver.

- **Anti-Tumor**

Tumors can have a myriad of causes. Tumors are almost always caused by a combination of problems. One bacterium is not usually the cause of a tumor, but when bacteria get into the cell and neutralize your immune function, you become more susceptible to other toxins in the air and water. This allows DNA to be damaged and a tumor to form. Bacteria such as hepatitis B can cause cancer. Viruses can also cause tumors and cancer, including the human papilloma virus that can result in cervical cancer in women.

Those with a tumor should drink one to four ounces of Silver liquid a day, sipping the Silver every hour for the first 4-8 hours. Drink two ounces a day for the next five days – two tablespoons in the morning and two tablespoons in the night. Apply topically two to three times a day to the tumor if it is visible. In addition, you may find an intestinal cleansing with probiotics helpful.

For more acute problems, drink four ounces one day and sip it every hour the next day.

If cancer runs in the immediate family, two tablespoons of Silver in the morning and evening can be used as a preventive method.

Maintaining a diet that is low in trans-fat and sugar and high in vegetables, fiber, fruits and proteins will also help. In addition, get at least eight hours of sleeps a night. Take supplements that have immune enhancing capabilities such as a vitamin or mineral supplement, Lypo-C or Lypo-Glutathione.

Exercise if possible on a daily basis. Not strenuous, but a walking type of exercise to make sure your circulation is good and your body's immune function is properly working in concert with your lymph system. Neutralize toxins in your air and water using proper filtration in your home. Cleanse the intestines and your blood. Cleanse the intestines with an intestinal cleanse using bentonite clay, probiotics or diatomaceous earth.

Cleanse your liver by using milk thistle on a daily basis, and then cleanse the blood stream by taking a large amount of antioxidants like Asea, Lypo-C, or Lypo-Glutathione. Always, eliminate as much stress as you possibly can.

- **Anti-Viral**

Viruses cause many diseases that we don't have pharmaceutical drugs to cure. For this reason, the human race is at a high risk for virus activity. We have viruses that are being treated incorrectly with antibiotics. Antibiotics do nothing to destroy or cure viral infections. Silver is very powerful and patented against both reversing transcriptase and DNA polymerase viruses, interfering with the replication process.

By drinking two tablespoons of Silver in the morning and night, you can potentially defeat an existing viral infection. Inhaling a nebulized form of silver works best for a viral infection in the lungs or sinuses. Drops can also be placed in your ears, eyes, nose, or throat twice a day.

To prevent a cold or flu, drink one teaspoon twice a day. If you are exposed to a lot of coughing and sneezing, the dose can be doubled.

Also consider using the preventative protocol. See Chapter Twelve.

- **Antibiotic Alternative**

According to Dr. Rustum Roy (Penn State University) Silver is more broad-spectrum than anything found in the drug world or nature. This means Silver kills more than just a tiny segment of bacteria, like antibiotics do. Silver kills all the bacteria except the healthy (probiotic) bacteria. This can happen because the healthy flora (lactobacillus) secretes a protective layer or lactobacillus around itself to protect against the acidic stomach acids.

This protective layer prohibits the silver from rupturing the cell membrane because it cannot penetrate through the lactobacillus outer coating. This is demonstrated when a person takes antibiotics, and the action of the drugs kill the healthy flora, resulting in diarrhea. This is not seen when a person takes a quadruple dose of Silver. In fact, some have swallowed 8 ounces at one time (a 48 times normal dose) and never produced diarrhea.

Silver improves antibiotic function and makes antibiotics up to ten fold stronger when taken with Silver. It should be noted that a person taking Silver daily (1 teaspoon 1-3 times a day) should destroy bacterium, viruses and yeast that cause the majority of illnesses, so you may never need to take an antibiotic again. According to a study performed by Nelson labs, Silver was found to completely kill all tested bacteria and cause NO resistance. This is important because it proves that Silver is not going to cause the bacteria to get stronger or have the problems that plague antibiotic drugs.

- **Athlete's Foot**

Athlete's foot is basically a fungal infection on the skin. It occurs when we put our feet in shoes and keep them in a warm, moist area where fungus can grow. The first step to prevention is to wear clean shoes and reduce the amount of time that your foot stays in a moist sock.

Silver can be sprayed into your socks or directly on the foot. Silver gel is an even better option in this situation. It can be applied between the toes to kill any yeast growth. You

can also spray silver into your shoes to kill any bacteria. In addition to athlete's foot, fungus can get underneath your toenails. By soaking your feet for 30 minutes every other day in a Silver bath, you will kill the toenail fungus and the athlete's foot. The fungus will return if you continue to wear shoes or socks that are housing bacteria or fungus.

By killing the bacteria and yeast, Silver will also remove the odor associated with athlete's foot.

- **Bacteria**

Bacteria are single cell organisms that actually grow within or outside your body. Left uninhibited, bacteria can cause disease or death. Many of today's health problems result from bacteria. Pneumonia, one of the leading causes of death in America, comes from bacteria inside of the lungs.

Silver will destroy bacteria in approximately six minutes. You will feel the effects within the first two hours of use and the benefits will continue as long as you use the product. It's good to combine silver with other immune enhancing remedies. See Chapter Twelve.

- **Bad Breath**

Bacteria residing in the mouth and gums or between the teeth usually cause bad breath. Using Silver rinse can destroy these bacteria. By rinsing the mouth for six minutes in the morning and at night, you will get rid of the bad breath. Swallow the silver to continue cleansing the rest of the body.

Bad breath can also be caused by strep throat or a staph infection. In these cases, bacteria destroy the healthy tissue, causing red blisters and white pus to form in the back of the throat. The odor comes as a result of the degenerating tissue. Silver is the fastest way to remedy the problem. Spraying Silver into the nose four times a day can treat odor caused by a sinus infection.

- **Bedsore**

When a bed does not have proper balance, pressure points can form. Irritation or rashes on the skin then lead to open wounds. To treat bedsore, get a good bed with a neutral balance. Do not use too much laundry detergent on bedding and sheets.

Silver gel can be applied directly to the bedsore one to four times a day. The gel should be kept in place with a sterile bandage. You can expect improvement to begin very quickly after Silver is introduced to a wound. Improvement in diabetics may take two to three times longer because of circulation problems.

- **Black Mold**

Black mold is a fungus or yeast that grows in wet areas of the home like showers or walls. The mold will release spores into the air. If these spores reach your lungs, they will produce asthma and chronic fatigue-like symptoms.

To remove the mold, spray liquid Silver on it and let it stand for 10 minutes before wiping it off. This will destroy the mold and likely prevent it from re-growing.

- **Bladder Infection**

Urine remains in the bladder for about six hours before it is drained. If bacteria get into

the bladder, they will duplicate every 20 minutes – a bladder infection can become serious very quickly. The infection will degrade the lining of the bladder and possibly travel up the tubes from the bladder to the kidneys, causing a kidney infection.

To treat a bladder infection, two tablespoons of Silver should be taken hourly for the first two days. For the next two weeks, take two tablespoons twice a day. You should expect to destroy the bladder infection within the first 12 to 24 hours. Silver liquid can be taken with cranberry juice or juniper berries.

- **Body Odor**

Since bacteria cause most body odor, Silver can help control the production of the odor. Spray or apply silver to the affected area and drink one teaspoon twice daily. This can also help with bad breath.

- **Blood Cleanser**

Bacteria, viruses, yeast, parasites, and other toxins can get inside our blood. Silver is one of the best tools for blood cleansing. It will enter a single red blood cell and cleanse at the cell level.

For acute blood cleansing, take one ounce every hour for four hours. For some serious conditions, you will need to take one four ounce dose every day for the first three days, followed by a maintenance dose of two tablespoons twice a day. To cleanse your blood each day, take one to two teaspoons, one to three times a day. Include Chaparral tincture to help purify the blood.

- **Boils**

Boils occur when bacteria or viruses get under the skin and duplicate, destroying the healthy tissue. The duplication produces a pustule, which is similar to cystic acne; only it doesn't need a hair follicle or sebaceous gland to get down into the skin. Boils can be caused by simple irritations such as the rubbing of a belt on the skin or agitation on the side of a foot.

Applying Silver gel topically one to four times a day can treat a boil. In some cases, you may want to cover the boil with a bandage. In addition, you will want to drink two teaspoons of Silver liquid twice a day.

As soon as the liquid and the gel comes in contact with the bacteria, the boil growth with stop. Within about two hours you'll feel inflammation reduction. You will see improvement of the boil within four hours.

- **Bones**

Bones can have a number of problems – breaks, infections, stoppage in the production of bone marrow and red blood cells – and pain is almost always associated with these problems. Silver liquid taken on a daily basis can help reduce the bacteria, virus, and mold within the system, thus reducing the impact on the bones.

Silver can help reduce the infection rate associated with broken bones or compound fractures, allowing the immune system to repair the bone much quicker.

---End of Sample for Chapter Ten---

CHAPTER ELEVEN

Tools and Supplies



With nebulizers we get somewhat the same effect as with injections – medications that quickly diffuse into the bloodstream. Thus a nebulizer holds the capacity to save lives.

– Dr. Sircus

There are a hand full of very important and rather inexpensive tools that are essential and possibly even life-saving during emergency situations. Many of these tools allow us to administer fluids, nutrients or alternative medicines in ways other than by taking them orally and provide options to treating some of the most life threatening diseases during a disaster such as: respiratory infections, constipation, dehydration and shock.

For example, if there is a child that is very ill and has become incoherent or is throwing up profusely and is in need of IV's due to dehydration and loss of electrolyte levels, in order to keep him/her alive, we can administer lifesaving liquids rectally using either a rectal syringe or an enema bag.

Another example is one basic little \$29 - \$59 tool, a nebulizer, which not only gets medicine into the lungs and treats respiratory infections (one of the leading causes of death during disaster situations) but it also gets the medicine into the body on a **systemic level**.

Tools mentioned in this chapter are as follows:

- **Nebulizer:** For the administering of medicines into the body on a systemic level by inhaling its vapor through a mouthpiece. It's a substitute to medicines administered via IV or through injections.
- **Rectal Syringe:** A substitute to IV's for rehydrating a dehydrated patient and for the administering of nutrients and certain remedies through colon absorption.
- **Enema Bag:** Same as rectal syringe but allows delivery of larger amounts of fluid. Ideal for adults who are in need of rehydration, in shock or severely ill. Also good for relieving constipation.
- **DMSO:** Rapidly pulls other nutrients / medicines into the body systemically (throughout body) and / or especially directly to tissue under skin where DMSO has been applied. Also a strong topical anti-inflammatory medicine.
- **Saran Wrap:** For a variety of remedy treatments.
- **Sinus Rinse Bottle:** Rinses pathogens out from sinuses keeping sinus infections from becoming severe.

- **Spray Bottle:** Can be used for a variety of uses: to spray wounds or burns with a antimicrobial/healing solution, to spray objects and surroundings with solution to either repel insects or to sanitize areas, and to spray into air to help disinfect air.
- **Capsules:** Vegetable capsules are necessary in dropping remedies such as essential oils into so that these remedies can be taken orally with little / no discomfort.
- **Dropper Bottle:** This simple “tool” is very helpful in allowing one to drop remedies into ears or eyes for ear or eye infections or to drop into nose (with head lying off of end of end) to treat hard-to-reach sinuses.
- **Stethoscope:** Instrument that allows a person to listen to sounds produced by the heart, lungs, heart and intestines.
- **Blood Pressure Pump:** An instrument that allows a person to know whether high or low blood pressure is present.

Nebulizer



One of my top recommended tool is a nebulizer. Purchase a “battery operated” nebulizer from e-bay. The battery operated nebulizer brand I personally have and use is called *Endeavor*.

A nebulizer is able to convert a liquid into tiny bubbles that are so tiny that they can only be seen under a microscope, they look just like smoke and are so small that they can be inhaled deep down into the deepest regions of the lungs without any discomfort or irritation.

Amazingly, with nebulizers we get somewhat the same effect as with injections—medications quickly diffused directly into the bloodstream. Thus a nebulizer holds the capacity to save lives. (8)

Dr. Sircus, a specialist who uses alternative and natural remedies in his practice, explains that sometimes very sick people or even animals with a lung ailment do better when taking drugs by nebulization as opposed to orally, because then the embattled system doesn’t need to go through breaking down the medications in the stomach and then delivering them to the lungs through the blood stream. With nebulization medicines get sprayed directly onto the lung tissues where they can most easily be absorbed locally by the lung and brachial cells. (1)

Nebulization can be used for the treatment of dietary and/or metabolic acids in association with infectious diseases such as hepatitis and HIV. Nebulization can treat the acidic lung conditions of pneumonia, bronchitis or tuberculosis and can treat general bacterial infections where the increase in bacteria is coming from the breakdown of body cells due to excess tissue acidosis. (8)

Most of the published research about nebulization is on standard usages like asthma but this delivery system can also be used to treat:

- | | |
|--|--|
| <ul style="list-style-type: none">• Lung Cancer• Pneumonia• Tuberculosis• Emphysema• Influenza (flu) | <ul style="list-style-type: none">• Chemical Poisoning• Asthma• Bronchitis• Other Respiratory Infections• Illness Prevention |
|--|--|

With the use of this localized delivery system effective antimicrobials can have a direct effect on surface organisms in the bronchial system.

Nebulization also directly accesses the **sinuses, throat, bronchial tract, and lungs** – so that the nebulized medicine can have **direct** contact with any viruses, **bacteria, fungi and/or toxins** at work in, for example:

- | | |
|--|--|
| <ul style="list-style-type: none">• Colds/ flus• Sinusitis• Bronchitis | <ul style="list-style-type: none">• Sore/Strep throat• Throat or lung cancer• COPD infections (17) |
|--|--|

Along with the administration of medicines into the **lungs, throat** and **whole body**, nebulizing does the following:

1. *Thins secretions & mucus making it easier to expel pulmonary secretions.*
2. *Makes coughing easier while lessening the need to cough.*
3. *Keeps your windpipe & trachea lining and stoma moist & healthy.*
4. *Moistens the air that goes into your lungs.*
5. *Hydrates & moisturizes your nasal passages, mouth and throat.*

Suggested medicines for nebulizer's:

There are only a small handful of medicines that should be used for treating conditions with the nebulizer (termed: “off-label nebulization methods”) for health issues such as:

Remedies for Nebulization	
- ASAP Silver	- Asea
- Nascent Iodine	- GSE (possibly)
- Glutathione	- Baking Soda
- Magnesium Chloride	

Simply use the nebulizer according to its instructions and see each of these remedies in this chapter to know how to administer each one via a nebulizer. It is important to understand that nebulizing devices accept medicine in the **liquid form only**.

(See Respiratory Illnesses Protocols in Chapter Twelve for more info.)

Extra:

Few practitioners consider the systemic effects of nebulizers. It opens a wonderful delivery system that is important for certain populations like infants, children, intensive care patients and to all those who are trying to care for themselves or loved ones at home. Why not use the nebulizer delivery system to deliver treatments not just to the lungs but to the whole body?

For pediatricians and parents nebulizers are a God send because our babies cannot pop pills and we don't really want to be sticking needles in them every day. Transdermal medicine offers the most to the world of pediatrics with the administration of medicines through their baths and their breathing.

The great strength of nebulizers is their capability of delivering medications and moisture directly to the tracheobronchial tree. Contrary to other treatment options, higher concentrations in respiratory secretions can be achieved with aerosol therapy.

Nebulizers are good for young children, people who have trouble using metered dose inhalers, and people who have severe asthma. Within 10 to 15 minutes, the medication is used up and symptoms are gone, or prevented for six to eight hours. Even babies can breathe the mist and nebulizer treatments are fast becoming pediatrician-approved alternatives to over-prescribed antibiotics.

CAUTIONS for Using a Nebulizer:

In some countries nebulizers are given to people by prescription only because they give a person direct access to the bloodstream and this is an indication that this is serious medicine we are dealing with, so caution is advised. (8)

When using a nebulizer, always watch for signs of increased irritability, loss of concentration, and increased emotional instability. If any of these symptoms occur, cut down or temporarily suspend your nebulizing treatments. Suspension of use will give your body time to adjust and go through a natural cleaning cycle and will prevent any harm being done to the body.

You can restart treatment with a smaller amount of nutritional solution used, but in the unlikely event that these symptoms continue, discontinue use and consult with your health care provider. (8)

Special Note:

Some research has found that **inhaling glutathione in mildly asthmatic people may cause bronchospasm** due to sulfite formation. The connection to good glutathione levels is crucial in asthma, but needs to be weighed against the risk of bronchospasm when inhaled.

Caution must be used at all times and glutathione levels may be more safely raised in asthmatic people by oral or other means.

Proper medical supervision is advised at all times when asthma is a risk so as not to cause undue stress on this very sensitive bronchial tissue.

How to Use:

The patient inhales vapor through a mouthpiece or face mask and by doing so not only is the patient getting the medicinal properties they are breathing into the lungs but it is reaching the **whole body** on a **systemic level**.

(For instance, if a child has the flu and is throwing up profusely and is unable to hold any medicines down, using a nebulizer is a great alternative solution to getting medicines into the body.)

Basic Steps for Using a Nebulizer

1. Inhale the mist through the mouthpiece or face mask, depending on what type you're using.
 2. Take deep breaths and inhale the vapor completely. If possible, hold breath for 2-4 seconds to allow absorption into the lungs.
 3. Tap the cup regularly to ensure the right dispensation of medicine and if using a mask, don't remove it until the medicine is used up completely.
- It will take about 10-20 minutes to finish nebulization depending on what type of medicine is used.
 - If you are treating colds or sinus problems, you can also alternate breathing through your nose.

Note: Nebulizing any medicinal solution one should **not exceed 10 ml (2 tsp.'s), 3 times a day**.

Generally, **one full nebulizer dose is 10 ml**. However, this dose in some cases is spread throughout the day, or might even last a few days, depending on the need. A dosage philosophy may vary.

The following examples illustrate different ideas:

- **Two minutes of nebulizer use every 15 minutes for four hours.**
- **Five minutes of nebulizer use every hour.**
- **One complete dose of colloidal alkalizing nutrients 1-4 times daily.**
- **A half-dose of colloidal alkalizing nutrients 1-4 times daily. (8)**

Nebulizing ASAP Silver

Nebulize ASAP Silver for:

- **Any bronchial infection whether viral, bacterial, mold/fungal related**
- **Chronic or Acute Coughs**
- **Flus, Colds or any Illness**
- **As a preventative treatment for any of the above**

There is some caution that needs to be used once it comes to nebulizing remedies. Yet, nebulizing ASAP silver is one of the safest and mildest, yet still very effective, remedies to nebulize.

Instructions for nebulizing ASAP Silver:

Nebulizing ASAP Silver should **not exceed 10 ml (2 tsp.'s), 3 times a day**. Generally, **one full nebulizer dose is 10 ml**. However, this dose in some cases is spread throughout the day, or might even last a few days, depending on the need. A dosage philosophy may vary.

The following examples illustrate different ideas:

- **Two minutes of nebulizer use every 15 minutes for four hours.**
- **Five minutes of nebulizer use every hour.**
- **One complete dose of colloidal alkalizing nutrients 1-4 times daily.**
- **A half-dose of colloidal alkalizing nutrients 1-4 times daily.**
- **10 ml of colloidal alkalizing solution inhaled until gone. Generally takes 20 minutes. (8)**

Nebulizing Asea

Nebulize ASEA for:

- **Any bronchial infection whether viral, bacterial, mold/fungal related**
- **Asthma**
- **Chronic or Acute Coughs**
- **Flus, Colds or any Illness**
- **As a preventative treatment for any of the above**

Instructions for nebulizing ASEA:

Nebulizing ASEA **should not exceed 10 ml, 3 times a day**. Generally, **one full dose is 10 ml**. However, this dose in some cases is spread throughout the day, or might even last a few days, depending on the need. A dosage philosophy may vary.

The following examples illustrate different ideas:

- **Two minutes of nebulizer use every 15 minutes for four hours.**
- **Five minutes of nebulizer use every hour.**

- One complete dose of colloidal alkalizing nutrients 1-4 times daily.
- A half-dose of colloidal alkalizing nutrients 1-4 times daily. (8)

Nebulizing Nascent Iodine



Nebulization with iodine offers an extremely strong therapy that can clear the lungs quite rapidly of infections.

Therapeutic concentrations can be increased for desired effect but it is recommended that doses start at the low end unless there is an emergency situation.

Nebulize iodine for:

- Any bronchial infection; viral, bacterial or fungal related
- Radiation exposure

Instructions for Nebulizing Iodine:

USE NASCENT IODINE ONLY (not Lugol's Iodine or other forms of iodine – the potassium they contain is potentially dangerous)

- Start with using a weak solution, 3-5 drops and slowly increase to 10 drops or more, closely monitoring the experience. As long as the patient displays no discomfort or side effects, concentration can be increased significantly, especially when in a life-threatening situation.
- Use 1-3 times a day. Dosages can be broken up into different dosages – using the nebulizer for only 3-5 minutes at a time every hour or so. (8)

Nebulizing Magnesium Chloride



For magnesium only use the most pure magnesium oil called **Magnesium Chloride** as from Ancient Minerals here: magneticclay.com or ancient-minerals.com or from a local health food store and with a label stating that it is a “pure” magnesium chloride solution.

Nebulize Magnesium for:

Nebulized magnesium therapy can be used along with, yet separately, with other nebulized remedies such as ASAP Silver or glutathione. Do not use along with Asea

---End of Sample for Chapter Eleven---

CHAPTER TWELVE

Basic Protocols for General Illnesses, Injuries and Ailments



“From the bitterness of disease man learns the sweetness of health.” ~Catalan Proverb

Please be aware of any possible side effects the remedies mentioned in this chapter may produce. Side effects and warnings can be found in Chapter Ten.

Please seek the advice of your doctor when using these protocols for your health issues or concerns.

More information about each one of the tools or remedies recommended in these protocols can be found in Chapter Ten.

This chapter will contain protocols for the following illnesses and ailments:

- Allergic Response
- Bleeding
- Burns
- Cavities
- Colds
- Constipation
- Deep/Large Wound
- Dehydration
- Diarrheal Illnesses
- Ear Infections
- Eye Infections
- Fevers
- Food Poisoning
- General Illnesses
- High Blood Pressure
- Heart Attack
- Hypothermia
- Insect Bites / Stings
- Insect Repellent
- MRSA
- Near Dead / Severe Illness
- Pain
- Prevention
- Plague-Type Illnesses
- Radiation Exposure
- Respiratory Illnesses
- Sinus Infections
- Skin Irritation / Chaffing
- Skin Infections
- Snake / Scorpion Bites
- Sore Throat
- Small Wounds
- Stomach Flu
- Swelling / Bruising
- Dosages for Remedies

Allergic Response

Having an allergic reaction (especially where hives and swelling are present) is a medical emergency – seek medical professional help as quickly as possible if this is the case.

Give a dose of Benadryl as soon as possible.

After doing everything possible to seek medical help (and giving a dose of Benadryl) yet there is no professional help to be found - consider using the following remedies:

- Charcoal
- Lavender Essential Oil
- Lypo C
- Magnesium Chloride

Along with Benadryl the following can/should be done – as quickly as possible:

1. For an adult, give adult 1 T. of charcoal in water by mouth. For children give ½ T. in water by mouth. Drink more of the charcoal water, if necessary.
(Note: Charcoal will absorb the Benadryl – use with wisdom. Assess the situation, listen to the spirit and use wisdom in choosing either the charcoal or the Benadryl as the main treatment for the allergic reaction being treated.)
2. Rub Lavender oil onto the hives / swelling areas on the outside of the body.
3. Also add 2 drops of Lavender into charcoal water and apply 1-2 drops to bottom of feet.
4. Immediately give at least 1–3 grams of vitamin C. 1-2 packets of Lypo C would be best. Vitamin C will immediately protect the body from free-radical damage, reduce inflammation, limit histamine release, and boost the immune system. Children can take 0.5 to 1 gram immediately. Give more vitamin C depending on the severity of the sting or bite – if present. For a bee sting, you can give another gram every 20–30 minutes. For a snake bite, much larger doses (5–10 grams or more) may be needed and given repeatedly over a longer period of time. (14)
5. Spray magnesium chloride directly on a bite. Magnesium oil is anti-inflammatory and speeds healing. (14)

Bleeding

Bleeding serves a useful purpose because it helps to clean out a wound. But too much bleeding can cause your body to go into shock. You cannot always judge the seriousness of a cut or wound by the amount it bleeds. Some serious injuries can bleed very little. On the other hand, cuts on the head, face, and mouth may bleed a lot because there are a lot of blood vessels in those areas. (21)

Abdominal and chest wounds are considered an emergency, and you should call for immediate medical help, especially if there are symptoms of shock, such as dizziness, weakness, pale and clammy skin, shortness of breath, and increased heart rate. (21)

While waiting for medical care, give first aid treatment for shock (see Chapter Fifteen). Have the injured person lie quietly with his or her feet elevated about 12 inches. Cover him or her with a blanket to maintain body warmth. (21)

First Aid for Cuts and Wounds

- **Help the person to remain calm.** If the cut is large or bleeding heavily, have them lie down. If the wound is on an arm or leg, raise the limb above the heart to slow bleeding. (21)
- **Remove obvious debris from the wound**, such as sticks or grass. If the object is embedded in the body, do NOT remove it. (21) (Using a poultice with either bentonite clay or slippery elm will help pull debris out of the wound. See “Deep Wounds” in this chapter for instructions on how to do this.)
- If the cut is small, **wash it out with soap and water.** (21)
- After putting on clean latex gloves, **apply firm pressure** to the wound with a folded cloth or bandage for about 10 minutes. Do not remove the bandage to look at the wound during this time, as it may begin bleeding again. If blood soaks through, add another cloth or bandage and continue holding pressure on the cut for an additional 10 minutes. (21)
- When bleeding has stopped, **tape a clean bandage over the cut.** (21)

Alternative Remedies to Stop Bleeding

There are a hand full of remedies recommended within this book that will help get bleeding under control. They are:

- | | |
|------------------|---------------------|
| • Asea | • Hydrogen Peroxide |
| • Baking Soda | • Slippery Elm |
| • Bentonite Clay | • Yarrow |
| • Cayenne | |

Asea:

Spray or pour Asea directly onto wound. (Apply pressure, if needed, to stop the bleeding by pressing a clean cloth / bandage firmly onto the wound for a 5-10 minutes.) Apply antibacterial solution such as Asea, ASAP Silver, or Neosporin onto the wound and place a bandage over the wound.

Baking Soda:

Create a paste with the baking soda by mixing water into the powder and apply to wound. Wash off and repeat, if necessary. (Apply pressure, if needed, to stop the bleeding by pressing a clean cloth / bandage firmly onto the wound for a 5-10 minutes.) Apply

antibacterial solution such as Asea, ASAP Silver, or Neosporin onto the wound and place a bandage over the wound.

Bentonite Clay:

Place powder directly onto the wound. Wash off and repeat, if necessary. (Apply pressure, if needed, to stop the bleeding by pressing a clean cloth / bandage firmly onto the wound for a 5-10 minutes.) Apply antibacterial solution such as Asea, ASAP Silver, or Neosporin and place a bandage over the wound.

Cayenne:

Cayenne pepper equalizes the blood pressure and allows cuts—even deep cuts—to clot quickly so you can keep all your blood inside your body, where it belongs. You can either sprinkle it on dry, or mix it with some water to form impromptu gauze. It'll sting a bit of course, but it's actually a tried-and-true healer—so it's good to have some handy. (22)

Hydrogen Peroxide:

Although hydrogen peroxide can be harsh on wounds – it can be used to help stop bleeding for smaller wounds. Simply pour the 3% hydrogen peroxide over the wound. Reapply if necessary. Apply antibacterial solution such as Asea, ASAP Silver, or Neosporin onto the wound then place a bandage over the wound.

Slippery Elm:

Either apply the slippery elm powder directly onto the wound or create a paste with the slippery elm by mixing water into the powder and apply this poultice to the wound. Wash off and repeat, if necessary. Apply antibacterial solution such as Asea, ASAP Silver, or Neosporin onto the wound and place a bandage over the wound.

Yarrow:

Poultice or Compress: Create a poultice by grinding up a sufficient amount of the yarrow using whatever utensils / bowls on hand that you may have to do the job. Next, add enough warm water to the ground herbs to create a paste-like consistency. Apply to wound. Wash off and repeat, if necessary.

Use a compress for larger areas of grazed skin **see page 68.**

Finely powdered dried herb can be sprinkled on minor wounds.

Burns

There are hand full of remedies that can be used for soothing and healing burned skin. These remedies are:

- ASAP Silver – Antimicrobial, Increases Healing, reduces scarring
- Asea – Antimicrobial, Increases Healing, reduces scarring
- Baking Soda – Raises PH levels, eliminates pain of minor burns
- Bentonite Clay – Raises PH levels, increases electrons and healing
- Lavender Essential Oil– Anti-inflammatory, Antimicrobial
- Tea Tree Oil - Antimicrobial
- Yarrow – promotes healing of wounds

It's important to understand the basics of how to treat a burn before considering using alternative / natural remedies.

The following information shares how to identify the degree of burns and what the basic do's and don'ts are when treating them. The following information was compiled by familyeducation.com:

Basic Rules for All Burns:

Burns are ugly, they hurt, and they are scary. But they can be treated with simple first aid steps. In fact, they are the one injury that must be treated before medical help arrives. The fact is that burns, unless treated right away, will get worse. They'll get deeper below the surface of the skin because the heat continues to do damage.

1. First Aid

When it comes to burns, degree has nothing to do with temperature. The terms first-, second-, and third-degree identify the severity of a burn. Of those, first-degree is the least harmful, and third-degree is the worst.

You might not think of your skin as an organ; after all, it hardly looks like a kidney or a heart. But the skin is a system of the body, and it's the largest organ of the body, too. It's the first shield against aliens, a natural-growing, one-person army of protection, germ warfare, and elimination. If something happens to the skin, the rest of your body is much more vulnerable to infection, shock, and disease. A burn, which affects that skin, is its worst nightmare come true. Unless you act fast, a burn can seep into the skin and invade your entire body.

The next few sections cover each degree of burn and specific first aid treatment for it.

2. Before You Put the Band-Aid On

Because first aid treatment depends on a burn's severity, it's important to correctly identify the severity of the burn. Check the appearance at the center of the wound. That's usually where the burn is deepest, which is your indicator of what degree of treatment is required.

3. The Three Goals in Treating Burns—No Matter the Degree

There is a light (excuse the pun) at the end of the tunnel when it comes to burns. The fact is that burns can be treated successfully if first aid is administered quickly. By reading this, you are already ahead of the first aid burn game. You will know how to act fast in case of emergency. You will know how to treat a burn, regardless of the degree or cause, while you wait for help to arrive.

1. Prevent shock.

2. Ease pain.
3. Reduce the risk of infection.

4. The “Thou Shalt Not” Commandments for Burn Treatment

The first aid measures you don't take can be as important as those you do take, especially when it comes to burns. Here's the “short list” on what not to do:

- Do not pierce or open blisters. It leaves the burned person “wide open” for infection. The skin is the body's first defense against infection by microorganisms. Damage to the skin can predispose the burn victim to both infection at the site of the wound as well as internally.
- Do not peel off burned dead skin. It not only leaves the new skin underneath too vulnerable to infection, but it can cause scarring.
- Do not attempt to peel away any clothing stuck to the burn. Pulling away the cloth can also peel away any healing skin. And, as anyone who's ever had a bandage pulled off knows, it can hurt too!
- Do not use butter, antiseptic creams, or any other “folk remedies” on burns. They can actually cause the infection you're trying to avoid! None of these remedies, especially butter, will do anything beneficial for major burns.

First Degree Burns

Accidentally touching a hot burner, getting too much tropical sun, and holding a scalding hot pot are all ways you can get first-degree burns. First-degree burns are the most benign and most common burns of all. However, because first-degree burns irritate nerve endings (especially fingertips), they can hurt a great deal. Luckily, healing is very quick because only the outermost layer of skin is affected.

You can tell these burns not only by the amount of howling the sufferer does when the accident occurs, but also by the resulting red skin. There will be no blisters on a first-degree burn, nor will the skin be broken. There may be some swelling on and around the burned area. This kind of burn affects only the outermost layers of the skin.



First-degree burns have slight redness or discoloration, along with a bit of swelling and pain.

First-degree burns do not usually need professional medical attention. Simply cool the burn under cool, running water for several minutes to stop the burn from getting worse. You can give the injured person an aspirin (if he or she has no medical complications) and soothe the area with some aloe vera ointment or burn cream.

Second-Degree Burns

By the very nature of their place on the “burn hierarchy,” these burns require some medical treatment. You can get a second-degree burn from too much sun, scalding hot soup, coffee, tea, or quick flash burns from gasoline or kerosene lamps.

Second-degree burns are distinguished by the blistering, red blotchy marks they leave on skin. Blisters form in these burns because the burn penetrates deeper into the layers of skin, releasing body fluids that erupt and cause blisters on the surface. Sometimes the burned area will swell or ooze, and it is painful.



Second-degree burns look red or mottled, and generally have blisters. These burns may ooze or swell.

Pain from second-degree burns can be vastly reduced by preventing air from getting at those tender, exposed nerve endings and tissues. Here's the best emergency first aid, step-by-step:

1. Submerge the burned area in cool water. If the burn occurred on the chest or back, pour cool water from a bucket directly onto the burn. Don't use ice on the burn.
2. Keep the cool water on the burn until medical help arrives. If the burns are minor, keep them in cool water for at least five minutes.
3. If the burns are extensive, you can apply a cool, wet cloth to the affected area—but only if the dressing is wrapped in plastic. Cloth tends to adhere to burns, and it can worsen the pain if a physician has to pull it off to treat the burn. Don't use fluffy cotton, or other material that may get lint in the wound. Wrap any gauze loosely to avoid putting pressure on burned skin. Bandaging keeps air off the burn, reduces pain and protects blistered skin.
4. If the burns are minor, you can treat them in the same way you'd treat first-degree ones. You won't need medical help. Simply pat the area dry and place a loose sterile cloth over it.
5. Take an over-the-counter pain reliever. These include aspirin, ibuprofen (Advil, Motrin, others), naproxen (Aleve) or acetaminophen (Tylenol, others). Use caution when giving aspirin to children or teenagers. Though aspirin is approved for use in children older than age 2, children and teenagers recovering from chickenpox or flu-like symptoms should never take aspirin. Talk to your doctor if you have concerns.

Alternative Remedy Options for 1st and 2nd Degree Burns

ASAP Silver:

Run burn under cold running water. Spray the burn with ASAP Silver, along with any bandage that may cover it to help heal the burn. Larger wound-dressing bandages can be applied having been wet with colloidal silver.

Consider adding lavender to the Silver spray to help soothe the pain. Mix 3-6 drops of lavender spray per every ½ cup of silver. Spray onto burn every 30-60 minutes or as needed.

Asea:

Run burn under cold running water. Spray the Asea directly onto the burn and onto any bandage that may cover the burn. Larger wound-dressing bandages can be applied having been wet with Asea. Do not apply **dry** bandages to burns. Do not mix other remedies into / with the Asea— it will decrease the effectiveness of the Asea. Spray onto burn every 30-60 minutes or as needed.

Baking Soda:

Run burn under cold water first, then apply a baking soda paste to the burn. Make baking soda paste simply by mixing water and baking soda together until it forms a paste.

Consider adding ASAP Silver to the baking soda paste for extra disinfectant and healing properties. Cover with plastic wrap or cloth to help keep the paste moist. Can be left on for several hours. Re-apply if/when needed.

Bentonite Clay:

Run burn under cold running water. Apply cold clay, in thick poultices, to the entire burn area. Renew the poultice application day and night, changing them every hour, until the appearance of new tissue occurs. Then reduce the frequency of application, but not less than 3 or 4 poultices a day, and leave the poultice in place for two hours each, until tissue is virtually rebuilt.

Consider also drinking 1 ounce of the clay, 3 times daily to increase overall healing. For extended area burns, it is advisable to coat the whole body with clay.

Consider adding ASAP Silver to the clay to add extra healing and antimicrobial properties.

Lavender:

Soothe the burn by using Lavender. Lavender can be applied by either mixing a few drops into ½ cup of pure water and spraying directly onto the burn as often as needed or soak the burn in same solution in a bowl / container. Gauze used to cover the burn may also be sprayed with the lavender solution to keep the gauze wet and to help heal the burn.

Tea Tree Oil:

Run burn under cold running water. Spray diluted forms of Tea Tree oil onto burn and wet gauze. Mix 2-3 drops of tea tree oil to 1/2 cup pure water. Consider adding ASAP Silver to the Tea Tree Spray mixture or apply it directly onto the burn. Use as needed.

Yarrow:

Run burn under cold running water. Create a yarrow poultice (do not use tincture) by washing fresh yarrow (or use dried yarrow), mash it up with a touch of pure water either in a bowl or by chewing it up and apply to the affected skin. Cover and wrap it with a clean damp cloth. Leave it like this for hours at a time, keeping the cloth damp at all times.

Remove the poultice and, if needed, reapply a new one. Consider adding ASAP Silver and/or lavender to the poultice to increase healing and to help soothe the pain.

Third Degree Burns

Third-degree burns are serious—deadly serious. If you encounter someone who has a third-degree burn, get medical attention fast! How do you know a third-degree burn from a first- or second-degree one? The injured person is literally burned, the skin is charred and white. All of the layers of skin are destroyed (sometimes quite obviously) with this kind of burn.

First Things First

Did you know that third-degree burns hardly ever hurt at all, at least not initially? That's because nerve endings have been completely burned, and the brain hasn't yet received the painful message.

Third-degree burns come from situations like the ones you read about in the paper. Fireman rushing from burning buildings. People rolling on the ground with their clothes on fire. Pots of boiling water spilling on vulnerable skin. Accidents involving electrical outlets. Any of these can cause serious burns and shock.

If the burned person shows any of the signs of shock, immediately treat that before taking care of the burn.

As we've already mentioned, third-degree burns are the most severe of all burns. They require medical treatment and precise first aid care. If you know what you are doing, you can help prevent infection from spreading.



Third-degree burns look like deep wounds and often appear to be white and charred.

Basic Steps for 3rd Degree Burns:

1. Call for medical attention if access is immediately available.
2. Treat for shock, if necessary. This is especially true if the burn is caused by electric shock.
3. If you suspect chemical burning, especially from dangerous acids, you need to take first aid care one step further in order to stop the burn from spreading. As soon as you've called for medical help, pick up the phone and call the local poison control center. As

with any type of poison ingestion or inhalation or burn, these specialists can tell you exactly what you need to do.

4. Remove any tight clothing or jewelry that's not on the actual burned area. With third-degree burns, there's always the danger of swelling which can cause blood vessels to constrict and create other complications.
5. You can submerge the burned area under cool running water, but avoid ice. Too much cold can exacerbate shock. Don't immerse **large** severe burns in cold water. Doing so could cause a drop in body temperature (hypothermia) and deterioration of blood pressure and circulation (shock).
6. Pat the area dry and place a loose, sterile cloth over the area.
7. If hands are burned, elevate them, keeping them higher than the heart. This can be done by gently placing pillows under the injured person's arms.
8. Burned legs and feet should also be elevated to keep blood flowing smoothly.
9. Keep the injured person still. Do not let him or her walk around.
10. If the face is burned, keep checking for breathing complications. If airways seem to be blocked, perform mouth-to-mouth resuscitation.
11. **Cover the area of the burn.** Use a cool, moist, sterile bandage; clean, moist cloth; or moist cloth towels.
12. Above all, get the burned victim to a hospital. Third-degree burn victims are prime candidates for infection, pneumonia, and other complications, and they need medical attention fast.

Alternative Remedy Options for 3rd Degree Burns

ASAP Silver:

(Follow basic steps listed in 3rd Degree Burn section.) Run burn under cold running water. Spray the burn with ASAP Silver. Also spray silver generously onto any **wet** bandages that will be used to cover the burn.

Consider adding lavender to the Silver spray to help soothe the pain by mixing 3+ drops of lavender essential oil into ½ cup of silver. Spray every 30-60 minutes or as needed.

Make sure to keep bandages wet at all times! Reapply new bandages as needed.

Asea:

(Follow basic steps listed in 3rd Degree Burn section.) Run burn under cold running water. Spray the Asea directly onto the burn and onto any **wet** bandage that will be used to cover the burn.

Do not mix the Asea with any other remedy – it will decrease the effectiveness of the Asea. Spray bandage every 30-60 minutes. Consider alternating between spraying with

Lavender to soothe pain and decrease inflammation and spraying with Asea. Mix 3+ drops of lavender oil with ½ cup of water to create lavender spray.

Make sure to keep bandages wet at all times! Reapply new bandages as needed.

Baking Soda:

(Follow basic steps listed in 3rd Degree Burn section.) Run burn under cold water first, then apply a baking soda paste to the burn - made simply by mixing water and baking soda together.

Consider adding ASAP Silver to the baking soda paste for further healing. Cover with plastic wrap or such to keep moist. Can be left on for several hours. Re-apply when needed.

Consider using another poultice such as bentonite clay after using baking soda to help further healing.

Bentonite Clay:

(Follow basic steps listed in 3rd Degree Burn section.) Run burn under cold running water. Apply cold clay, in thick poultices, to the entire burn area. *(Consider spraying the burn with ASAP Silver first before applying the clay and consider adding some of the silver to the clay poultice before applying.)*

Renew the poultice application day and night, changing them every hour, until the appearance of new tissue occurs. Then reduce the frequency of application, but not less than 3 or 4 poultices a day, and leave the poultice in place for two hours each, until tissue is virtually rebuilt.

Consider also drinking 1 ounce of the clay, 3 times daily to increase overall healing. For extended area burns, it is advisable to coat the whole body with clay.

*One needs to be cautious using clay directly to severely damaged tissues; if the clay dries, removing the clay can cause the tissue damage to the area being treated. **Keep clay moist at all times – especially when using it on damaged tissue.***

Lavender:

(Follow basic steps listed in 3rd Degree Burn section.) Soothe the burn by using Lavender. Lavender can be applied by either mixing a few drops into ½ cup of pure water and spraying directly onto the burn as often as needed or soak the burn in same solution in a bowl / container using 5-10 drops of lavender oil to a gallon of water.

Gauze used to cover the burn may also be sprayed with the lavender solution to help help keep the gauze wet and to help soothe the pain and decrease inflammation.

Do not apply undiluted to the burn – it will sting.

Tea Tree Oil:

(Follow basic steps listed in 3rd Degree Burn section.) Run burn under cold running water. Spray diluted forms of Tea Tree oil onto burn and wet/damp gauze. (1/2 cup pure water to 2-3 drops of Tea Tree Oil.) Consider adding ASAP Silver to the Tea Tree Spray mixture or apply it directly onto the burn. Use as needed.

Do not apply undiluted – it will sting.

Cavities

Cavities need to be treated by a dentist eventually - but it is possible to keep the cavity at bay until professional help is available. One excellent purchase for home-storage purposes would be a book called, *When There is No Dentist*.

Remedies within this book that can treat cavities are as follows:

- Activated Charcoal
- ASAP Silver
- Asea
- Cayenne
- Clove Essential Oil
- Dandelion Root
- Garlic
- Goldenseal
- GSE
- Hydrogen Peroxide
- Iodine
- Lemon Oil
- Oregon Grape Root
- Tea Tree
- Thieves
- Yarrow
- Or use a "Mixed Tincture"

Activated Charcoal:

Activated charcoal can help draw out the toxins associated with a cavity. Mix a teaspoon of activated charcoal powder with enough water to make a **paste**. Place some of the paste on a small piece of gauze, put the gauze on the sore area and bite down so that the paste surrounds your tooth. Leave it on for up to 5 minutes, then remove the gauze and excess paste and rinse your mouth with water. You can use this remedy 3 or 4 times a day, as needed. (4)

ASAP Silver:

Silver can be used by simply spraying the affected tooth two times, several times a day. Or you can follow the instructions below:

- **Step #1.)** Use a small mouthful of 10 ppm colloidal silver to brush over the infected area thoroughly, if it's not too painful. The idea is to use the brush to work colloidal silver all around the tooth and surrounding gums.

If it's strictly a gum infection, use the toothbrush to brush over the infected area of the gum rather forcefully with colloidal silver in order to force any bacteria out. It will usually bleed a bit, but the next step takes care of that problem, in my experience.

End by spitting out the colloidal silver and then rinsing for 15 or 20 seconds with another mouthful. (Again, if the infected area is too painful, I skip this step entirely and go straight to step two.)

- **Step #2.)** Directly after brushing with colloidal silver, and rinsing, I then hold a fresh mouthful of the colloidal silver in my mouth for as long as I can, i.e., at least 7-10 minutes.
Alternate between swishing the colloidal silver around from time to time, and then holding it directly over the infected area.

After 7-10 minutes of doing this, spit it out and repeat the procedure for another 7-10 minutes. Then repeat this procedure several more times throughout the course of the day.

- **Step #3.)** If the infection is a particularly nasty one, also increase oral dosage of colloidal silver to anywhere from four to eight ounces a day, in divided doses throughout the day (i.e., several ounces in the morning, several in the afternoon, and several in the evening) but only for a few days until the problem is resolved. (3)

Asea:

Follow same instructions as ASAP Silver using Asea instead of Silver.

Cayenne Pepper:

Clean cavity. Soak ½ tsp of powdered cayenne in 1 T. of oil or use cayenne tincture. (You can make your own cayenne tincture using cayenne powder (see Chapter Nine for details.) Place a few drops of this mixture onto a cotton ball and apply onto cavity. Leave there for an hour. Re-apply if needed.

Clove Essential Oil:

Place oil directly onto cavity and lay on side cavity is on. Allow saliva to pool to that side of mouth. Stay that way for 10-15 minutes. Spit saliva out. For children, apply clove oil onto cotton ball / cloth and apply to cavity. Caution should be used when using clove oil – it is extremely potent and can burn sensitive skin.

Garlic:

Garlic is most potent in its natural clove form, which can be placed directly on the tooth for pain relief. Garlic also comes in other forms, including tablets, which may be crushed and placed on the dental injury, or liquids, which can be used to soak a cotton ball and fill a painful hole or applied directly onto the cavity.

Goldenseal:

Apply goldenseal tincture directly onto the tooth or apply the goldenseal tincture onto a cotton ball and place on tooth keeping there for an hour or more and re-applying as needed.

Note: *One of the more commonly known side effects of goldenseal is that it stimulates the uterus. Consequently, it ought not to be used by women that are pregnant.*

Hydrogen Peroxide:

Floss first, then swish a mouthful of a 3% solution of hydrogen peroxide in your mouth for a few seconds. Let it stay in your mouth for about a minute, then spit it out and rinse thoroughly with water. Do this once a day for 2 to 3 days in a row. Don't swallow the peroxide and don't use more than 3 days. (4)

Nascent Iodine:

Apply 2% Iodine applied to the tooth 1-3 times a day or apply iodine to cotton ball and place into cavity. Leave there for an hour or more.

Oregon Grape Root Tincture:

Apply the Oregon Grape Root directly onto the tooth or apply it onto a cotton ball and place on tooth keeping it there for an hour or more and re-applying as needed.

Oregano Essential Oil:

Apply the Oregano Essential Oil directly onto the tooth or apply it onto a cotton ball and place on tooth keeping there for an hour or more and re-applying as needed. Caution should be used when using oregano oil – it is extremely potent and can burn sensitive skin.

Tea Tree Essential Oil:

Apply the Tea Tree Oil directly onto the tooth or apply it onto a cotton ball and place it on tooth keeping it there for an hour or more and re-applying as needed.

Thieves Essential Oil:

Apply the Thieves Oil directly onto the tooth or apply it onto a cotton ball and place on tooth keeping it there for an hour or more and re-applying as needed. Caution should be used when using Thieves oil – it is extremely potent and can burn sensitive skin.

Poultice Mixture:

This remedy is strictly for pain in the jaw or tooth pain. Pack this around the tooth that is giving you problems. If you can cover the tooth up it will generate heat. That will remove the pain faster than any toothache remedy. Mix 3 tablespoons charcoal, 1/2 teaspoon clove oil, 1/3 teaspoon cayenne pepper, 1/2 teaspoon olive oil (enough to make a **paste**), and 1 teaspoon of Goldenseal.

The mixture should be quite thick, about the consistency of natural peanut butter. You want to be able to mold it around the tooth, so that it will stick. You will feel the heat and

you can go wash your mouth out. If you are in a lot of pain the heat is comforting. The pain of the poultice drawing is less than the throbbing of the toothache.

Leave poultice on tooth area for 15+ minutes. Repeat as needed.

Colds

Colds are fairly easy to nip in the bud before it causes other health issues such as sinus or respiratory infections – the key is to treat them early before they turn into a more severe illness.

The following remedies can be used for colds:

- | | |
|---------------------------------|----------------------|
| • Aged Garlic | • Elderberry |
| • ASAP Silver | • Goldenseal |
| • Asea | • GSE |
| • Baking Soda | • Lomatium |
| • Breathe Essential Oil | • Olive Leaf Extract |
| • Cayenne | • Oregon Grape Root |
| • Colostrum / Astragalus | • Yarrow |
| • Dr. Christopher's Anti-Plague | |

Consider using 2-3 of the remedies. Some good options would be:

- Garlic + Silver / Asea + Vitamin / Lypo C
- Baking Soda + Vitamin C + Asea / Silver
- Elderberry + Asea / Silver + Garlic + Vitamin C
- Vitamin / Lypo C + Silver / Asea
- GSE + Garlic + Vitamin / Lypo C
- Anti-Plague + Elderberry + Vitamin / Lypo C

(Take olive leaf extract with any / all of these or take as main remedy. Consider adding one or two other remedies along with Olive Leaf Extract such as ASAP, Asea or Elderberry.)

Consider: taking extra amounts of vitamin C when doing any of these (or your own) protocols.

- **Lypo C:** As a preventative measure (without too many health threats around) take one packet per day. Triple that if there are threats.

For severe sickness – one packet every hour can be taken or 5+ packets every 2-3 hours.

- **Vitamin C Supplement:** Take according to directions on bottle. Consider using more up until diarrhea occurs then slightly decrease amount to help saturate body with vitamin C.

Consider: Taking either colostrum / astragalus supplement to further boost the immune system. Take according to directions on bottle.

Remember: Asea needs to be taken 5-10 minutes apart from any other foods, liquids or remedies to keep it as effective as possible.

Aged Garlic / Fresh Garlic:

Take garlic gelcaps according to directions on bottle.

For fresh garlic, mash up one small clove or ½ large clove and swallow down like pills. Consider taking the garlic with food to avoid an upset stomach. (Not meant for young children.)

Fresh mashed garlic can also be mixed with a bit of oil and applied to the bottom of the feet – wrap with saran wrap or cloth and keep there overnight/ for hours. Re-apply as needed. This foot-method is safe for children.

ASAP Silver:

Take one teaspoon 3 times a day - or more, if needed. Gargle with it if sore throat is present. Nebulize it to get it into the system faster and to keep the lungs free of infection.

Asea:

For adults take 4 ounces twice a day - or more, if needed. Decrease that amount by half for children. Asea is completely non-toxic and is safe for all ages. Gargle with it if sore throat is present. Nebulize it to get it into the system faster and to keep the lungs free of infection.

Baking Soda:

Recommended only for adults:

Add 1/2 teaspoon to 1/2 glass of water every 2 hours or as directed by physician.

Dissolve completely in water.

Accurately measure 1/2 teaspoon. (4)

Do not take more than the following amounts in 24 hours:

Seven 1/2 teaspoons

Three 1/2 teaspoons if you are over 60 years

Do not use the maximum dosage for more than 2 weeks.

Breathe Essential Oil:

Use when **respiratory illness / coughing** is present. Apply 1-2 drops on bottoms of feet and/or chest. Use other remedies to fight the cold such as ASAP, Asea, Elderberry, Garlic or other remedies. Reapply 3-4 times a day.

Cayenne:

For adults / teens. Take 1 capsule 2 to 4 times daily, preferably with meals or...

1. Measure out 1/10 to 1/4 tsp. of cayenne pepper powder and put into a cup of water and drink. Drink 3-4 times a day.

Drink the cup of hot cayenne tea with a meal. Cayenne can disturb the stomach as it works, so it is best to ingest it with food. If the cayenne tea is not easy for you to drink, try taking a cayenne capsule as in Step 4.

2. Take one 40,000 HU (heat unit) cayenne capsule with a meal. Take the capsule once daily. (If your stomach is quite sensitive and the capsule causes a great deal of distress, lower your dose by taking a capsule with a lower HU. Cayenne capsules are available in 5,000 to 100,000 HUs.)
- *When using cayenne in any form, increase your water intake. Extra water will also help prevent constipation. A burning sensation in the stomach is common when you first begin using cayenne, and will go away with continued use.*
- *Do not use cayenne capsules if you are pregnant. If you experience severe digestive pain after taking cayenne capsules or drinking the cayenne tea, simply lower the dose until you are comfortable.*

Colostrum / Astragalus:

Take according to bottle instructions. (Usually 1 tsp colostrum per day and 3 capsules of astragalus, 3 times a day with meals.)

Dr. Christophers Anti-Plague:

(May want to save this one for more severe illnesses.) Take according to directions on bottle: : Take 1 teaspoon 3 times a day to prevent contracting the flu. If infected, you would take 1 tablespoon every 1/2 hour to clear the condition.

Elderberry:

- **Tincture / Syrup:** Take elderberry tincture/syrup according to directions on bottle – can increase it if needed. (Tincture: 30-40 drops, 3-4 times a day. Syrup: 1 tsp 1-3 times a day – or more, if needed.)
- **Concentrate:** For concentrate recipe (see page 118) take 1-2 T. of this concentrate, pouring it into a cup, fill the rest of the cup up with water and drink one time a day for immune strengthening maintenance or drink 2-3 times if you feel a cold (or something) coming on. For
- **Tea:** When making tea simmer 1 ounce of berries in 4 cups of water for 20 minutes in a covered pot. Strain and keep in fridge. OR boil 1 cup of water, turn off unit and add 1 tsp of elderberries to the boiled water. Cover and allow to steep for 10-30 minutes. Drink 1/8 cup every hour (or more) for severe diseases or 1/8 cup 3 times daily for maintenance.

Consider taking elderberry along with other remedies such as ASAP, Asea, Garlic, Oregon Grape Root, or other remedies.

Goldenseal:

Use according to Goldenseal Tincture bottle dosage recommendations (30-40 drops, 3-4 times daily). Use more if needed. Consider using either / or Goldenseal or Oregon Grape Root – they both contain the same medicinal properties.

Note: *One of the more commonly known side effects of goldenseal is that it stimulates the uterus. Consequently, it ought not to be used by women that are pregnant.*

GSE:

5-10 drops in 1 cup water or juice 3 times daily. (Drink before meals) Dose can be increased / decreased as necessary. Use minimum amount (5 drops) for children, 3 times a day.

Lomatium:

Use according to tincture bottle (10-30 drops 3-4 times a day). To be used for **respiratory infections**. Rash may occur – it's harmless and will go away within a week.

Oregon Grape Root:

Take according to tincture bottle directions (10-40 drops, 2-4 times a day). May use more, if necessary. Exercise caution when using for children.

Yarrow:

Add tincture drops to warm/hot water and drink as tea. Or make tea using loose, dried yarrow by placing 1 tsp of dried yarrow into 1 cup of hot water and allow to steep for 10 minutes. Drink while warm. Drink a cup of yarrow tea 3-6 times a day.

Consider using other remedies along with Yarrow to get rid of the illness such as: ASAP Silver, Asea, Garlic, Oregon Grape Root, etc.

Constipation

Constipation is an unnecessary and easily avoidable cause of mortality during a disaster. See Laxative/Senna section in Chapter Ten for constipation relief options.

Other options aside from using laxatives to relieve constipation are:

- | | |
|---------------|--------------|
| • Baking Soda | • Goldenseal |
| • Castor Oil | • Probiotics |
| • Cayenne | • Yarrow |
| • Enema | |

Baking Soda:

Baking soda re-alkalizes the stomach, neutralizing the acid a little bit and helping things pass through your gut.

- **You will need...**
 - 1 teaspoon baking soda
 - 1/4 cup warm water

- Mix a teaspoon of baking soda with ¼ cup of warm water. Drink all of the mixture-the quicker you finish it, the better it seems to work. (6)
- Repeat if necessary taking no more than seven ½ tsps. in a 24 hour period.
- *Not meant for elderly or for children.*

Castor Oil:

- For instances in which no dosage directions are provided with your castor oil, prepare 1 tsp. (4.92 milliliters) for adults, or prepare one-half of a tsp. (2.46 milliliters) for children.

Castor oil can be taken once daily or at specific time intervals for between 3 and 7 days; although the amount of days you take castor oil will vary depending on your constipation.

Take castor oil for as long and as often as directed by your health care provider or by following the instructions on the packaging label.

Plan to ingest castor oil immediately after you wake up and before you eat breakfast. Castor oil works most efficiently when you take it on an empty stomach.

1. Take your proper dosage of castor oil.
2. Pour your prescribed dose of castor oil into a measuring spoon or a measuring cup for accuracy.
3. Ingest the castor oil by itself or mix it with juice to improve the taste. Mix castor oil with either cranberry juice, orange juice, prune juice, or ginger juice. Combining castor oil with any other types of juice may prevent the laxative effects of the castor oil from working properly.

You can mix castor oil into your food or take it at the same time you eat breakfast; however, this procedure will not produce immediate results and may greatly delay the effects of the castor oil.

You will begin to experience bowel movements as a result of the castor oil within 4 and 6 hours after ingestion.

If the castor oil does not work within 7 days, you may be suffering from a health condition unrelated to constipation.

If you overdose on castor oil or take it for more than 7 days, you can suffer from diarrhea, cramping, nausea, excessive belching, and a weaker colon. Diarrhea can potentially lead to low levels of potassium in your body and kidney problems; whereas a weak colon can lead to incontinence. (7)

Cayenne:

Outside of being a spice, cayenne has many potent healing properties. It is a stimulant that

---End of Sample for Chapter Twelve---

CHAPTER FOURTEEN

Most Common Day-to-Day Illnesses in Adults, Elderly and Children



"Good health is a duty to yourself, to your contemporaries, to your inheritors, to the progress of the world."

~Gwendolyn Brooks

Illness Prevention:

You can reduce your chance of being infected or infecting others by:

- washing your hands often with soap and water
- covering your mouth and nose when you cough or sneeze
- not touching your eyes, nose, or mouth
- avoiding close contact with people who are sick

(CDC)

This chapter will proceed in two sections:

- 1) Day-to-Day Illnesses in Adults and Elderly
- 2) Day-to-Day Illnesses in Children

Most Common Day-to-Day Illnesses in Adults and Elderly

Acid Reflux

Description:

Acid reflux is a condition that involves the escape of stomach acids out of the stomach and into the esophagus. The condition often causes burning chest pain called heartburn as well as burning in the throat

or mouth. Regurgitation, bloating, burping, bloody or black stools, nausea and hiccups are also common. (48)

Certain foods can make the symptoms of acid reflux worse. To lessen your symptoms, try avoiding:

- | | |
|--|--|
| <ul style="list-style-type: none">• Citrus fruits• Chocolate• Caffeinated drinks or alcohol• Spicy, fatty, or fried foods | <ul style="list-style-type: none">• Garlic and onions• Peppermint• Tomatoes (49) |
|--|--|

Treatments

Conventional Treatment:

The main treatment option for people who repeatedly experience acid reflux in gastroesophageal reflux disease is a class of drugs known as proton-pump inhibitors (PPIs for short).^{10,11} Zantac, a medication for heartburn relief, was one of the first blockbuster drugs.

The mode of action of proton-pump inhibitors is to reduce the damage caused by acid reflux by reducing the acidity of the stomach's secretions - by blocking some of the acid production.¹²

Here is the full list of proton-pump inhibitors available on prescription in the US (brand names given followed by generic names, 2014):¹¹

- Aciphex (rabeprazole)
- Dexilant (dexlansoprazole)
- Nexium (esomeprazole)
- Prevacid (lansoprazole)
- Prilosec (omeprazole; also available in pharmacies without prescription)
- Protonix (pantoprazole)
- Zegerid (immediate-release omeprazole with sodium bicarbonate).

For people who experience heartburn or indigestion infrequently, perhaps in association with occasional food and drink triggers, treatments to reduce the acidity of the stomach contents are available without prescription from pharmacies (over-the-counter products).¹⁴

These liquid and tablet formulations are called antacids and there are dozens of brands available, all with similar effectiveness. They may not work for everyone, and any need for regular use should be discussed with a doctor.

Antacids provide rapid but short-term relief by buffering the acidity through simple chemical reaction with the stomach contents (they do not act on acid-producing cells of the stomach lining).³

They contain chemical compounds such as calcium carbonate, sodium bicarbonate, aluminum, and magnesium hydroxide.

Alternative Treatments:

- | | |
|--|--|
| <ul style="list-style-type: none">• Activated Charcoal• Baking Soda• Bentonite Clay | <ul style="list-style-type: none">• Digestive Blend Essential Oil• Slippery Elm |
|--|--|

Instructions for these remedies as a treatment for acid reflux are as follows:

Activated Charcoal:

Mix 1 T. of activated charcoal in large glass of water and drink. Repeat as needed for up to two weeks.

Baking Soda:

For the first hour, **for adults**, mix 1 tsp of baking soda in water and drink down.

After that:

- Add 1/2 teaspoon to 1/2 glass of water every 2 hours or as directed by physician.
- Dissolve completely in water.
- Accurately measure 1/2 teaspoon. (4)

Do not take more than the following amounts in 24 hours:

- Seven 1/2 teaspoons
- Three 1/2 teaspoons if you are over 60 years
- Do not use the maximum dosage for more than 2 weeks.

Bentonite Clay:

In her book, Living Clay, Perry A. explains:

“For first 3 days, drink 3 ounces of liquid clay in a large glass of water in the morning (before eating) and again at night before going to bed. You may also drink an additional ounce just before and after any meals which cause you discomfort.

For the next 3 days, drink 1-2 ounces of liquid clay in a large glass of water in the morning and again just before lying down for bed.

From this point forward maintain the evening 1-2 ounce dose to permanently remove acid reflux from your life. “

Digestive Blend Essential Oil:

Take 3 drops, by mouth, either dropped onto the tongue or placed in a capsule as needed.

Magnesium Chloride:

Massage ½ to 1 tsp of magnesium chloride to skin on a daily basis.

Magnesium chloride can also be taken internally – up to 1/2 tsp per day- in divided doses. If diarrhea occurs, take less and work your way up to full dose. For magnesium sprays – spray 5-10 sprays in glass of water 1-2 times a day.

Slippery Elm:

Slippery elm can be taken either as a gruel, as a tea or in capsules.

- **Slippery Elm Gruel:**

- 1. Put 1 tablespoon of Slippery Elm Inner bark Powder in a small Bowl.
- 2. Slowly stir in 1/2 - 3/4s of a Cup of Boiling Water, making the mixture into a Paste.
- 3. Add a little more Water to thin-out the Paste to the consistency needed for a Poultice.
- 4. Add enough water to make the Paste into a gruel that is thick like Cream of Wheat.

Dosages:

- 1. Eat 1 tsp. of Slippery Elm Gruel at a time, until FULL.
- 2. ADD Honey, Maple Syrup for sweetening and/or Cinnamon for flavor.
- 3. Continue feeding, until the desired RESULTS are achieved. (28)

Slippery Elm Tea:

- Boil one cup of water, turn off unit. Add one tsp of slippery elm powder into water and stir. Allow to cool down a bit. Drink throughout day – 3 or more cups.

Slippery Elm Capsules:

- Take according to directions on bottle or more – if needed.

Folk Remedies:

Raw apple cider vinegar. While apple cider vinegar is an acidic compound, it functions to regulate the pH in the body. When taken daily, apple cider vinegar creates an alkaline environment in the body and maintains a stable pH. As such, stomach acid is neutralized and acid reflux is well-managed. Organic apple cider vinegar is best. (50)

There are many medications that are taken for acid reflux, but one inexpensive natural remedy that over 250 Earth Clinic readers have found effective is apple cider vinegar. Raw apple cider vinegar is a traditional remedy that is used to treat many ailments. The natural acidity of apple cider vinegar actually helps to reduce stomach acidity and also aids in the breaking down of fats. This helps to relieve conditions such as heartburn and acid reflux.

The best way to take apple cider vinegar is to use two or three teaspoons in a glass of water prior to meals. Raw and organic apple cider vinegar is preferable. (50)

Bladder Infections

Cause:

Bacteria: E.Coli, Staph, Gut Bacteria

Description:

Bladder infections are known as cystitis or inflammation of the bladder. They are common in women, but very rare in men. More than half of all women get at least one bladder infection at some time in their lives. However, a man's chance of getting cystitis increases as he ages, due to in part to an increase in prostate size.(51)

Bladder infections are not serious if treated right away. But they tend to come back in some people. Rarely, this can lead to kidney infections, which are more serious and may result in permanent kidney damage. So it's very important to treat the underlying causes of a bladder infection and to take preventive steps to keep them from coming back.(51)

In elderly people, bladder infections are often difficult to diagnose. The symptoms are less specific and are frequently blamed on aging. Older people who suddenly become incontinent or who begin acting lethargic or confused should be checked by a doctor for a bladder infection.(51)

Symptoms:

- A burning sensation when urinating; this is the most common sign of a bladder infection.
- Frequent urge to urinate.
- Passing only small amounts of urine at a time despite the urge to urinate.
- Urine that is cloudy or bloody with a strong, foul odor.
- Bladder spasm.
- In the elderly, lethargy and/or mental confusion; these may be signs of a more serious urinary tract infection.
- A fever or chills; this may mean the infection has gone into the kidneys.(51)

Treatments

Conventional Treatments:

There is a wide variety of antibiotics to treat bladder infections. Some uncomplicated infections can be treated with just three days of medication. Some drugs and some organisms require a week or more of treatment. In many cases, you may start to feel better within the first day of starting treatment. When urinary infections involve the kidney, this is a more serious infection and treatment may take longer and the choice of antibiotic is more complicated. Elderly people and those with a chronic underlying health condition, such as diabetes or HIV infection, are often prescribed a longer course of antibiotics -- sometimes up to 14 days.(51)

While being treated for a bladder infection, drink plenty of fluids to help flush any bacteria out of the bladder. A common treatment is phenazopyridine (Pyridium), which is available over the counter. This is an anesthetic for the urinary tract, but doesn't actually treat the infection. However, it can be helpful while waiting for antibiotics to start working. Check with your doctor first to see if it is right for you.(51)

After you have finished treatment, you may be asked to come in for a follow-up urine test to make sure your bladder is free of all signs of infection. People with frequently recurring bladder infections may be prescribed low daily doses of antibiotics for an additional six months or longer.

Women whose infections are related to sexual activity may be given a small dose of antibiotics to take each time they have intercourse. Remember that frequently recurring bladder symptoms can sometimes be caused by other conditions, such as interstitial cystitis, and are not always the result of an infection. (51)

Alternative Treatments:

When treating bladder infections, it's best to use more than one of the following remedies:

- | | |
|----------------------|----------------------------------|
| • Activated Charcoal | • Goldenseal / Oregon Grape Root |
| • ASAP Silver | Tincture |
| • Asea | • Nascent Iodine |
| • GSE | • Lypo C / Vitamin C |

- Oregano / Thieves Essential Oil
- Yarrow
- Tea Tree Oil

Instructions for these remedies as a treatment for bladder infections are as follows:

Activated Charcoal:

Take up to several charcoal capsules per hour when radiation is in the atmosphere – drinking with plenty water.

Or take up to 1-2 T. of activated charcoal mixed in large glass of water every 2-3 hours. Decrease this amount by half for children. Take for up to 2 weeks.

Also consider making a charcoal paste by mixing some charcoal with water and applying it directly over the bladder area for 20 minutes. Repeat 3-4 times a day.

Take other remedies separate from charcoal by an hour or more.

ASAP Silver:

To treat a bladder infection, two tablespoons of Silver should be taken hourly for the first two days. For the next two weeks, take two tablespoons twice a day. You should expect to destroy the bladder infection within the first 12 to 24 hours. Silver liquid can be taken with cranberry juice or juniper berries. (Decrease this dose by half for children.)

Asea:

Take 4 – 8 ounces twice a day or 2 ounces every 2-3 hours.

GSE:

Grapefruit seed extract (Citrus paradisi), 100 mg capsule or 5 - 10 drops (in favorite beverage) 3 times daily, for antibacterial, antifungal, and antiviral activity. Grapefruit may interact with a wide variety of medications. Speak with your doctor.(52)

Goldenseal or Oregon Grape Root Tincture:

Take according to tincture instructions (up to 40 drops 3-4 times a day). Avoid taking Goldenseal while pregnant.

Nascent Iodine:

Under normal circumstances, **maintenance doses** of Nascent Iodine typically range from 1–10 milligrams daily. This is approximately **2 to 20 twenty drops** of Nascent Iodine – give in divided doses throughout day (e.g. 5 drops 4 times a day).

Individuals' results and needs vary, so it is recommended to start with a low dose and increase intake gradually. Up to 60 or even 100 drops per day can be administered to an adult – in divided doses.

Lypo C / Vitamin C:

Take along with other anti-bacterial remedies to help boost immune system. Take 1 packet every 2-3 hours. Take Vitamin C supplement according to instructions on bottle – consider increasing this dose until diarrhea occurs then back down a bit.

Oregano / Thieves Essential Oil:

Apply very diluted (1-2 drops of essential oil mixed into 1 T. of carrier oil such as olive oil or coconut oil) onto bladder area. Repeat several times throughout day.

Also apply 1 drop of undiluted oil to bottom of feet a few times a day AND take internally by dropping 2-3 drops into a capsule and swallowing with water. Those who have sensitive stomachs should take the capsule with food. Take 3-4 times a day, internally for up to two weeks.

Tea Tree Oil:

Rub over bladder area and on bottom of feet. Take along with other anti-bacterial/immune boosting remedies.

Yarrow:

Yarrow is a urinary disinfectant with a powerful antibacterial action and an astringent effect that helps tone weak bladder tissues. Drink a cup of the infusion 2-3 times a day. Results may be felt within several hours. This herb is highly recommended for women with incontinence. (53)

Folk Remedies:

Other remedies that have seemed to help others overcome bladder infections are:

- **Acidophilus:**
 - When used as a treatment for a bladder infection, acidophilus initiates important antimicrobial and antifungal responses in the body, which help to maintain and boost your immune system. AS such, it helps kill the harmful bacteria causing your infection. The treatment comes in a variety of forms, including pills or supplements and dairy-based foods. You can select a treatment option that works best with your schedule and digestive system. (54)
- **Apple Cider Vinegar:** (Raw like the Bragg's brand)
 - Drinking diluted apple cider vinegar helps maintain a slightly more acidic environment in your urinary tract. This level of acid is generally enough to diminish the growth of infection-causing bacteria and to help remedy the issue. Additionally, the vinegar delivers a number of nutrients to your body that help support your immune system and combat infection. Aim to drink 1-2 tablespoons in 8 ounces of water daily.
- **Cranberry:**
 - Cranberries contain special compounds that create a Teflon-like coating in your urinary tract. As such, it helps your body release bacteria and other infection-causing agents from your urinary tract. It is also an active antibacterial and antimicrobial agent. You can take natural cranberry supplements by mouth or simply drink natural cranberry juice daily to get the same benefits. Make sure to purchase a cranberry juice containing **pure** cranberry juice – not the artificially flavored kind.

Diabetes

Diabetes mellitus refers to a group of diseases that affect how your body uses blood sugar (glucose). Glucose is vital to your health because it's an important source of energy for the cells that make up your muscles and tissues. It's also your brain's main source of fuel.(55)

If you have diabetes, no matter what type, it means you have too much glucose in your blood, although the causes may differ. Too much glucose can lead to serious health problems.(55)

Chronic diabetes conditions include type 1 diabetes and type 2 diabetes. Potentially reversible diabetes conditions include pre-diabetes — when your blood sugar levels are higher than normal, but not high enough to be classified as diabetes — and gestational diabetes, which occurs during pregnancy but may resolve after the baby is delivered.(55)

Symptoms:

Diabetes symptoms vary depending on how much your blood sugar is elevated. Some people, especially those with pre-diabetes or type 2 diabetes, may not experience symptoms initially. In type 1 diabetes, symptoms tend to come on quickly and be more severe.

Some of the signs and symptoms of type 1 and type 2 diabetes are:

- Increased thirst
- Frequent urination
- Extreme hunger
- Unexplained weight loss
- Presence of ketones in the urine (ketones are a byproduct of the breakdown of muscle and fat that happens when there's not enough available insulin)
- Fatigue
- Irritability
- Blurred vision
- Slow-healing sores
- Frequent infections, such as gums or skin infections and vaginal infections

Although type 1 diabetes can develop at any age, it typically appears during childhood or adolescence. Type 2 diabetes, the more common type, can develop at any age, though it's more common in people older than 40.(55)

Treatments

Conventional Treatments:

An important part of managing diabetes — as well as your overall health — is maintaining a healthy weight through a healthy diet and exercise plan:

- **Healthy eating.** Contrary to popular perception, there's no specific diabetes diet. You'll need to center your diet on more fruits, vegetables and whole grains — foods that are high in nutrition and fiber and low in fat and calories — and cut down on animal products, refined carbohydrates and sweets. In fact, it's the best eating plan for the entire family. Sugary foods are OK once in a while, as long as they're counted as part of your meal plan.(55)

Yet understanding what and how much to eat can be a challenge. A registered dietitian can help you create a meal plan that fits your health goals, food preferences and lifestyle. This will likely include carbohydrate counting, especially if you have type 1 diabetes.(55)

- **Physical activity.** Everyone needs regular aerobic exercise, and people who have diabetes are no exception. Exercise lowers your blood sugar level by moving sugar into your cells, where it's used for energy. Exercise also increases your sensitivity to insulin, which means your body needs less insulin to transport sugar to your cells. Get your doctor's OK to exercise. Then choose activities you enjoy, such as walking, swimming or biking. What's most important is making physical activity part of your daily routine. Aim for at least 30 minutes or more of aerobic exercise most days of the week. If you haven't been active for a while, start slowly and build up gradually.(55)

TREATMENTS FOR TYPE 1 AND TYPE 2 DIABETES

Treatment for type 1 diabetes involves insulin injections or the use of an insulin pump, frequent blood sugar checks, and carbohydrate counting. Treatment of type 2 diabetes primarily involves monitoring of your blood sugar, along with diabetes medications, insulin or both.(55)

- **Monitoring your blood sugar.** Depending on your treatment plan, you may check and record your blood sugar as often as several times a week to as many as four to eight times a day. Careful monitoring is the only way to make sure that your blood sugar level remains within your target range. People who receive insulin therapy also may choose to monitor their blood sugar levels with a continuous glucose monitor. Although this technology doesn't yet replace the glucose meter, it can provide important information about trends in blood sugar levels.(55)

Even with careful management, blood sugar levels can sometimes change unpredictably. With help from your diabetes treatment team, you'll learn how your blood sugar level changes in response to food, physical activity, medications, illness, alcohol, stress — for women, fluctuations in hormone levels.(55)

In addition to daily blood sugar monitoring, your doctor will likely recommend regular A1C testing to measure your average blood sugar level for the past two to three months. Compared with repeated daily blood sugar tests, A1C testing better indicates how well your diabetes treatment plan is working overall. An elevated A1C level may signal the need for a change in your insulin regimen or meal plan. Your target A1C goal may vary depending on your age and various other factors. However, for most people with diabetes, the American Diabetes Association recommends an A1C of below 7 percent. Ask your doctor what your A1C target is.(55)

- **Insulin.** People with type 1 diabetes need insulin therapy to survive. Many people with type 2 diabetes or gestational diabetes also need insulin therapy.(55)

Many types of insulin are available, including rapid-acting insulin, long-acting insulin and intermediate options. Depending on your needs, your doctor may prescribe a mixture of insulin types to use throughout the day and night.(55)

Insulin can't be taken orally to lower blood sugar because stomach enzymes interfere with insulin's action. Often insulin is injected using a fine needle and syringe or an insulin pen — a device that looks like a large ink pen.(55)

- **Oral or other medications.** Sometimes other oral or injected medications are prescribed as well. Some diabetes medications stimulate your pancreas to produce and release more insulin. Others inhibit the production and release of glucose from your liver, which means you need less insulin to transport sugar into your cells. Still others block the action of stomach or intestinal enzymes that break down carbohydrates or make your tissues more sensitive to insulin. Metformin (Glucophage, Glumetza, others) is generally the first medication prescribed for type 2 diabetes.(55)

- **Transplantation.** In some people who have type 1 diabetes, a pancreas transplant may be an option. Islet transplants are being studied as well. With a successful pancreas transplant, you would no longer need insulin therapy. But transplants aren't always successful — and these procedures pose serious risks. You need a lifetime of immune-suppressing drugs to prevent organ rejection. These drugs can have serious side effects, including a high risk of infection, organ injury and cancer. Because the side effects can be more dangerous than the diabetes, transplants are usually reserved for people whose diabetes can't be controlled or those who also need a kidney transplant.(55)
- **Bariatric surgery.** Although it is not specifically considered a treatment for type 2 diabetes, people with type 2 diabetes who also have a body mass index higher than 35 may benefit from this type of surgery. People who've undergone gastric bypass have seen significant improvements in their blood sugar levels. However, this procedure's long-term risks and benefits for type 2 diabetes aren't yet known.(55)

TREATMENT FOR GESTATIONAL DIABETES

Controlling your blood sugar level is essential to keeping your baby healthy and avoiding complications during delivery. In addition to maintaining a healthy diet and exercising, your treatment plan may include monitoring your blood sugar and, in some cases, using insulin or oral medications.(55)

Your health care provider will also monitor your blood sugar level during labor. If your blood sugar rises, your baby may release high levels of insulin — which can lead to low blood sugar right after birth.(55)

TREATMENT FOR PRE-DIABETES

If you have prediabetes, healthy lifestyle choices can help you bring your blood sugar level back to normal or at least keep it from rising toward the levels seen in type 2 diabetes. Maintaining a healthy weight through exercise and healthy eating can help. Exercising at least 150 minutes a week and losing 5 to 10 percent of your body weight may prevent or delay type 2 diabetes.(55)

Sometimes medications — such as metformin (Glucophage, Glumetza, others) — also are an option if you're at high risk of diabetes, including when your prediabetes is worsening or if you have cardiovascular disease, fatty liver disease or polycystic ovary syndrome.(55)

In other cases, medications to control cholesterol — statins, in particular — and high blood pressure medications are needed. Your doctor might prescribe low-dose aspirin therapy to help prevent cardiovascular disease if you're at high risk. Healthy lifestyle choices remain key, however.(55)

SIGNS OF TROUBLE IN ANY TYPE OF DIABETES

Because so many factors can affect your blood sugar, problems may sometimes arise that require immediate care, such as:

- **High blood sugar (hyperglycemia).** Your blood sugar level can rise for many reasons, including eating too much, being sick or not taking enough glucose-lowering medication. Check your blood sugar level as directed by your doctor, and watch for signs and symptoms of high blood sugar — frequent urination, increased thirst, dry mouth, blurred vision, fatigue and nausea. If you have hyperglycemia, you'll need to adjust your meal plan, medications or both.(55)
- **Increased ketones in your urine (diabetic ketoacidosis).** If your cells are starved for energy, your body may begin to break down fat. This produces toxic acids known as ketones. Watch for loss of appetite, weakness, vomiting, fever, stomach pain and a sweet, fruity breath. You can check your urine for excess ketones with an over-the-counter ketones test kit. If you have excess ketones in your urine, consult your doctor right away or seek emergency care. This condition is more common in people with type 1 diabetes.(55)

- **Hyperglycemic hyperosmolar nonketotic syndrome.** Signs and symptoms of this life-threatening condition include a blood sugar reading over 600 mg/dL (33.3 mmol/L), dry mouth, extreme thirst, fever, drowsiness, confusion, vision loss and hallucinations. Hyperosmolar syndrome is caused by sky-high blood sugar that turns blood thick and syrupy. It tends to be more common in people with type 2 diabetes, and it's often preceded by an illness. Call your doctor or seek immediate medical care if you have signs or symptoms of this condition.(55)
- **Low blood sugar (hypoglycemia).** If your blood sugar level drops below your target range, it's known as low blood sugar (hypoglycemia). Your blood sugar level can drop for many reasons, including skipping a meal and getting more physical activity than normal. However, low blood sugar is most likely if you take glucose-lowering medications that promote the secretion of insulin by your pancreas or if you're receiving insulin therapy. Check your blood sugar level regularly, and watch for signs and symptoms of low blood sugar — sweating, shakiness, weakness, hunger, dizziness, headache, blurred vision, heart palpitations, irritability, slurred speech, drowsiness, confusion, fainting and seizures. Low blood sugar is treated with quickly absorbed carbohydrates, such as fruit juice or glucose tablets.(55)

Alternative Treatments:

- **Yarrow, Cayenne, Goldenseal:** This formula may help to decrease the amount of insulin required by the individual.
 - Take a mix of Yarrow and Goldenseal tinctures, up to 40 drops total, 3-4 times a day. Add a cup of cayenne tea or cayenne capsules to these two tinctures.
- **Bentonite Clay:**
 - Drink 2-3 ounces of liquid clay (1 part clay powder mixed into 9 parts water) mixed into a large glass of water twice a day, indefinitely.

Folk Treatments:

A proper diabetic diet and health supplements that help insulin do its work can reduce your risk for diabetes or reduce diabetic symptoms. For instance, apple cider vinegar slows the rate of absorption of glucose from your meals, moderating blood sugar levels (peanuts evidently have a similar effect).¹ Supplemental magnesium, chromium, and alpha lipoic acid (ALA) have also been found to help regulate blood sugar levels. Additionally, some diabetics have found benefit in prickly pear cactus, cinnamon, and Asian bitter melon as companion foods that make up part of a low-glycemic diet or other diabetic diet to reduce diabetes symptoms. (56)

Flu

Flu is a respiratory infection caused by a number of **viruses**. The viruses pass through the air and enter your body through your nose or mouth. Between 5% and 20% of people in the U.S. get the flu each year. The flu can be serious or even deadly for elderly people, newborn babies, and people with certain chronic illnesses.(57)

Symptoms of the flu come on suddenly and are worse than those of the common cold. They may include

- | | |
|-------------------------------|----------------------|
| • Body or muscle aches | • Fever |
| • Chills | • Headache |
| • Cough | • Sore throat |

Is it a cold or the flu? Colds rarely cause a fever or headaches. Flu almost never causes an upset stomach. And "stomach flu" isn't really flu at all, but gastroenteritis.(57)

Most people with the flu recover on their own without medical care. People with mild cases of the flu should stay home and avoid contact with others, except to get medical care. If you get the flu, your health care provider may prescribe medicine to help your body fight the infection and lessen symptoms.(57)

Treatments

Conventional Treatments: (58)

There are treatments that can help relieve common flu symptoms such as fever, aches, and cough, and may shorten the time you have flu symptoms. Keep in mind that you should not give over-the-counter cough and cold medicines to children under age 4.

- **Which treatments should I take for flu symptoms?**

The flu treatment you should take depends on your symptoms. For example, if you have nasal or sinus congestion, then a decongestant can be helpful.

Decongestants come oral or nasal spray forms. Decongestants are used to reduce swelling in the nasal passageways. However, nasal spray decongestants should not be used for more than a few days because, if they are used too long and then stopped, they can cause rebound symptoms.

If you have a runny nose, postnasal drip, or itchy, watery eyes -- then an antihistamine may be helpful for your flu symptoms. Antihistamines block the effect of "histamine," and help relieve such annoying symptoms as sneezing, itching, and nasal discharge.

Over-the-counter antihistamines often make people drowsy, whereas decongestants can make people hyper or keep them awake. Keep in mind that both decongestants and antihistamines can interact with other drugs you may be taking, and they may aggravate some conditions. Talk to your doctor or pharmacist about which flu symptom treatment is best for you.

- **Which treatment should I use for nasal congestion?**

If you need immediate relief for swollen, congested nasal passages, you may get relief with an over-the-counter decongestant nasal spray. It is important to stop using decongestant nasal sprays after three to five days to avoid the development of rebound congestion.

Some doctors suggest using a saline spray instead of a medicated spray. Saline sprays loosen thick mucus in the nasal passageways but have no rebound effect. They may be used for extended periods of time without significant side effects.

- **Which flu treatment works best for my cough?**

An occasional cough may clear the lung of pollutants and excess phlegm. A persistent cough should be diagnosed and treated specifically. On the pharmacy shelf, you'll find numerous cough medicines with various combinations of decongestants, antihistamines, analgesics/antipyretics, cough suppressants, and expectorants. Ask your pharmacist which combination, if any, would be appropriate for your cough.

Alternative Treatments:

Please see the following:

- **General Illness Protocols in Chapter Twelve**
- **Respiratory Illness Protocols in Chapter Twelve**
- **Fever Protocols in Chapter Twelve**
- **Nebulizer Treatment Options in Chapter Eleven**
- **Anti-Viral Remedy Options on page 77**

Heart Disease

Heart disease describes a range of conditions that affect your heart. Diseases under the heart disease umbrella include blood vessel diseases, such as coronary artery disease; heart rhythm problems (arrhythmias); and heart defects you're born with (congenital heart defects), among others.(59)

The term "heart disease" is often used interchangeably with the term "cardiovascular disease." Cardiovascular disease generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke. Other heart conditions, such as those that affect your heart's muscle, valves or rhythm, also are considered forms of heart disease.(59)

Many forms of heart disease can be prevented or treated with healthy lifestyle choices.(59)

Symptoms: (59)

Cardiovascular disease is caused by narrowed, blocked or stiffened blood vessels that prevent your heart, brain or other parts of your body from receiving enough blood. Cardiovascular disease symptoms may be different for men and women. For instance, men are more likely to have chest pain; women are more likely to have symptoms such as shortness of breath, nausea and extreme fatigue.

Symptoms can include:

- Chest pain (angina)
- Shortness of breath
- Pain, numbness, weakness or coldness in your legs or arms if the blood vessels in those parts of your body are narrowed
- Pain in the neck, jaw, throat, upper abdomen or back

You might not be diagnosed with cardiovascular disease until you have a heart attack, angina, stroke or heart failure. It's important to watch for cardiovascular symptoms and discuss concerns with your doctor. Cardiovascular disease can sometimes be found early with regular exams.

Heart disease symptoms caused by abnormal heartbeats (heart arrhythmias)

A heart arrhythmia is an abnormal heartbeat. Your heart may beat too quickly, too slowly or irregularly. Heart arrhythmia symptoms can include:

- Fluttering in your chest
- Racing heartbeat (tachycardia)
- Slow heartbeat (bradycardia)
- Chest pain or discomfort
- Shortness of breath
- Lightheadedness
- Dizziness

- Fainting (syncope) or near fainting

Heart disease symptoms caused by heart defects:

Serious congenital heart defects — defects you're born with — usually become evident soon after birth. Heart defect symptoms in children could include:

- Pale gray or blue skin color (cyanosis)
- Swelling in the legs, abdomen or areas around the eyes
- In an infant, shortness of breath during feedings, leading to poor weight gain

Less serious congenital heart defects are often not diagnosed until later in childhood or during adulthood. Signs and symptoms of congenital heart defects that usually aren't immediately life-threatening include:

- Easily getting short of breath during exercise or activity
- Easily tiring during exercise or activity
- Swelling in the hands, ankles or feet

Heart disease symptoms caused by weak heart muscle (dilated cardiomyopathy):

Cardiomyopathy is the thickening and stiffening of heart muscle. In early stages of cardiomyopathy, you may have no symptoms. As the condition worsens, symptoms may include:

- Breathlessness with exertion or at rest
- Swelling of the legs, ankles and feet
- Fatigue
- Irregular heartbeats that feel rapid, pounding or fluttering
- Dizziness, lightheadedness and fainting

Heart disease symptoms caused by heart infections:

Heart infections, such as pericarditis, endocarditis and myocarditis, are caused when an irritant, such as a bacterium, virus or chemical, reaches your heart muscle. The most common causes of heart infections include:

- Bacteria
- Viruses
- Parasites

There are three types of heart infections:

- Pericarditis, which affects the tissue surrounding the heart (pericardium)
- Myocarditis, which affects the muscular middle layer of the walls of the heart (myocardium)
- Endocarditis, which affects the inner membrane that separates the chambers and valves of the heart (endocardium)

Varying slightly with each type of infection, heart infection symptoms can include:

- Fever
- Shortness of breath
- Weakness or fatigue
- Swelling in your legs or abdomen
- Changes in your heart rhythm
- Dry or persistent cough
- Skin rashes or unusual spots

Heart disease symptoms caused by valvular heart disease:

The heart has four valves — the aortic, mitral, pulmonary and tricuspid valves — that open and close to direct blood flow through your heart. Valves may be damaged by a variety of conditions leading to narrowing (stenosis), leaking (regurgitation or insufficiency) or improper closing (prolapse).

Depending on which valve isn't working properly, valvular heart disease symptoms generally include:

- Fatigue
- Shortness of breath
- Irregular heartbeat
- Swollen feet or ankles
- Chest pain
- Fainting (syncope)

When to see a doctor:

Seek emergency medical care if you have these heart disease symptoms:

- Chest pain
- Shortness of breath
- Fainting

Heart disease is easier to treat when detected early, so talk to your doctor about your concerns about your heart health. If you're concerned about developing heart disease, talk to your doctor about steps you can take to reduce your heart disease risk. This is especially important if you have a family history of heart disease.

If you think you may have heart disease, based on new signs or symptoms you're having, make an appointment to see your doctor.

Treatments

Conventional Treatments: (59)

Heart disease treatments vary by condition. For instance, if you have a heart infection, you'll likely be given antibiotics. In general, treatment for heart disease usually includes:

- **Lifestyle changes.** These include eating a low-fat and low-sodium diet, getting at least 30 minutes of moderate exercise on most days of the week, quitting smoking, and limiting alcohol intake.
- **Medications.** If lifestyle changes alone aren't enough, your doctor may prescribe medications to control your heart disease. The type of medication will depend on the type of heart disease.
- **Medical procedures or surgery.** If medications aren't enough, it's possible your doctor will recommend specific procedures or surgery. The type of procedure will depend on the type of heart disease and the extent of the damage to your heart.

Alternative Treatments:

Please see High Blood Pressure Protocol in Chapter Twelve.

Remedies recommended within this book that can help in treating or preventing heart disease are:

ASAP Silver:

Cardiovascular disease affects the heart, veins, arteries, and the circulation of blood and nutrients throughout the body. It is estimated that as much as 80 percent of all cardiovascular disease has its origin as a bacterial infection that originates in the

mouth.

Cardiovascular disease can come from a bacterial infection like strep throat or a staph infection. By rinsing the mouth with Silver liquid, you can kill the bacteria in the gums that lead to cardiovascular disease. This will also kill the bacteria that cause gum disease and bad breath.

Drink 1 tsp of silver 2-3 times a day.

Garlic:

Good preventative. Take 1 clove per day or follow instructions on Aged Garlic Capsules bottle.

Glutathione:

Prevents heart disease. Take according to bottle / package instructions.

Cayenne:

Cayenne is a medicinal and nutritional herb. It is a very high source of Vitamins A and C, has the complete B complexes, and is very rich in organic calcium and potassium, which is one of the reasons it is good for the heart.

Dr Christopher discovered that a cup of cayenne tea, one tsp of cayenne in a cup of hot water, stopped a heart attack in under three minutes. If a heart attack should occur, it is suggested that a teaspoon of extract be given every 15 minutes or a teaspoon of Cayenne in a glass of hot water be taken until the crisis has passed. (12)

Elderberries produce good heart health.

- **Tincture / Syrup:** Take elderberry tincture/syrup according to directions on bottle – can increase it if needed. (Tincture: 30-40 drops, 3-4 times a day. Syrup: 1 tsp 1-3 times a day – or more, if needed.)
- **Concentrate:** For concentrate recipe (see page 118) take 1-2 T. of this concentrate, pouring it into a cup, fill the rest of the cup up with water and drink one time a day for immune strengthening maintenance or drink 2-3 times if you feel a cold (or something) coming on. For
- **Tea:** When making tea simmer 1 ounce of berries in 4 cups of water for 20 minutes in a covered pot. Strain and keep in fridge. Drink 1/8 cup every hour (or more) for severe diseases or 1/8 cup 3 times daily for maintenance.
- **Either juice the berries** by squeezing out the juice from fresh berries (1 tsp of fresh / thawed berries per person).
-

GSE:

May reduce chances of developing coronary heart disease in high-risk patients due to high pectin content in Grapefruit seed extract

- 5-10 drops in 1 cup water or juice 3 times daily. (Drink before meals) Dose can be increased / decreased as necessary.

Lavender:

Heart irregularity: Use one drop of bottom of feet a few times a day.

High / Low Blood Pressure

Blood pressure is the measure of the force of blood pushing against blood vessel walls. The heart pumps blood into the arteries (blood vessels), which carry the blood throughout the body. High blood pressure, also called hypertension, is dangerous because it makes the heart work harder to pump blood to the body and contributes to hardening of the arteries, or atherosclerosis, and to the development of heart failure.(60)

High Blood Pressure Symptoms:

The exact causes of high blood pressure are not known, but several factors and conditions may play a role in its development, including: (60)

- **Smoking**
- **Being overweight or obese**
- **Lack of physical activity**
- **Too much salt in the diet**
- **Too much alcohol consumption (more than 1 to 2 drinks per day)**
- **Stress**
- **Older age**
- **Genetics**
- **Family history of high blood pressure**
- **Chronic kidney disease**
- **Adrenal and thyroid disorders**

Four basic steps to helping eliminate high blood pressure are:

1. Eat healthy – lots of fruits and veggies and whole grains. Good fats such as coconut oil, olive oil and grapeseed oil.
2. Exercise – get at least 30 minutes of heart-pumping exercise a day.
3. Maintain a healthy weight.
4. Reduce Stress.
5. Lower (bad) sodium intake. Real / Sea salt or Celtic salt are okay, in moderation.

Remedies within this book that help with high blood pressure are:

- Activated Charcoal
- Bentonite Clay
- Garlic
- Cayenne Pepper
- Vitamin C
- Yarrow

(See High Blood Pressure Protocols in Chapter Twelve)

Low Blood Pressure Symptoms:

People with hypotension may experience unpleasant symptoms when their blood pressure drops below 90/60. Symptoms of hypotension can include:

- fatigue
- lightheadedness
- dizziness
- nausea
- clammy skin
- depression
- loss of consciousness
- blurry vision

Symptoms can range in severity. Some people may be slightly uncomfortable, while others may feel quite ill. Notify your doctor if you are concerned about your symptoms and blood pressure levels.(61)

Low Blood Pressure Treatments: (62)

Your doctor will treat the underlying condition that causes your hypotension. This may include medications for heart disease, diabetes, or infection.

Drink plenty of water to avoid hypotension due to dehydration.

Treat orthostatic hypotension with slow, gradual movements. Instead of standing up quickly, work your way into a sitting or standing position using small movements. You can also avoid orthostatic hypotension by not crossing your legs when you sit.

Hydration can also help treat and prevent the symptoms of neurally mediated hypotension. If you suffer from low blood pressure when standing for long periods, be sure to take a break to sit down. Reduce your stress levels to avoid emotional trauma.

Shock-induced hypotension is the most serious form of the condition. Severe hypotension must be treated immediately. Emergency personnel will give you fluids and possibly blood products to increase your blood pressure and stabilize your vital signs.

Alternative Treatments for Low Blood Pressure:

- **Drink water mixed with salt.**
 - Salt water helps treat low blood pressure because the sodium in salt increases blood pressure. Do not overdo this remedy though, as excess salt can prove to be unhealthy. Simply mix one-half teaspoon of salt in a glass of water and drink it. You can also drink sports beverages.(62)
- **Raisins:**
 - Raisins are a traditional Ayurvedic remedy that is considered excellent for treating hypotension naturally.
 - Soak 30 to 40 raisins in a cup of water overnight.
 - Eat them in the morning, one at a time, on an empty stomach. You can also drink the water in which the raisins were soaked.
 - Follow this remedy for a few weeks or even a month.
You can take about four to five almonds, 10 to 15 black currants, and 15 to 20 peanuts along with a glass of milk.(62)
- **Lemons:**
 - Lemon juice is highly effective in treating high blood pressure, but it can also be used for low blood pressure, especially when it is caused by dehydration. In such cases, you can drink some lemon juice mixed with a little salt and sugar. It helps energize your body by stimulating the liver function and aiding in digestion. A glass of sugarcane juice mixed with a teaspoon of lemon juice and salt is also useful.(62)
 - Along with these home remedies, get regular, mild exercise to promote blood flow. Avoid vigorous exercise and heavy lifting, though. Also, consult your doctor to check if any of your prescription medications are causing the problem.(62)
- **Raw Apple Cider Vinegar:**

- Apple cider vinegar has a unique ability to balance your body's pH. Balancing your pH also helps regulate your natural blood volume and can alleviate low blood pressure. The nutritious fluid also contains nutrients like calcium, potassium, and magnesium, which are also important for supporting heart and circulatory health. Try drinking 2 to 3 tablespoons of apple cider vinegar diluted in 8 ounces of water each day.(63)

Respiratory Infections: Pneumonia, Bronchitis, etc

The upper respiratory tract includes the sinuses, nasal passages, pharynx, and larynx. These structures direct the air we breathe from the outside to the trachea and eventually to the lungs for respiration to take place.(64)

An upper respiratory tract infection, or upper respiratory infection, is an infectious process of any of the components of the upper airway.(64)

Infection of the specific areas of the upper respiratory tract can be named specifically. Examples of these may include rhinitis (inflammation of the nasal cavity), sinus infection (sinusitis or rhinosinusitis) - inflammation of the sinuses located around the nose, common cold (nasopharyngitis) - inflammation of the nares, pharynx, hypopharynx, uvula, and tonsils, pharyngitis (inflammation of the pharynx, uvula, and tonsils), epiglottitis (inflammation of the upper portion of the larynx or the epiglottis), laryngitis (inflammation of the larynx), laryngotracheitis (inflammation of the larynx and the trachea), and tracheitis (inflammation of the trachea).(64)

Upper respiratory infections are one of the most frequent causes of doctors visits with varying symptoms ranging from runny nose, sore throat, cough, to breathing difficulty, and lethargy. In the United States, upper respiratory infections are the most common illness leading to missing school or work.(64)

Although upper respiratory infections can happen at any time, they are most common in the fall and winter months, from September until March. This may be explained because these are the usual school months when children and adolescents spend a lot of time in groups and inside closed doors. Furthermore, many viruses of upper respiratory infection thrive in the low humidity of the winter.(64)

Symptoms:

Common symptoms of upper respiratory infection generally include: (65)

- **nasal congestion,**
- **runny nose (rhinorrhea),**
- **nasal discharge (may change from clear to white to green)**
- **nasal breathing,**
- **sneezing,**
- **sore or scratchy throat,**
- **painful swallowing (odynophagia),**
- **cough (from laryngeal swelling and post nasal drip),**
- **malaise, and**
- **fever (more common in children).**
- **Other less common symptoms may include foul breath, poor smelling sensation (hyposmia), headache, shortness of breath, sinus pain, itchy and watery eye (conjunctivitis), nausea, vomiting diarrhea, and body aches.**

The symptoms of upper respiratory infection usually last between 3-14 days; if symptoms last longer than 14 days, an alternative diagnosis can be considered such as, sinusitis, allergy, pneumonia, or bronchitis.(65)

Bacterial pharyngitis (strep throat due to group A streptococcus) may be considered if symptoms continue to worsen after the first week in the absence of runny nose, cough, or conjunctivitis. Prompt testing and initiation of appropriate antibiotics is important due to the risk of developing rheumatic fever, especially in children.(65)

Epiglottitis is an upper respiratory infection in children that may have a more sudden onset of sore throat, feeling of a lump in the throat, muffled voice, dry cough, very painful swallowing, and drooling.(65)

Upper respiratory infections in the lower part of the upper respiratory tract, such as, laryngotracheitis, are more commonly featured with dry cough and hoarseness or loss of voice. Barking or whooping cough, gagging, rib pain (from severe cough) are other presenting features.(65)

Treatments

Conventional Treatments: (66)

Most cases of upper respiratory infection are caused by viruses and therefore, require no specific treatment and are self-limited. People with upper respiratory infections typically diagnose themselves and treat their symptoms at home without requiring doctor's visit or prescription medications.

Rest is an important step in treating upper respiratory infections. Usual activities, such as, working and light exercising may be continued as much as tolerated.

Increased intake of oral fluids is also generally advised to keep up with the fluid loss from runny nose, fevers, and poor appetite associated with upper respiratory infections.

Treatment of the symptoms of upper respiratory infection is usually continued until the infection has resolved.

Some of the most common upper respiratory infection or cold medications used to treat these symptoms are the following:

- Acetaminophen (Tylenol) can be used to reduce fever and body aches.
- Nonsteroidal antiinflammatory drugs such as ibuprofen (Motrin, Advil) can be used for body aches and fever.
- Antihistamines such as diphenhydramine (Benadryl) are helpful in decreasing nasal secretions and congestions.
- Nasal ipratropium (topical) can be used to diminish nasal secretions.
- Cough medications (antitussives) can be used to reduce cough. Many cough medications are commercially available such as dextromethorphan, guaifenesin (Robitussin), and codeine all have shown benefits in reducing cough in upper respiratory infections.
- Honey can be used in reducing cough.
- Steroids such as (dexamethasone (Decadron) and prednisone orally (and nasally) are sometimes used to reduce inflammation of the airway passage and decrease swelling and congestion.
- Decongestants such as pseudoephedrine (Sudafed) Actifed oral, phenylephrine (Neo-synephrine nasal) can be used to reduce nasal congestion (generally not recommended in

children less than 2 years of age and not recommended for individuals with high blood pressure).

- Oxymetazoline (Afrin) nasal solution is a decongestant, but should only be used for short-term.
- Combination medications containing many of these components are also widely available over the counter.

Some cough and cold medicines can cause excessive drowsiness need to be used with caution in children younger than 4 years of age and the elderly.

Antibiotics are sometimes used to treat upper respiratory infections if a bacterial infection is suspected or diagnosed. These conditions may include strep throat, bacterial sinusitis, or epiglottitis. Antivirals may occasionally be recommended by doctors in patients who are immunocompromised (poor immune system). The treating doctor can determine which antibiotic would be the best option for a particular infection.

Because antibiotics are associated with many side effects and can promote bacterial resistance and secondary infections, they need to be used very cautiously and only under the direction of a treating physician.

Inhaled epinephrine is sometimes used in children with severe spasm of the airways (bronchospasm) and in croup to reduce spasm.

Rarely, surgical procedures may be necessary in cases of complicated sinus infections, compromised airway with difficulty breathing, formation of abscesses behind the throat, or abscess formation of the tonsils (peritonsillar abscess).

Alternative Treatments:

Please see the following:

- **Respiratory Protocols in Chapter Twelve**
- **Nebulizer Treatment Options in Chapter Eleven**
- **Sore Throat Protocols in Chapter Twelve**
- **Fever Protocols in Chapter Twelve**
- **Sinus Infection Protocols in Chapter Twelve**
- **Any other protocols that may apply**

Sinus Infections

Cause:

Bacteria, Fungus or Virus

Description:

Sinus infection, or sinusitis, is an inflammation of the sinuses and nasal passages. A sinus infection can cause a headache or pressure in the eyes, nose, cheek area, or on one side of the head. A person with a sinus infection may also have a cough, sore throat, fever, bad breath, and nasal congestion with thick nasal secretions. Sinusitis is categorized as acute (sudden onset) or chronic (long term, the most common type).(67)

Sinusitis is very common. In 2010 there were 29.8 million adults diagnosed with sinusitis in the United States. In 2007 there were 12.5 million visits to health practitioners for chronic sinusitis alone.(67)

Here is an overview of the anatomy of the sinuses (also called paranasal sinuses). The human skull contains four major pairs of hollow air-filled cavities called sinuses. These are connected to the space between the nostrils and the nasal passage (behind your nose). Sinuses help insulate the skull, reduce its weight, and allow the voice to resonate within it. The four major pairs of sinuses are the:

1. frontal sinuses (in the forehead),
2. maxillary sinuses (behind the cheek bones),
3. ethmoid sinuses (between the eyes), and
4. sphenoid sinuses (behind the eyes).(67)

The sinuses contain defenses against viruses and bacteria (germs). The sinuses are covered with a mucous layer and cells that contain tiny hairs on their surfaces (cilia). These help trap and propel bacteria and pollutants outward.(67)

Acute sinusitis typically lasts less than eight weeks or occurs no more than three times per year with each episode lasting no longer than 10 days. Medications are generally effective against acute sinusitis. Successful treatment counteracts damage done to the mucous lining of the sinuses and surrounding bone of the skull.(67)

Chronic or recurring sinusitis lasts longer than eight weeks or occurs more than four times per year, with symptoms usually lasting more than 20 days.(67)

Symptoms:

Signs and symptoms of sinus infections depend upon which sinuses are affected and whether the sinus infection is acute or chronic.

Acute sinusitis:

- Ethmoid sinusitis (behind the eyes)
 - Nasal congestion with discharge
 - Postnasal drip (mucus drips down the throat behind the nose) often accompanied by a sore throat
 - Pain or pressure around the inner corner of the eye or down one side of the nose
 - Headache in the temple, or surrounding or behind the eye
 - Pain or pressure symptoms are worse when coughing, straining, or lying on the back and better when the head is upright
 - Fever is common
- Maxillary sinusitis (behind the cheek bones)
 - Pain across the cheekbone, under or around the eye, or around the upper teeth
 - Pain or pressure on one or both sides of the face
 - Tender, red, or swollen cheekbone (maxilla)
 - Pain and pressure symptoms are worse with the head upright and bending forward and better when reclining
 - Nasal discharge or postnasal drip
 - Fever is common
- Frontal sinusitis (behind forehead, one or both sides)

- Severe headaches in the forehead
- Fever is common
- Pain is worse when reclining and better with the head upright
- Nasal discharge or postnasal drip
- Sphenoid sinusitis (behind the eyes)
 - Deep headache with pain behind and on top of the head, across the forehead, and behind the eye
 - Fever is common
 - Pain is worse when lying on the back or bending forward
 - Double vision or vision disturbances if pressure extends into the brain
 - Nasal discharge or postnasal drip

Chronic sinusitis:

- Ethmoid sinusitis
 - Chronic nasal discharge, obstruction, and low-grade discomfort across the bridge of the nose
 - Pain is worse in the late morning or when wearing glasses
 - Chronic sore throat and bad breath
- Maxillary sinusitis
 - Discomfort or pressure below the eye
 - Chronic toothache or increased tooth sensitivity
 - Pain possibly worse with colds, flu, or allergies
 - Increased discomfort throughout the day with increased cough at night
- Frontal sinusitis
 - Persistent, low-grade headache in the forehead
 - History of trauma or damage to the sinus area
 - Chronic postnasal drip
- Sphenoid sinusitis
 - Low-grade general headache is common
 - Chronic postnasal drip

Treatments

Conventional Treatments:

Home care can help open the sinuses and alleviate their dryness.(68)

Promote drainage:

- Drink plenty of water and hydrating beverages such as hot tea.
- Inhale steam two to four times per day by leaning over a bowl of hot water (not while the water is on the stove) or using a steam vaporizer. Inhale the steam for about 10 minutes. Taking a hot, steamy shower may also work. Mentholated preparations, such as Vicks Vapo-Rub, can be added to the water or vaporizer to aid in opening the passageways.

Thin the mucus: Expectorants are drugs that help expel mucus from the lungs and respiratory passages. They help thin mucous secretions, enhancing drainage from the sinuses. The most common is guaifenesin(contained in Robitussin and Mucinex). Over-the-counter (OTC) sinus medications can also

combine decongestants and cough suppressants to reduce symptoms and eliminate the need for the use of many prescription medications. Read label ingredients to find the right combination of ingredients or ask the pharmacist.

Relieve pain: Pain medication such as ibuprofen (Motrin and Advil), aspirin, and naproxen (Aleve) can reduce pain and inflammation. These medications help to open the airways by reducing swelling. Acetaminophen (Tylenol) can be used for pain and fever but does not help with the inflammation.

Nasal saline irrigation: There are several methods of nasal irrigation, and a popular remedy is the Neti-pot - a ceramic pot that looks like a cross between a small teapot and Aladdin's magic lamp.

- Some ENT physicians recommend nasal irrigation with a Neti-pot to help clear crusting in the nasal passages. Many people with chronic sinus symptoms use the Neti-pot to alleviate congestion, facial pain and pressure, and reduce the need for antibiotics and nasal sprays.
- Before using nasal saline irrigation, discuss it with your physician.

Alternative Remedies:

Please see the following:

- **Sinus Infection Protocols in Chapter Twelve**
- **Nebulizer Treatment Options in Chapter Eleven**
- **General Illnesses in Chapter Twelve**

Strep

Cause:

Bacteria

Description:

Strep throat is a bacterial throat infection that can make your throat feel sore and scratchy. Only a small portion of sore throats are the result of strep throat.

It's important to identify strep throat for a number of reasons. If untreated, strep throat can sometimes cause complications such as kidney inflammation and rheumatic fever. Rheumatic fever can lead to painful and inflamed joints, a rash and even damage to heart valves.

Strep throat is most common between the ages of 5 and 15, but it affects people of all ages. If you or your child has signs or symptoms of strep throat, see your doctor for prompt treatment.

Symptoms:

In general, signs and symptoms of strep throat include:

- **Throat pain**
- **Difficulty swallowing**
- **Red and swollen tonsils, sometimes with white patches or streaks of pus**
- **Tiny red spots on the soft or hard palate — the area at the back of the roof of the mouth**
- **Swollen, tender lymph glands (nodes) in your neck**
- **Fever**

- **Headache**
- **Rash**
- **Stomachache and sometimes vomiting, especially in younger children**
- **Fatigue**

It's possible for you or your child to have many of these signs and symptoms, but not have strep throat. The cause of these signs and symptoms could be a viral infection or some other kind of illness. That's why your doctor generally tests specifically for strep throat.

It's also possible to have the bacteria that can cause strep in your throat without having a sore throat. Some people are carriers of strep, which means they can pass the bacteria on to others, but the bacteria are not currently making them sick.

When to see a doctor

Call your doctor if you or your child has any of these signs and symptoms:

- A sore throat accompanied by tender, swollen lymph glands (nodes)
- A sore throat that lasts longer than 48 hours
- A fever higher than 101 F (38.3 C) in older children, or any fever lasting longer than 48 hours
- A sore throat accompanied by a rash
- Problems breathing or difficulty swallowing anything, including saliva
- If strep has been diagnosed, a lack of improvement after taking antibiotics for 24 to 48 hours
- A fever — or pain or swelling in the joints, shortness of breath or a rash — after a strep infection, even as long as three weeks after infection; these can be indicators of rheumatic fever
- Cola-colored urine more than a week after a strep infection, as this may indicate kidney inflammation (poststreptococcal glomerulonephritis)

Complications: (70)

Strep bacteria may spread, causing infection in your:

- Tonsils
- Sinuses
- Skin
- Blood
- Middle ear

Inflammatory reactions:

Strep infection may lead to other inflammatory illnesses, including:

- Scarlet fever, an illness characterized by a rash
- Inflammation of the kidney (poststreptococcal glomerulonephritis)
- Rheumatic fever, a serious condition that can affect the heart, joints, nervous system and skin

Researchers are investigating a possible link between strep infection and a rare condition called Pediatric autoimmune neuropsychiatric disorder associated with group A streptococci (PANDAS). PANDAS is a term used to describe certain children whose symptoms of neuropsychiatric conditions, such as obsessive compulsive disorder or tic disorders, are exacerbated by strep infection.

Treatments

Conventional Treatment:

A number of medications are available to cure strep throat, relieve its symptoms and prevent its spread.

Antibiotics

If you or your child has strep throat, your doctor will likely prescribe an oral antibiotic such as:

- **Penicillin.** This drug may be given by injection in some cases — such as if you have a young child who is having a hard time swallowing or is vomiting.
- **Amoxicillin.** This drug is in the same family as penicillin, but is often a preferred option for children because it tastes better and is available as a chewable tablet.

If you or your child is allergic to penicillin, your doctor likely may prescribe:

- A cephalosporin such as cephalexin (Keflex)
- Clarithromycin (Biaxin)
- Azithromycin (Zithromax, Zmax)
- Clindamycin

These antibiotics reduce the duration and severity of symptoms, as well as the risk of complications and the likelihood that infection will spread to classmates or family members.

Once treatment begins, you or your child should start feeling better in just a day or two. Call your doctor if you or your child doesn't feel better after taking antibiotics for 48 hours.

If children taking antibiotic therapy feel well and don't have a fever, they often can return to school or child care when they're no longer contagious — usually 24 hours after beginning treatment. But be sure to finish the entire course of medicine. Stopping medication early may lead to recurrences and serious complications, such as rheumatic fever or kidney inflammation.

Symptom relievers

In addition to antibiotics, your doctor may suggest over-the-counter medications to relieve throat pain and reduce fever, such as:

- Ibuprofen (Advil, Motrin IB, others)
- Acetaminophen (Tylenol, others)

Because of the risk of Reye's syndrome, a potentially life-threatening illness, don't give aspirin to young children and teenagers. Read and follow label directions. Talk to your doctor or pharmacist if you have questions.

Alternative Treatments:

Please see the following:

- **Sore Throat Protocols in Chapter Twelve**
- **Strep Info in Chapter Fourteen and page 362**
- **Nebulizing Treatment Options in Chapter Eleven**



Most Common Day-to-Day Illnesses in Children

RSV

Cause:

Virus

Description:

RSV stands for respiratory syncytial virus. (Syncytial meaning a mass of cytoplasm that containing many nuclei and enclosed in a cell membrane.) RSV is much like a cold - it's very contagious and quite common. RSV isn't usually something to worry about but it can lead to other complications such as pneumonia especially in babies.

Symptoms:

RSV is usually nothing more than a bad cold lasting one to two weeks.

RSV attacks your eyes, nose, lungs and throat causing symptoms such as:

- A cough
- A stuffy or runny nose
- A sore throat
- An earache
- A fever

Babies may experience:

- Lack of energy
- Fussiness or crankiness
- Lack of hunger
- Difficulty breathing
- High fever
- Thick discharge from nose
- Cough producing yellow or green mucous
- Signs of dehydration, including lack of tears when crying; little or no urine in the diaper for six hours; cool, dry skin

Some children may experience more serious symptoms like wheezing.

RSV usually goes away on its own.

Treatments

Conventional Treatments:

WebMD states:

“RSV usually goes away on its own. For most people, home treatment is all that is needed. If your child has RSV:

- *Prop up your child's head to make it easier to breathe and sleep.*
- *Suction your baby's nose if he or she can't breathe well enough to eat or sleep.*
- *Relieve fever with acetaminophen or ibuprofen, if needed. Never give aspirin to someone younger than 20 years, because it can cause Reye syndrome, a serious but rare problem.*

When a person with RSV is otherwise healthy, symptoms usually get better in a week or two.

RSV can be serious when the symptoms are very bad or when it leads to other problems, like pneumonia. Certain people are more likely to have problems with RSV:

- *Babies younger than 6 months, especially those born early (prematurely)*
- *People with immune system problems*
- *People with heart or lung problems*
- *Adults older than 65*

These people sometimes need treatment in a hospital. So it's important to watch the symptoms and call your doctor if they get worse.”

Alternative Treatments Include:

Please see the following:

- **Respiratory Protocols in Chapter Twelve**
- **Nebulizer remedies on page 166**
- **Fever Protocols in Chapter Twelve**
- **General Illness Protocols in Chapter Twelve**
- **List of Anti-Viral Remedies on page 77**
-

Other treatments to consider are any of the virus remedies listed in the Remedy Overview section of this book also use “Breathe” blend essential oil, “Thieves” oil blend and Lipospheric Vitamin C to help fight the infection. Probiotics or elderberry to help give the immune system a helpful boost to fight the active infection.

References: 1, 2, 3

Hand, Foot and Mouth Disease

Cause:

Virus called enterovirus (a large family (more than 70) of viruses responsible for many infections in children).

Description:

Hand, foot and mouth disease is an illness that causes sores in or on the mouth and on the hands, feet and sometimes buttocks and legs. The sores may be painful. The illness usually only lasts for a week.



Hand, foot and mouth disease is spread from person to person much like a cold (through coughing and sneezing) and through blister fluid or the stool of infected persons (changing diapers).

Children are most susceptible to this illness but adults can get it as well.

Symptoms:

It usually takes 3-6 days for a person to show symptoms of this disease after being exposed to the virus.

Hand-foot-and-mouth disease may cause all of the following signs and symptoms or just some of them. They include:

- Fever
- Sore throat
- Feeling of being unwell (malaise)
- Painful, red, blister-like lesions on the tongue, gums and inside of the cheeks
- A red rash, without itching but sometimes with blistering, on the palms, soles and sometimes the buttocks
- Irritability in infants and toddlers
- Loss of appetite

The usual period from initial infection to the onset of signs and symptoms (incubation period) is three to six days. A fever is often the first sign of hand-foot-and-mouth disease, followed by a sore throat and sometimes a poor appetite and malaise.

One or two days after the fever begins, painful sores may develop in the mouth or throat. A rash on the hands and feet and possibly on the buttocks can follow within one or two days.

Treatments

Conventional Treatments:

The CDC states:

"There is no specific treatment for hand, foot and mouth disease. However, some things can be done to relieve symptoms, such as

---End of Sample for Chapter Fourteen---

CHAPTER FIFTEEN

Other Health Illnesses or Maladies: Descriptions, Symptoms, and Treatments



"You are as important to your health as it is to you. ~Terri Guillemets

Illness Prevention:

You can reduce your chance of being infected or infecting others by:

- washing your hands often with soap and water
- covering your mouth and nose when you cough or sneeze
 - not touching your eyes, nose, or mouth
- avoiding close contact with people who are sick
(CDC)

This chapter will contain the following health illnesses/maladies:

- | | |
|----------------------------------|------------------------------|
| • Appendicitis | • Lice |
| • Blood Clots | • Malaria |
| • Breastfeeding Milk Supply | • Measles |
| • Coma / Concussion | • Menstrual Bleeding (Heavy) |
| • Epilepsy/Seizures | • Scabies |
| • Frost Bite | • Sepsis |
| • Gallbladder Attack | • Shingles |
| • Headaches | • Shock |
| • Kidney Stones | • Tick Bites |
| • Labor and Delivery (free book) | |

Appendicitis

Appendicitis is an inflammation of the appendix, a 3 1/2-inch-long tube of tissue that extends from the large intestine. No one is absolutely certain what the function of the appendix is. One thing we do know: We can live without it, without apparent consequences.(1)

Appendicitis is a medical emergency that requires prompt surgery to remove the appendix. Left untreated, an inflamed appendix will eventually burst, or perforate, spilling infectious materials into the abdominal cavity. This can lead to peritonitis, a serious inflammation of the abdominal cavity's lining (the peritoneum) that can be fatal unless it is treated quickly with strong antibiotics.(1)

Sometimes a pus-filled abscess (infection that is walled off from the rest of the body) forms outside the inflamed appendix. Scar tissue then "walls off" the appendix from the rest of the abdomen, preventing infection from spreading. An abscessed appendix is a less urgent situation, but unfortunately, it can't be identified without surgery. For this reason, all cases of appendicitis are treated as emergencies, requiring surgery.(1)

What Causes Appendicitis?

- Appendicitis occurs when the appendix becomes blocked, often by stool, a foreign body, or cancer. Blockage may also occur from infection, since the appendix swells in response to any infection in the body.

What Are the Symptoms of Appendicitis?

The classic symptoms of appendicitis include:

- Dull pain near the navel or the upper abdomen that becomes sharp as it moves to the lower right abdomen. This is usually the first sign.
- Loss of appetite
- Nausea and/or vomiting soon after abdominal pain begins
- Abdominal swelling
- Fever of 99-102 degrees Fahrenheit
- Inability to pass gas

Almost half the time, other symptoms of appendicitis appear, including:

- Dull or sharp pain anywhere in the upper or lower abdomen, back, or rectum
- Painful urination
- Vomiting that precedes the abdominal pain
- Severe cramps
- Constipation or diarrhea with gas
- If you have any of the mentioned symptoms, seek medical attention immediately since timely diagnosis and treatment is very important. Do not eat, drink, or use any pain remedies, antacids, laxatives, or heating pads, which can cause an inflamed appendix to rupture.

Checking for Appendicitis:

Apply gentle pressure on the painful area (the lower right hand side of the abdomen). When the pressure is suddenly released, appendicitis pain will often feel worse, signaling that the adjacent peritoneum is inflamed.

Treatments

Conventional Treatments:

Surgery and antibiotics are the main ways of treating appendicitis.

Alternative Treatments:

(Use more than one remedy)

Castor Oil:

Castor oil helps treat appendicitis by way of helping relieve the blockage. Castor oil taken by mouth helps treat constipation, which allows the intestines to move normally and in turn relieves issues in the appendix. The oil also helps reduce inflammation and treat infection.

Castor Oil Pack:

Create a castor oil pack for the area of swelling or bruising. To create a castor oil pack simply saturate a piece of wool flannel in castor oil. Apply to the abdomen with a heating pad. Leave on for 30-60 minutes. Resting while the pack is in place. After removing the pack clean the area with a dilution of baking soda and water. Store pack in cold area / fridge. Pack may be reused 20-30 times.

Castor Oil Internally:

For instances in which no dosage directions are provided with your castor oil, prepare 1 tsp. (4.92 milliliters) for adults, or prepare one-half of a tsp. (2.46 milliliters) for children.

Castor oil can be taken once daily or at specific time intervals for between 3 and 7 days; although the amount of days you take castor oil will vary depending on your constipation.

Take castor oil for as long and as often as directed by your health care provider or by following the instructions on the packaging label.

Plan to ingest castor oil immediately after you wake up and before you eat breakfast. Castor oil works most efficiently when you take it on an empty stomach.

4. Take your proper dosage of castor oil.
5. Pour your prescribed dose of castor oil into a measuring spoon or a measuring cup for accuracy.
6. Ingest the castor oil by itself or mix it with juice to improve the taste. Mix castor oil with either cranberry juice, orange juice, prune juice, or ginger juice. Combining castor oil with any other types of juice may prevent the laxative effects of the castor oil from working properly.

You can mix castor oil into your food or take it at the same time you eat breakfast; however, this procedure will not produce immediate results and may greatly delay the effects of the castor oil.

Garlic:

Garlic is a powerful antibacterial and anti-inflammatory. You can take a garlic capsule or just add additional garlic to your diet to eliminate the infection associated with appendicitis and to reduce painful inflammation.

Take garlic gelcaps according to instructions on bottle. Consider doubling or tripling this dose. Another option is to take 1 crushed / chopped garlic clove every 1-3 hours – swallow it down like pills, with a large glass of water. Take with food if stomach sensitivity occurs.

ASAP Silver

Take up to 3 tsps of Silver every 1-2 hours until symptoms subside. Consider also using castor oil and garlic along with the Silver.

Asea

Take 4 ounces twice a day or more. Take along with (but not at the same time as) other remedies. Consider taking 2 ounces of Asea every 1-2 hours until symptoms have completely subsided.

Turmeric

Take turmeric internally (1 tsp 3 x day) as a supplement for 2 weeks or more to help reduce inflammation.

Cleanse the Colon!

See **Constipation Protocols** in Chapter Twelve.

Blood Clots

Symptoms: (2)

Signs and symptoms of excessive blood clotting depend on where the clots form. For example, symptoms of a blood clot in the heart or lungs may include chest pain, shortness of breath, and upper body discomfort in the arms, back, neck, or jaw. These symptoms may suggest a heart attack or pulmonary embolism (PE).

Signs and symptoms of a blood clot in the deep veins of the leg may include pain, redness, warmth, and swelling in the lower leg. These signs and symptoms may suggest deep vein thrombosis (DVT).

Signs and symptoms of a blood clot in the brain may include headaches, speech changes, paralysis (an inability to move), dizziness, and trouble speaking or understanding speech. These signs and symptoms may suggest a stroke.

If you have signs or symptoms of a heart attack, PE, or stroke, call 9–1–1 right away. If you have signs or symptoms of DVT, call your doctor right away. The cause of the blood clot needs to be found and treated as soon as possible.

Complications of Blood Clots:

Blood clots can form in, or travel to, the arteries or veins in the brain, heart, kidneys, lungs, and limbs. Blood clots can limit or block blood flow. This can damage the body's organs and cause many problems. Sometimes blood clots can be fatal.

- ***Stroke***

A stroke can occur if blood flow to your brain is cut off. If blood flow is cut off for more than a few minutes, the cells in your brain start to die. This impairs the parts of the body that the brain cells control.

A stroke can cause lasting brain damage, long-term disability, paralysis (an inability to move), or death.

For more information, go to the Health Topics Stroke article and the National Institute of Neurological Disorders and Strokes.

- ***Heart Attack***

A blood clot in a coronary artery can lead to a heart attack. A heart attack occurs if blood flow to a section of heart muscle becomes blocked. If blood flow isn't restored quickly, the section of heart muscle becomes damaged from lack of oxygen and begins to die.

This heart damage may not be obvious, or it may cause severe or long-lasting problems such as heart failure or arrhythmias (irregular heartbeats).

For more information, go to the Health Topics Heart Attack article.

- ***Kidney Problems and Kidney Failure***

A blood clot in the kidneys can lead to kidney problems or kidney failure. Kidney failure occurs if the kidneys can no longer remove fluids and waste from your body. This causes a buildup of these fluids and waste in your body, high blood pressure, and other health problems.

- ***Pulmonary Embolism***

If a blood clot travels from a deep vein in the body to the lungs, it's called a pulmonary embolism, or PE. PE is a serious condition that can damage your lungs and other organs and cause low oxygen levels in your blood.

For more information, go to the Health Topics Pulmonary Embolism article.

- ***Deep Vein Thrombosis***

A blood clot in a vein deep in your arm or leg can cause pain, swelling, redness, or increased warmth in the affected limb. This type of clot is called deep vein thrombosis, or DVT. Deep vein clots can break off, travel to the lungs, and cause PE.

For more information, go to the Health Topics Deep Vein Thrombosis article.

- ***Pregnancy-Related Problems***

Blood clots can cause miscarriages, stillbirths, and other pregnancy-related problems, such as preeclampsia (pre-e-KLAMP-se-ah). Preeclampsia is high blood pressure that occurs during pregnancy.

Treatments

Alternative Treatments:

Apple Cider Vinegar:

Among its various other components, apple cider vinegar is a natural blood thinner. With this capability, ACV helps to break down clots in your blood and promote better blood flow throughout your body. To utilize this treatment option, drink a tonic of 2-3 tablespoons of apple cider vinegar diluted in 8 ounces of water at least once a day.

Cayenne:

Cayenne contains a number of important nutritional components including capsaicin, flavonoids, volatile oils, and steroid saponins. These compounds help cayenne increase your bloods hypocoagulability, meaning your blood is less able to coagulate or clot. In addition to reducing blood coagulation, cayenne also increases circulation, which helps dissolve blood clots and improve blood flow. To employ this remedy, make cayenne tea by pouring one cup of boiling water into 1/4 teaspoon of cayenne pepper and drink the tea daily.

Garlic:

Garlic helps to thin the blood and prevent blood clots from forming.

Take garlic gelcaps according to instructions on bottle. Consider doubling or tripling this dose. Another option is to take 1 crushed / chopped garlic clove every 1-3 hours – swallow it down like pills, with a large glass of water. Take with food if stomach sensitivity occurs.

Turmeric:

One of the proven medicinal benefits of turmeric is its anti-thrombotic properties or ability to inhibit blood clotting. A 1999 study in “Biochemical Pharmacology,” a 2005 study in the “Journal of Physiology and Pharmacology” and an ongoing study begun in 2009 by the USDA have shown that curcumin, a chemical in turmeric, reduces the risk of clogged arteries, strokes and heart attacks.

Turmeric’s effect is not due to any influence on a reduction in serum cholesterol or triglycerides but simply to its ability to inhibit platelet aggregation and keep blood flowing. Announcing the development of a new stroke-recovery drug using curcumin at the 2010 American Heart Association Stroke Conference, speakers reiterated the fact that turmeric alone does not dissolve clotting because it is poorly absorbed and easily depleted once ingested.(3)

Take turmeric internally (1 tsp 3 x day) as a supplement for 2 weeks or more.

Exercise

Reduce Stress

Breastfeeding Milk Supply

Please be aware that Oregano, Breathe Blend Essential Oil, and Yarrow may **reduce** milk supply.

Remedies that can help to increase milk supply are: **Vitamins and Minerals**. Magnesium Chloride may also help. Rub up to a half tsp onto skin throughout day and take up to ½ tsp orally, taken in small doses throughout the day.

Other herbal remedies that help produce breast milk but aren't a part of the list of remedies listed in this book are:

- | | |
|---------------------------|-------------------------------|
| 1) Anise seed | 6) Fenugreek seed |
| 2) Blessed Thistle | 7) Milk Thistle |
| 3) Chaste Tree | 8) Nettle leaf |
| 4) Goat's Rue | 9) Oats |
| 5) Fennel seed | 10) Red Raspberry leaf |

Coma / Concussion

Coma's or concussions are both due to a brain injury. The alternative treatments for these would be the same.

Coma:

A coma is a prolonged state of unconsciousness. During a coma, a person is unresponsive to his or her environment. The person is alive and looks like he or she is sleeping. However, unlike in a deep sleep, the person cannot be awakened by any stimulation, including pain.

What Causes a Coma?

Comas are caused by an injury to the brain. Brain injury can be due to increased pressure, bleeding, loss of oxygen, or buildup of toxins. The injury can be temporary and reversible. It also can be permanent.

More than 50% of comas are related to head trauma or disturbances in the brain's circulatory system.(4)

Symptoms of Coma:

The signs and symptoms of coma commonly include:

- Closed eyes
- Depressed brainstem reflexes, such as pupils not responding to light
- No responses of limbs, except for reflex movements
- No response to painful stimuli, except for reflex movements
- Irregular breathing

Coma is a medical emergency. Seek immediate medical care.(5)

Concussion:

A concussion is a type of traumatic brain injury that is caused by a blow to the head or body, a fall, or another injury that jars or shakes the brain inside the skull. Although there may be cuts or bruises on the head or face, there may be no other visible signs of a brain injury.(6)

You don't have to pass out (lose consciousness) to have a concussion. Some people will have obvious symptoms of a concussion, such as passing out or forgetting what happened right before the injury. But

other people won't. With rest, most people fully recover from a concussion. Some people recover within a few hours. Other people take a few weeks to recover.(6)

In rare cases, concussions cause more serious problems. Repeated concussions or a severe concussion may require surgery or lead to long-lasting problems with movement, learning, or speaking. Because of the small chance of permanent brain problems, it is important to contact a doctor if you or someone you know has symptoms of a concussion.(6)

Symptoms: (6)

- Symptoms of a concussion fit into four main categories:
- Thinking and remembering
 - Not thinking clearly
 - Feeling slowed down
 - Not being able to concentrate
 - Not being able to remember new information
- Physical
 - Headache
 - Fuzzy or blurry vision
 - Nausea and vomiting
 - Dizziness
 - Sensitivity to light or noise
 - Balance problems
 - Feeling tired or having no energy
- Emotional and mood
 - Easily upset or angered
 - Sad
 - Nervous or anxious
 - More emotional
- Sleep
 - Sleeping more than usual
 - Sleeping less than usual
 - Having a hard time falling asleep

Young children can have the same symptoms of a concussion as older children and adults. But sometimes it can be hard to tell if a small child has a concussion. Young children may also have symptoms like:

- Crying more than usual.
- Headache that does not go away.
- Changes in the way they play or act.
- Changes in the way they nurse, eat, or sleep.
- Being upset easily or having more temper tantrums.
- A sad mood.
- Lack of interest in their usual activities or favorite toys.
- Loss of new skills, such as toilet training.
- Loss of balance and trouble walking.
- Not being able to pay attention.

Treatments

Alternative Treatments:

1. Turmeric

The Vermont Center for Integrative Herbalism supports use of turmeric as a natural treatment for brain injury. Turmeric contains an important compound known as curcumin, which is used for relieving inflammation in the system. It also helps promote the functioning of the brain and promotes effective blood flow throughout your body to ensure you are getting plenty of oxygen flow to your brain. For the best results, take a 500mg capsule of turmeric up to four times a day.

Take turmeric internally (1 tsp 3 x day) as a supplement for 2 weeks or more.

If the person is unconscious mix ¼ tsp turmeric into 2 T. of DMSO and apply ¼ tsp of this mixture a few times a day.

2. Asea

Either take 4-8 ounces of the Asea twice a day or take 2 ounces every 1-2 hours.

If the person is unconscious administer the Asea via a nebulizer, 10ml, up to 4 times a day.

3. Vitamins and Minerals

Vitamins and minerals help support mitochondrial and brain functions. Take according to directions on bottle. Mix with DMSO and apply ¼ tsp of DMSO onto skin a few times a day with this mixture.

Ebola Virus

The CDC states that the symptoms of Ebola typically include:

- **Fever (greater than 38.6°C or 101.5°F)**
- **Severe headache**
- **Muscle pain**
- **Weakness**
- **Diarrhea**
- **Vomiting**
- **Abdominal (stomach) pain**
- **Lack of appetite**

Both Ebola and Marburg hemorrhagic fevers lead to death for a high percentage of people who are affected. As the illness progresses, it can cause:

- **Multiple organ failure**
- **Severe bleeding**
- **Jaundice**
- **Delirium**
- **Seizures**
- **Coma**
- **Shock**

One reason the viruses are so deadly is that they interfere with the immune system's ability to mount a defense. But scientists don't understand why some people recover from Ebola and Marburg and others don't.

For people who survive, recovery is slow. It may take months to regain weight and strength, and the viruses remain in the body for weeks. People may experience:

- **Hair loss**
- **Sensory changes**
- **Liver inflammation (hepatitis)**
- **Weakness**
- **Fatigue**
- **Headaches**
- **Eye inflammation**
- **Testicular inflammation**

Symptoms may appear anywhere from 2 to 21 days after exposure to ebolavirus, although 8-10 days is most common.

Some who become sick with Ebola are able to recover. We do not yet fully understand why. However, patients who die usually have not developed a significant immune response to the virus at the time of death.

Treatments

Conventional Treatments:

Presently Ebola treatments typically involve the use of intravenous fluids, antibiotics, and oxygen. Treatment may also include the use of medications to control fever, help the blood clot, and maintain blood pressure. Even with such supportive care, death occurs in 50 to 90% of people with Ebola.

- **Intravenous (IV) fluids to maintain fluids and electrolytes (sodium, potassium, and chloride)**
- **Oxygen and devices that help with breathing**
- **Medications to control fever, help the blood clot, and maintain blood pressure**
- **Antibiotics to prevent secondary infections from bacteria**
- **Good nursing care. (41)**

Alternative Treatments:

"People who either choose home care or have no other option need to treat everyone in the home at the same time whether demonstrating symptoms or not. Waiting for the contagion to spread inside a family, or with health care professionals in hospitals and clinics, is unwise. The main idea is to get out in front of the virus."

Patients who are critically ill with Ebola have high nutritional requirements that need to be addressed. Nutritional feeding is critical to patient outcome." – Dr. Sircus

The Ebola Virus is an aggressive illness and should be treated aggressively. Issues to be addressed are:

- **Alkalize Body**

- **Eliminating the “Illness / Virus”**
- **Nutritional Support**
- **Reduce Swelling**
- **Rehydration and Maintaining Electrolyte Balances**
- **Supporting Cellular Functionality**
- **Supporting Immune System**
- **Treating Respiratory Infection (if present)**

Alkalize Body:

Baking Soda:

Add 1/2 teaspoon to 1/2 glass of water every 2 hours or as directed by physician.

Dissolve completely in water.

Accurately measure 1/2 teaspoon.

Do not take more than the following amounts in 24 hours:

Seven 1/2 teaspoons

Three 1/2 teaspoons if you are over 60 years

Do not use the maximum dosage for more than 2 weeks. See warnings in Chapter Ten.

Eliminating the Virus:

Do at least 3 or more of the following:

- **Anti-Plague:** give tsp of anti-plague every hour or more
- **ASAP:** give tsp of ASAP Silver every hour or more (place in enema if needed)
- **Asea (see “Supporting Healthy Cellular Function”):** give 4-8 ounces every 1-3 hours, or more
- **Elderberry:** give elderberry tincture or concentrate – 1 T. to ½ cup every hour, or more
- **Garlic** – take triple the amount of recommended dosage on bottle. For fresh garlic take one garlic clove, chopped up, by mouth, with water and food (if possible) every 1-3 hours.
- **Lypo C-** Give 1-3 packets every 1-3 hours, or more
- **Magnesium Chloride (see “Reduce Swelling”)**
- **Melissa Essential Oil:** Apply to glands on neck, to bottom of feet and take 3-6 drops in capsule every 1-3 hours.
- **Thieves:** same instructions as Melissa Oil
- **Zeolite:** to pull out virus take triple amount of dosage instructions every 2-3 hours, or more.

Nutritional Support:

Multi-Vitamin given orally, if possible. If not, mix vitamins into DMSO. One tablet in 1 T. of DMSO. Dilute 50% with water. Apply ¼ of mixture to skin every 2-3 hours.

Also give **liquid minerals** either orally or via an enema.

Vitamin D3: take double to triple amount on bottle directions while Ebola virus is active.

Slippery Elm: Create a gruel and feed to the person with the illness if they aren’t able to eat. Create a gruel simply by mixing warm water into the slippery elm powder until a porridge-like consistency is formed. Feed it to the ill person throughout the day.

Reduce Swelling:

Give 1/10 tsp of magnesium chloride, orally every 2-3 hours. If it increases diarrhea – only apply transdermally (to the skin).

Along with giving it orally – apply 1/8 tsp of magnesium chloride to skin every 2-3 hours. If diarrhea occurs or increases, decrease or stop the dosage.

Rehydration / Maintaining Electrolyte Balances:

Give a retention enema (an enema that is held for 20-30 minutes) if adequate amounts of liquids aren't being taken orally. See enema instructions on Dehydration Protocol in Chapter Twelve.

Supporting Healthy Cellular Function:

Asea: give 4-8 ounces every 1-2 hours or more.

Supporting Immune System:

Colostrum / Astragalus

Glutathione – Lypo form – 1-3 packets every 1-4 hours.

Treating Respiratory Infection (if present):

See Respiratory Illnesses in Chapter Twelve.

Extra:

Taking Lipospheric forms of Selenium are also known to help.

Also See:

- Fever Protocols in Chapter Twelve
- Dehydration Protocols in Chapter Twelve
- Diarrheal Illnesses in Chapter Twelve

Epilepsy / Seizures

Epilepsy is a chronic disorder, the hallmark of which is recurrent, unprovoked seizures. Many people with epilepsy have more than one type of seizure and may have other symptoms of neurological problems as well.(7)

Epilepsy is a brain disorder that causes neurons to misfire in the brain and send out incorrect signals, ultimately classified by causing seizures. Seizures can vary between brief loss of awareness, to mood swings, to loss of body function and motor control, but these signs of epilepsy are ultimately the result of misfired brain signals. Diagnosis is usually made after brain scans.(9)

In infants, seizures can be caused by lack of oxygen to the brain, central nervous system infections, physical trauma, or congenital abnormalities; whereas in late childhood to adults, seizures may be caused by nervous system lesions, trauma, tumors, stress, drug use, or alcohol withdrawal. In epileptics, seizures can be triggered by flashing lights, emotional stress, alcohol, and even reading. Epilepsy can be controlled with medication, but currently medicine cannot cure epilepsy.(9)

Symptoms:

Epilepsy Symptoms (8)

While many types of repetitive behavior may represent a neurological problem, a doctor needs to establish whether or not they are seizures.

- **Generalized seizures:** All areas of the brain (the cortex) are involved in a generalized seizure. Sometimes these are referred to as grand mal seizures.
 - The person experiencing such a seizure may cry out or make some sound, stiffen for several seconds to a minute and then have rhythmic movements of the arms and legs. Often the rhythmic movements slow before stopping.
 - Eyes are generally open.
 - The person may appear to not be breathing and actually turn blue. This may be followed by a period of deep, noisy breathes.
 - The return to consciousness is gradual and the person may be confused for quite some time -- minutes to hours.
 - Loss of urine is common.
 - The person will frequently be confused after a generalized seizure.
- **Partial or focal seizures:** Only part of the brain is involved, so only part of the body is affected. Depending on the part of the brain having abnormal electrical activity, symptoms may vary.
 - If the part of the brain controlling movement of the hand is involved, then only the hand may show rhythmic or jerky movements.
 - If other areas of the brain are involved, symptoms might include strange sensations like a full feeling in the stomach or small repetitive movements such as picking at one's clothes or smacking of the lips.
 - Sometimes the person with a partial seizure appears dazed or confused. This may represent a complex partial seizure. The term *complex* is used by doctors to describe a person who is between being fully alert and unconscious.
- **Absence or petit mal seizures:** These are most common in childhood.
 - Impairment of consciousness is present with the person often staring blankly.
 - Repetitive blinking or other small movements may be present.
 - Typically, these seizures are brief, lasting only seconds. Some people may have many of these in a day

Treatments

What to do for someone having a seizure

Loosen clothing around the person's neck.

- Do not try to hold the person down or restrain them. This can result in injury.

- Do not insert any objects in the person's mouth. This can also cause injury.
- Reassure concerned bystanders who may be upset and ask them to give the person room.
- Remove sharp objects (glasses, furniture, and other objects) from around the person to prevent injury.
- After the seizure, it is helpful to lay the person on their side to maintain an open airway and prevent the person from inhaling any secretions.
- After a seizure, the person may be confused and should not be left alone.
- In many cases, especially if the person is known to have epilepsy, it is not necessary to call 911.
- Call 911 if the seizure lasts longer than 5 minutes, or if another seizure begins soon after the first, or if the person cannot be awakened after the movements have stopped. If you are concerned that something else may be wrong, or the person has another medical condition such as heart disease or diabetes, you should contact a doctor immediately.

Alternative Treatments for Epilepsy:

1. Magnesium Chloride

Take up to ½ tsp internally, taken in small amounts throughout the day. Also apply ½ tsp or more on skin, throughout the day.

2. Vitamins and Minerals

Taking vitamins and minerals may be helpful. Helps the brain to be able to send normal electrical signals.

3. Asea

Helps the brain to be able to send normal electrical signals by providing the cells redox signaling molecules.

Frost Bite

Frostbite is the name of when the skin and the tissue beneath it freeze, typically caused by overexposure to frigid weather. Frostbite will occur on the exposed parts of the body such as the fingers, toes, and on the nose, ears, cheeks, and chin. Frostbite symptoms can be hard or waxy-looking skin, or even red, or white, or pale looking skin; numbness or a cold or burning sensation, muscle and joint stiffness, and even a painful, or prickly itchy feel.

Frostbite starts as frostnip, mild and turning the skin red or numb, it will not permanently damage the skin but may hurt as warmth returns to the area. As exposure increasing, ice may form in the tissue, and permanent skin and nerve damage can occur.(11)

Symptoms:

Signs and symptoms of frostbite include: (10)

- **A slightly painful, prickly or itching sensation**

- **Red, white, pale or grayish-yellow skin**
- **Hard or waxy-looking skin**
- **A cold or burning feeling**
- **Numbness**
- **Clumsiness due to joint and muscle stiffness**
- **Blistering, in severe cases**

Frostbite typically affects smaller, more exposed areas of the body, such as your fingers, toes, nose, ears, cheeks and chin. Because of area numbness, you may not realize you have frostbite until someone else points it out.

Frostbite occurs in several stages:

- **Frostnip.** The first stage of frostbite is frostnip — a mild form of frostbite in which your skin turns red and feels very cold. Continued exposure leads to prickling and numbness in the affected area. As your skin warms, you may feel pain and tingling. Frostnip doesn't permanently damage the skin.
- **Superficial frostbite.** The second stage of frostbite appears as reddened skin that turns white or very pale. The skin may remain soft, but some ice crystals may form in the tissue. Your skin may begin to feel deceptively warm — a sign of serious skin involvement. If you treat frostbite at this stage, the surface of your skin may appear mottled, blue or purple as it's warmed or thawed. With warming, you may notice stinging, burning and swelling. A fluid-filled blister may appear 24 to 36 hours after rewarming the skin.
- **Severe or deep frostbite.** As frostbite progresses, it affects all layers of the skin, including the tissues that lie below. You may experience deceptive numbness in which you lose all sensation of cold, pain or discomfort. Joints or muscles may no longer work. Large blisters form 24 to 48 hours after rewarming. Afterward, the area turns black and hard as the tissue dies.

Treatments

Conventional Treatment Methods:

Gradually warming the affected skin is key to treating frostbite. To do so:

- **Protect your skin from further exposure.** If you're outside, warm frostbitten hands by tucking them into your armpits. Protect your face, nose or ears by covering the area with dry, gloved hands. Don't rub the affected area and never rub snow on frostbitten skin.
- **Get out of the cold.** Once you're indoors, remove wet clothes.
- **Gradually warm frostbitten areas.** Put frostbitten hands or feet in warm water — 104 to 107.6 F (40 to 42 C). Wrap or cover other areas in a warm blanket. Don't use direct heat, such as a stove, heat lamp, fireplace or heating pad, because these can cause burns.
- **Don't walk on frostbitten feet or toes if possible.** This further damages the tissue.
- **If there's any chance the affected areas will freeze again, don't thaw them.** If they're already thawed, wrap them up so that they don't become frozen again.

- **Know what to expect as skin thaws.** If the skin turns red and there's a tingling and burning sensation as it warms, circulation is returning. But if numbness or sustained pain remains during warming or if blisters develop, seek medical attention.

Medical treatment

- **Rewarm the skin.** If it hasn't been done already, your doctor rewarms the area using a warm-water bath with the affected area immersed for 15 to 30 minutes. The skin may turn soft and look red or purple. Because the rewarming process can be painful, your doctor will likely give you pain medication.
- **Dressings.** Once your skin thaws, your doctor wraps the area with thick dressings or bandages to protect the skin. A brace or splint may be necessary if the bone or muscle is involved. The limb is elevated to reduce swelling.
- **Removal of damaged tissue (debridement).** To heal properly, frostbitten skin needs to be free of damaged, dead or infected tissue. To better distinguish between healthy and dead tissue, your doctor may wait one to three months before removing damaged tissue.
- **Hydrotherapy.** Whirlpool baths can aid healing by keeping skin clean and naturally removing dead tissue.
- **Oral antibiotics.** If your skin or blisters appear infected, your doctor may prescribe oral antibiotics.
- **Thrombolytics.** These drugs, such as tissue plasminogen activator (TPA), are given through an intravenous (IV) line to try to lower the necessity of amputation. These drugs can cause serious bleeding and are typically used only in the most serious situations and within 24 hours of exposure.
- **Surgery.** In severe cases, surgery or amputation may be necessary to remove the dead or decaying tissue.
- **Hyperbaric oxygen therapy.** Hyperbaric oxygen involves breathing pure oxygen in a pressurized room. Although older studies showed no benefit of this treatment, some newer ones indicate a possible improvement in symptoms. More study is needed.

Alternative Treatments:

1. DMSO

Soaking the affected body part in 60% solution within a couple of hours of exposure. Repeat a few times a day.

2. Nascent Iodine

Wrap area of frost bite in iodine soaked gauze and then wrap it in tape to keep it protected and allow the iodine to absorb and not dissipate. Reapply daily.

4. Cayenne / Turmeric

Cayenne pepper is one of the important home remedy in the case of frostbite. Consuming cayenne pepper is found to be useful in curing frostbite and several other diseases like constipation, stomach ache etc.

This is found to be effective in increasing blood circulation as well as reducing the pain due to infection. (11)

Take according to directions on bottle - 1 capsule 2 to 4 times daily, preferably with meals. Or it can be sipped like a tea using ½-1 tsp of cayenne to one cup of hot/warm water.

Turmeric may be just as effective.

Take turmeric internally (1 tsp 3 x day) as a supplement for 2 weeks or more to help reduce inflammation. Can be stirred into milk /water or food or taken in capsules.

5. Bentonite Clay

Apply bentonite clay poultice onto frost bite 1-3 times a day. Make a poultice by mixing enough water into the clay making sure it isn't too wet or too dry. Rub onto frost bite, cover with saran wrap or fabric and keep on for 1-3 hours at a times. Consider adding 1 tsp of ASAP Silver to the clay.

6. ASAP Silver / Asea

Spray ASAP Silver / Asea onto the area of frost bite several times a day. Consider soaking bandage in one or the other solution and applying it to the frost bite. Keep on for 1-3 hours. Reapply a few times during the day. Both of these remedies will help speed up the healing process and tissue repair.

Also consider taking these remedies orally. 1 tsp of Silver a few times a day. 2 ounces of Asea 2 or more times a day to help keep infection at bay.

Please also see the following:

- **Skin Irritation / Chaffing Protocols in Chapter Twelve**
- **Skin Infection in Chapter Twelve**

Gall Bladder Attack

Gallstones, also referred to as cholelithiasis, refer to solid masses that grow in the gallbladder. These masses are comprised of bile, a digestive fluid that is stored in the gallbladder. When inflammation of the gallbladder occurs, bile flow can be blocked. This can result in a gallstone attack. There are various symptoms of a gallstone attack, including pain and jaundice. This disorder affects women's health, because women are twice as likely to develop the condition as men. Additionally, women who have had multiple pregnancies are more likely to develop gallstones. Knowing the symptoms of a gallstone attack can help you to identify your condition and seek treatment as soon as possible.

Symptoms: (12)

- **Vomiting and Nausea**

Vomiting and nausea are signs of a gallstone attack. Vomiting may be ongoing and intense. Abrupt vomiting can also take place after meals. The vomiting may also stimulate weakness. The sense of weakness occurs periodically for weeks or may persist for a longer duration.

- **Abdominal Pain**

Abdominal pain, or biliary colic, is a common symptom for this condition. The patient can develop a continuous, gnawing pain on the upper right abdominal side. These painful signs can spread from the abdominal area to the shoulder blades. Abdominal pain is mostly apparent at night or after consuming a

meal that has a level of high fat. Painful abdominal signs can last between 30 minutes and several hours. In some patients, the pain may recur numerous times in a week.

- **Stomach Upset**

Sufferers of gallstones can sometimes experience stomach upset. The person may experience nausea and vomit because of inflammation. Bloating, abdominal discomfort, or gas may arise because of the attack. Some patients experience persistent diarrhea, resulting in numerous bowel movements daily for three months. Stomach upset is usually more severe after consuming a meal and can last for several months.

- **Jaundice**

Cholelithiasis can obstruct the normal bile flow from the gallbladder. If this takes place, bile can accumulate in the body. This accumulation results in jaundice, a health condition. Jaundice leads to an unusual yellowing of the skin. The discoloration of the eyes may occur together with abdominal pain.

- **Flu Symptoms**

Patients with this condition can exhibit flu-like symptoms, usually because of a gallbladder infection. Flu-like signs typically present as fever, muscle aches, chills, and excess fatigue. As the condition persists, these signs may intensify. A low-grade fever may be the initial indication of an upcoming attack. People who develop these signs should discuss with their doctor, because the signs may indicate an alternate health problem.

- **Bloody Urine**

While experiencing this condition, the stones attempt to pass through the walls of the bladder. When this occurs, the sharp stone edges frequently cause a tear in the urinary tract tissue. This action will stimulate bleeding. If you notice irregular quantities of urine blood, this is an indication of gallstones. As the stones develop and travel through the urinary tract, the person should expect additional discomfort and bleeding.

- **Burning Urination**

A common sign of this condition is frequent, burning urination. While experiencing this condition, the stones travel past the urethra, moving close to the bladder. At this point, the patient will experience an increased need to urinate. Discomfort and a burning sensation may also accompany this sign. This sign is common and implies that the stone is moving towards the bladder and almost leaving the body.

- **Back and Arm Pain**

Back pain is also a sign of this condition. The patient may experience pain in the upper back, between the shoulder blades. The pain will be strong and consistent. The patient will also experience pain beneath the right arm. The pain will be stable, at times arising abruptly and intensifying as the condition persists.

Gallstones refer to hardened deposits that develop in the gallbladder. They form in the gallbladder when elevated concentrations of cholesterol and bile generate painful stones that require elimination. The initial symptoms of a gallstone attack include excruciating pain, which is abrupt and sharp. Other signs include bloody urine and vomiting. You should discuss with your physician, should you notice gallstone signs to ensure appropriate treatment.

Treatments

Conventional Treatments:

If you have no gallbladder pain (even if you have gallstones but never had pain), you need no treatment. Some patients who have had one or two attacks may elect to avoid treatment. Pain during an acute attack is often treated with morphine. The definitive treatment is to remove the gallbladder (and/or the

obstructing gallstones) by surgery. Currently, the surgical method of choice is laparoscopic surgery, where the gallbladder is removed by instruments using only small incisions in the abdomen. However, some patients may require more extensive surgery. Usually, people do well once the gallbladder is removed.

Women who are pregnant are treated like women who are not pregnant, although pregnancy is a risk factor for cholesterol gallstone development. Although supportive care is tried in women who are pregnant, acute cholecystitis is the second most common surgical emergency in pregnancy (appendicitis is the first).(36)

Alternative Treatments:

Magnesium Chloride

Rub up to half a tsp onto skin throughout day and take up to ½ tsp orally, taken in small doses throughout the day.

Dandelion Root Tincture

Take according to directions on bottle. (Up to 40 drops 3-4 times a day.)

Castor Oil

Castor oil transdermal packs neutralize inflammation. A rag must be soaked in pure, cold pressed castor oil that is obtained from a health food store beforehand. The excess should be squeezed-out just prior to use. Next the rag should be placed on bare skin over the organ. Put a piece of plastic on top of the rag. Then place a hot water bottle on top of that. The hot water bottle should be made as hot as possible, so long as the patient can tolerate it.

If the person is numbed by drugs or otherwise, then use some common sense in helping the person to get an appropriate level of heat. This transdermal system should remain in place for a minimum of 30 minutes, and doing this daily will benefit most patients. It is also recommended that the immediate area underneath the patient be covered in plastic too, because some of the castor oil will run down onto furniture or floors.

Turmeric

Turmeric increases the solubility of bile. Take turmeric internally (1 tsp 3 x day) as a supplement for 2 weeks or more.

Treatments that don't include remedies from this book include:

#1. **Apple Cider Vinegar:** Drink 1-2 T. in 8 ounces of water 3 times a day.

Others:

Gallbladder Attack Relief #1 - Immediately drink warm pure, natural apple juice –pectin softens stones. Lie down on your left side and keep sipping up to 1 quart!

Gallbladder Attack Relief #2 - Hot water bottle or heating pad or hot bath with epsom salt

Gallbladder Attack Relief #3 - Drink lemon water the rest of the day – 2 quarts with distilled water or purified water

Gallbladder Attack Relief #4 - Apple cider vinegar – drink ¼ to ½ cup slowly

Gallbladder Attack Relief #5 - Whatever you do, don't eat anything except fresh fruit – apples and pears are good.

When you're in pain, food will just aggravate the inflammation unless it's easily digested.

Vegetable soup is good to eat also.

The reason these all work....

Is because when your gallbladder is chock full of gallstones, there isn't enough bile flow from your liver to your gallbladder.

The apple juice, lemon, vinegar all help to create more of a bile flow by stimulating your liver.

After you get rid of the pain...

Make absolutely sure you eliminate:

- **ALL fried foods**
- **ALL dairy products – cheese, ice cream, milk, yogurt (eggs are ok)**
- **ALL junk food – especially potato chips, donuts, pizza,**
- **ALL sugar – especially soda**
- **ALL hydrogenated oils – usually found in processed foods**

Instead... You can eat salads, steamed vegetables with chicken, fish, turkey and low fat meat like lamb or lean beef.

Fresh fruit is excellent, especially apples, pears, berries Brown rice and quinoa are good grains to have. Sweet potatoes and squash are easy to digest.

The 2-Day Naturopathic Gallbladder Cleanse Procedure: (13)

There are other, more thorough cleanses available, but these take a minimum of a week to implement. Anyone trying to rid himself of gallstones wants fast relief.

Ingredients:

- **1/2 cup of cold pressed, extra virgin olive oil**
- **1 large grapefruit (or 2 small)**
- **3 lemons (optional)**
- **4 tablespoons of Epsom salt**
- **3 cups of fresh grapefruit juice or fresh apple juice**
- **Chamomile supplements**

Preparation

- Test to see if you have a bad reaction to Epsom salt by holding about a 1/4 tsp. of it in your mouth for about half a minute, and then swallow it. If there are any problems, then this entire procedure is a no-go. This test is essential for safety, because an allergic reaction to the massive amounts used later could be fatal.
- This is a 2-day procedure, so ensure that you have two days that are completely free of obligations before beginning. Most people should begin on a Saturday.
- Try a chamomile tea to test for ragweed and chamomile allergies.
- Discontinue all medicines, vitamins, pills, and herbs if possible.

Procedure

1. Eat a no-fat breakfast and lunch, such as oatmeal (or porridge) with fruit, fruit juice, bread and preserves, bread with honey, baked potato, or vegetables that are salted only. Consume no butter, milk, or cheese. These fat-free meals allow bile to build up and develop increased pressure within the liver.
2. 2:00 P.M. -- Discontinue all food. No cheating! Breaking this rule can later cause illness and a failure of the flush. Prepare the Epsom salt solution by mixing 4 tablespoons with 3 cups (24 fluid ounces) of grapefruit juice or apple juice inside a large jar. This makes four servings of 3/4 a cup. Place the jar inside a refrigerator to get it cold (this is for convenience and improved taste). Grapefruit and apple have properties that aid the cleanse, in addition to making the procedure more bearable.
3. 6:00 P.M. -- Drink one serving (3/4 of a cup) of the Epsom salt solution. You may add 1/8 tsp. of Vitamin C powder to improve the taste. You may also drink a few mouthfuls of water afterward, or rinse your mouth. Place the cold-pressed olive oil and grapefruit on the kitchen counter to warm up.
4. 8:00 P.M. -- Repeat by drinking another 3/4 cup of Epsom salt solution. Ready yourself for resting, because timing is important for success.
5. At 9:45 P.M. -- Pour 1/2 a cup of olive oil into the pint jar. Wash grapefruit in hot water and dry. Then squeeze out the juice, by hand, into the measuring cup. Remove the excessive pulp. You may add lemon juice to improve the flavor. Add the juice(s) to the olive oil. Seal the jar tightly and shake it vigorously. This should make at least 1/2 a cup (3/4 a cup is better) of this mixture, but do not drink it yet. Visit the bathroom, even if it makes you late for your ten o'clock drink. Do not be more than 15 minutes late, or you will expel fewer stones.
6. 10:00 P.M. -- Drink the olive oil solution. Take four 300 mg. chamomile capsules with the first sips to help you sleep through the night. Drinking through a large plastic straw helps it go down easier. You may use oil and vinegar salad dressing, or straight honey to chase it down between sips. Have these ready in a tablespoon on the kitchen counter. Make certain you drink it standing up. Get it swallowed within 5 minutes (fifteen minutes for very elderly or weak persons). Lie down immediately afterward on your right side. The sooner that you lie down, the more stones you will get out. Be prepared for bed ahead of time. Do not bother with clean up, because timing is very important. Try to keep perfectly still for at least 20 minutes after laying. You may feel a train of stones traveling along the bile ducts like marbles. There should be no pain because the bile ducts are dilated to full size, due to the Epsom salt solution. Go to sleep.

7. Next Morning -- Upon awakening, take your third dose of the Epsom salt solution. If you have indigestion or nausea at any point, treat it with ginger supplements, and wait until it has passed before drinking the Epsom salt solution. If you absolutely can not hold the ginger in the stomach, then hold the ginger powder in the mouth for direct blood absorption through your cheek tissues. You should return to bed after you have finally consumed the Epsom salt solution. Do not begin this step before 6:00 A.M.
8. Two hours later -- Take your final dose of the Epsom salt solution and return to bed again.
9. Two more hours -- You may finally eat again. Begin with only fruit juices. Half an hour later, eat fruit. After another thirty minutes, you may eat regular foods, but keep the meal light. By evening, you should feel recovered.

Conclusionary Remarks

- Expect diarrhea during this procedure. It is normal, so do not be alarmed. This regimen does not butcher an already weakened body, and leaves the person stronger in the long term. It is cheap, fast, effective, all natural, and generally very safe. Unlike modern medical treatments, these methods will usually cure the problem, instead of merely suppressing the symptoms until the problem becomes much worse.
- **Disregard our entire cleansing procedure if you have allergies or other negative reactions to any of the ingredients used for it.**

Headaches

Well headache triggers can include migraine conditions, food allergies, eye strain, tension, dehydration, sinus issues, low blood sugar, and alcohol as well as physical trauma to the head.(14)

Alternative Remedies for Headaches:

Cayenne

Take according to directions on bottle - 1 capsule 2 to 4 times daily, preferably with meals. Or it can be sipped as a tea using ½-1 tsp of cayenne to one cup of hot/warm water.

Turmeric

Take turmeric internally (1/2 - 1 tsp 3 x day) as a supplement for 2 weeks or more to help reduce inflammation

Garlic

Take garlic gelcaps according to instructions on bottle. Consider doubling or tripling this dose. Another option is to take 1 crushed / chopped garlic clove every 1-3 hours – swallow it down like pills, with a large glass of water. Take with food if stomach sensitivity occurs.

Lavender Oil

Apply lavender oil around areas of pain on neck, head or face making sure to avoid the eyes. Also apply a drop onto the bottom of each foot.

Magnesium Chloride

Take up to ½ tsp internally, taken in small amounts throughout the day. Also apply ½ tsp or more on skin, throughout the day. Rub magnesium chloride brine on areas of pain on face, head and neck making sure to avoid the eye area.

Kidney Stones

Kidney Stones are crystal aggregations of dissolved minerals in urine that usually form inside the kidneys or the bladder, and can cause a lot of pain when passing them. Symptoms of kidney stones are unfortunately quite painful, though they may not cause any symptoms at all until they start causing pain: pain below the ribs or back, pain in the lower abdomen and groin, pain while urinating, cloudy or strong smelling urine that's colored red or brown, frequent urges to urinate, and nausea.(15)

While some kidney stones may not produce symptoms (known as "silent" stones), people who have kidney stones often report the sudden onset of excruciating, cramping pain in their low back and/or side, groin, or abdomen. Changes in body position do not relieve this pain. The pain typically gets severe and then lessens and then gets severe again, it may be so severe that it is often accompanied by nausea and vomiting. There may also be blood in the urine.(18)

Symptoms: (17)

You may not have symptoms until the stones move down the tubes (ureters) through which urine empties into your bladder. When this happens, the stones can block the flow of urine out of the kidneys.

The main symptom is severe pain that starts suddenly and may go away suddenly:

- Pain may be felt in the belly area or side of the back.
- Pain may move to groin area (groin pain) or testicles (testicle pain).

Other symptoms can include:

- **Abnormal urine color**
- **Blood in the urine**
- **Chills**
- **Fever**
- **Nausea**
- **Vomiting**

Treatments

Conventional Treatments: (16)

11) If your doctor thinks the stone can pass on its own, and if you feel you can deal with the pain, he or she may suggest home treatment, including:

- **Using pain medicine.** Nonprescription medicine, such as nonsteroidal anti-inflammatory drugs (NSAIDs), may relieve your pain. Be safe with medicines. Read and follow all instructions on the label. Your doctor can prescribe stronger pain medicine if needed.
 - **Drinking enough fluids.** You'll need to keep drinking water and other fluids when you are passing a kidney stone.
- 12) Your doctor may prescribe medicine to help your body pass the stone. To learn more, see Medications.
- 13) If your pain is too severe, if the stones are blocking the urinary tract or if you also have an infection, your doctor will probably suggest a medical procedure, such as lithotripsy, or surgery to deal with the stone. For more information, see Other Treatment and Surgery.

Alternative Treatments:

Baking Soda:

Add 1/2 teaspoon to 1/2 glass of water every 2 hours or as directed by physician.
Dissolve completely in water.
Accurately measure 1/2 teaspoon.

Do not take more than the following amounts in 24 hours:

Seven 1/2 teaspoons
Three 1/2 teaspoons if you are over 60 years

Do not use the maximum dosage for more than 2 weeks. See warnings in Chapter Ten.

Castor Oil Pack:

To create a castor oil pack simply saturate a piece of wool flannel in castor oil. Apply to the abdomen with a heating pad. Leave on for 30-60 minutes. Resting while the pack is in place. After removing the pack clean the area with a dilution of baking soda and water. Store pack in cold area / fridge. Pack may be reused 20-30 times.

Elderberry:

Elderberry serves as an excellent diuretic helping to clean out the urinary tract system as well as to eliminate small kidney stones. The flowers and fruits are used for medicinal preparations. An aromatic syrup called elderflower cordial is used to prepare non-alcoholic beverages, but kidney stone sufferers are usually not encouraged to consume this because of its high sugar content. Sugar can interfere with the metabolic process and trigger kidney stones.

Instead use an elderberry tincture, drink elderberry tea or drink elderberry juice straight from the berries:

- **Tincture:** Take elderberry tincture according to directions on bottle – can increase it if needed.
- **Concentrate:** For concentrate recipe (see page 118) take 1-2 T. of this concentrate, pouring it into a cup, fill the rest of the cup up with water and drink one time a day for immune strengthening maintenance or drink 2-3 times if you feel a cold (or other illness) coming on.

- **Tea:** Prepare as an infusion using 1 tablespoon of herbs to each cup of hot water. Steep for 10 minutes or more in a covered vessel to preserve the volatile oils.

Magnesium Chloride:

Take up to ½ tsp internally, taken in small amounts throughout the day. Also apply ½ tsp or more on skin, throughout the day. Rub magnesium chloride brine on areas of pain on face, head and neck making sure to avoid the eye area.

Yarrow:

Make a yarrow tea during an acute kidney stone attack. Will help with the pain and bleeding. Tea: Steep 1 - 2 tsp. dried herb in one cup boiling water, strain and cool. Drink three times per day. Make tea by boiling 1 cup of water, turn off unit, stir in 1 tsp of dried yarrow, cover and allow to steep for 10-20 minutes. (18)

Other Alternative Remedies:

This particular method is known to be very effective in treating kidney stones:

Mix together two ounces of freshly squeezed lemon juice with two ounces of olive oil and drink it all. Follow with plenty of water. Repeat this natural remedy treatment two to three times a day until the stones are passed (can occur anywhere from 1-3 days). (15)

Labor and Delivery

*(Purchase book in order to receive a link to a free
Labor and Delivery Guidebook eBook.)*

Lice

Lice are tiny, wingless, parasitic insects that feed on your blood. Lice are easily spread — especially by schoolchildren — through close personal contact and by sharing belongings.

Several types of lice exist:

- **Head lice.** These lice develop on your scalp. They're easiest to see at the nape of your neck and over your ears.
- **Body lice.** These lice live in clothing and on bedding and move on to your skin to feed. Body lice most often affect people — such as homeless or transient individuals — who aren't able to bathe or launder clothing regularly.

- **Pubic lice.** Commonly called crabs, these lice occur on the skin and hair of your pubic area and, less frequently, on coarse body hair, such as chest hair, eyebrows or eyelashes.

You or your child can have good personal hygiene habits and still get lice. Unless treated properly, this condition can become a recurring problem.(19)

Symptoms:

Signs and symptoms of lice include:

- Intense itching.
- Tickling feeling from movement of hair.
- Lice on your scalp, body, clothing, or pubic or other body hair. Adult lice may be about the size of a sesame seed or slightly larger.
- Lice eggs (nits) on hair shafts. Nits resemble tiny pussy willow buds. Nits can be mistaken for dandruff, but unlike dandruff, they can't be easily brushed out of hair.
- Small, red bumps on the scalp, neck and shoulders.

When to see a doctor

Usually you can get rid of lice by taking self-care steps that include using nonprescription shampoo that's specifically formulated to kill lice.

However, see your doctor if:

- Nonprescription shampoo doesn't kill the lice — your doctor can prescribe a stronger, prescription shampoo
- You're pregnant — don't use any anti-lice shampoo until you talk to your doctor
- You have any infected hives or skin abrasions from scratching (19)

Treatments

Conventional Treatment:

You can find lice-killing treatments over the counter. They are made from extracts of chrysanthemums or a synthetic version that is similar. They are considered safe, but they may not be recommended for young children. These products kill live lice but not nits. Follow instructions on the label carefully regarding how long the medication should be left on the hair and how it should be washed off. A second treatment may be needed 9 to 10 days later. If two treatments don't do the job, see your doctor for stronger medication.(20)

Although lice don't survive long on bedding, it's best to wash the sheets of anyone being treated for lice. Clothing worn in the past 48 hours should also be washed in hot water. While parents are sometimes told to clean and quarantine all of a child's stuffed animals, experts say this is not necessary. If your child sleeps with a favorite plush toy, put it in a hot dryer for 20 minutes. That should kill any lice.(20)

Using a fine-toothed comb also helps. This comb has teeth fine enough to pull out lice and their nits. It worked for the ancient Egyptians -- nit combs have been found in their tombs. The drawback is that it takes time and patience to comb every last nit out of a child's hair. It may be more effective to comb the hair after treating with a medicated shampoo to get rid of any stragglers.(20)

Alternative Treatments:

Diatomaceous Earth

Sprinkle diatomaceous earth throughout scalp area several times a day.

Garlic

The strong fragrance of garlic can suffocate lice, ultimately killing them.

- Grind eight to 10 garlic cloves into a paste and mix in two to three teaspoons of lime juice. Apply the mixture thoroughly onto the scalp. Leave it on for a half an hour and then rinse the hair thoroughly with hot water.
- Alternatively, you can make a thick paste by combining fresh garlic juice with some cooking oil, lemon extract, green tea and some shampoo and conditioner. Coat the hair thoroughly with the paste and cover your scalp with a towel or shower cap for about a half an hour. Then wash your hair with your regular shampoo. Repeat this remedy on a weekly basis for one to two months.(22)

Tea Tree, Lavender or Clove Essential Oil

Mix 2 ounces of olive oil with 15 to 20 drops of the essential oil. Apply to the scalp using cotton balls. Leave this mixture on the scalp and hair overnight—at least 12 hours. Alternatively, mix the 15 to 20 drops of essential oil in 4 ounces of rubbing alcohol. Place the mixture in a spray bottle and saturate the hair with it, leaving in 12 hours.(21)

Use extreme caution when applying clove oil - it's very potent and can burn. Consider adding one drop of clove oil to 1 tsp of a carrier oil such as olive oil or coconut oil and spread that onto the scalp. Tea tree and lavender can be applied in undiluted form.

The following morning, comb out your child's hair. Then, shampoo, rinse, and repeat. Once the lice have been eliminated, the alcohol – essential oil spray can be used as a preventive treatment. Remember—combing out the hair is absolutely essential to removing the lice!

Malaria

Malaria is a serious and sometimes fatal disease caused by a **parasite** that commonly infects a certain type of mosquito which feeds on humans. People who get malaria are typically very sick with high fevers, shaking chills, and flu-like illness. Although malaria can be a deadly disease, illness and death from malaria can usually be prevented.(23)

Symptoms: (24)

Malaria can begin with flu-like symptoms. In the early stages, infection from *P. falciparum* is similar to infection from *P. vivax*, *P. malariae*, and *P. ovale*. You may have no symptoms or symptoms that are less severe if you are partially immune to malaria.

The time from the initial malaria infection until symptoms appear (incubation period) typically ranges from:

- 9 to 14 days for *Plasmodium (P.) falciparum*.
- 12 to 18 days for *P. vivax* and *P. ovale*.
- 18 to 40 days for *P. malariae*.
- 11 to 12 days for *P. knowlesi*.

Symptoms can appear in 7 days. And the time between exposure and signs of illness may sometimes be as long as 8 to 10 months with *P. vivax* and *P. ovale*.

The incubation period may be longer if you are taking medicine to prevent infection (chemoprophylaxis) or because you have some immunity due to previous infections.

Variation in symptoms

In regions where malaria is present, people who get infected many times may have the disease but have few or no symptoms. Also, how bad malaria symptoms are can vary depending on your general health, what kind of malaria parasite you have, and whether you still have your spleen.

Common symptoms of malaria:

In the early stages, malaria symptoms are sometimes similar to those of many other infections caused by bacteria, viruses, or parasites. Symptoms may include:

- | | |
|--------------------|-------------------------------|
| • Fever. | • Sweats. |
| • Chills. | • Fatigue. |
| • Headache. | • Nausea and vomiting. |

Symptoms may appear in cycles. The time between episodes of fever and other symptoms varies with the specific parasite you are infected with. Episodes of symptoms may occur:

- Every 48 hours if you are infected with *P. vivax* or *P. ovale*.
- Every 72 hours if you are infected with *P. malariae*.

P. falciparum does not usually cause a regular, cyclic fever.

The cyclic pattern of malaria symptoms is due to the life cycle of malaria parasites as they develop, reproduce, and are released from the red blood cells and liver cells in the human body. This cycle of symptoms is also one of the major signs that you are infected with malaria.

Other common symptoms of malaria include:

- Dry (nonproductive) cough.
- Muscle or back pain or both.
- Enlarged spleen.

In rare cases, malaria can lead to impaired function of the brain or spinal cord, seizures, or loss of consciousness.

Infection with the *P. falciparum* parasite is usually more serious and may become life-threatening.

There are other conditions with symptoms similar to a malaria infection. It is important that you see your doctor to find out the cause of your symptoms.

Treatments

Conventional Treatments:

Malaria, especially Falciparum malaria, is a medical emergency that requires a hospital stay. Chloroquine is often used as an anti-malarial medication. However, chloroquine-resistant infections are common in some parts of the world.

Possible treatments for chloroquine-resistant infections include:

- The combination of quinidine or quinine plus doxycycline, tetracycline, or clindamycin
- Atovaquone plus proguanil (Malarone)
- Mefloquine or artesunate
- The combination of pyrimethamine and sulfadoxine (Fansidar)

The choice of medication depends in part on where you were when you were infected.

Medical care, including fluids through a vein (IV) and other medications and breathing (respiratory) support may be needed.(25)

Alternative Treatments:

(Use more than one of these remedies.)

Asea:

Take 8 ounces twice a day or 2-4 ounces every 1-3 hours. Also consider nebulizing it to get it into the body on a systemic level.

ASAP Silver:

Take 1 tsp every 1-3 hours. Also consider nebulizing it to get it through the body on a systemic level.

Garlic:

Take garlic according to instructions on bottle. Consider doubling or tripling the dose. Or take fresh garlic by mashing it / chopping up one clove and swallowing it with a glass of water 4 or more times a day.

Iodine:

Malaria was treated with 20 drops of nascent iodine in a half glass of water given 4 or 5 times during the first day and then going to 10 drops of nascent iodine 4 times a day for 3 more days.

Liquid Zeolite:

Spray into mouth according to instructions on bottle. Consider doubling the dose or doing it more frequently until symptoms have completely subsided.

Cloves / Thieves / Tea Tree / Oregano Essential Oil:

Apply one drop of essential oil on bottom of feet 3 or more times a day. Also take it by mouth by placing 3 drops in a capsule, 3 -4 times a day.

Please also see the following:

- **General Illness Protocol in Chapter Twelve**
- **Dehydration Protocol in Chapter Twelve**
- **Near Dead / Severe Illness Protocol in Chapter Twelve**
- **Fever Protocols in Chapter Twelve**

Menstrual Bleeding (Heavy)

Heavy menstrual bleeding, otherwise known as menorrhagia, is a condition in which a woman experiences abnormally heavy or prolonged bleeding. While menstrual bleeding is common, menorrhagia is characterized by such heavy blood loss and cramping that an individual is unable to maintain normal daily activities. While menstrual bleeding varies for most women, heavy menstrual bleeding can be characterized by specific symptoms.

Soaking through one or more sanitary pads or tampons in an hour, needing to use twice the recommended amount of sanitary protection and needing to change sanitary protection during the night typically constitute abnormally heavy flow. Additional symptoms include bleeding for a week or longer, passing large blood clots, not completing daily activities and experiencing symptoms of anemia. A number of factors may contribute to menorrhagia. Hormonal imbalance, dysfunction of the ovaries, uterine fibroids, polyps, adenomyosis, an intrauterine device, complications of pregnancy, cancer, genetic bleeding disorders and medication may contribute to heavy menstrual bleeding. (27)

Alternative treatments using remedies from this book for heavy menstrual bleeding are:

Cayenne

Cayenne has an innate ability to balance the blood flow in the body. One capsule of cayenne dissolved in a cup of warm water quickly balances blood loss and relieves symptoms of heavy menstrual bleeding. (26)

Magnesium

Rub up to half a tsp onto skin throughout day and take up to ½ tsp orally, taken in small doses throughout the day.

Nascent Iodine

Can help to create more regular and mild menstrual cycles.

Turmeric

Take turmeric internally (1 tsp 3 x day) as a supplement for 2 weeks or more to help reduce inflammation.

Yarrow

Add tincture drops to warm/hot water and drink as tea. Or make tea using loose, dried yarrow by placing 1 tsp of dried yarrow into 1 cup of hot water and allow to steep for 10 minutes. Drink while warm. Drink a cup of yarrow tea 3-6 times a day.

Scabies

Scabies is a highly contagious skin condition caused by a small mite called *Sarcoptes scabiei*. The mite burrows into the skin, which leads to intense itching in the affected area. The most common symptoms of the condition include itching that is typically most severe at night and thin, irregular burrow tracks or lines of blisters on the skin.

The burrows are typically found in the folds of the skin and are most common between the fingers, in the armpits, around the waist, along the wrists, at the inner elbow, on the soles of the feet, around the breasts and genital area, on the buttocks, knees and shoulder blades. (29)

Scabies is not an infection, but an infestation. Tiny mites called *Sarcoptes scabiei* set up shop in the outer layers of human skin. The skin does not take kindly to the invasion. As the mites burrow and lay eggs inside the skin, the infestation leads to relentless itching and an angry rash.(29)

Symptoms: (30)

When a person is infested with scabies for the first time, it can take four to six weeks for the skin to react. The most common symptoms are:

- **Intense itching, especially at night**
- **A pimple-like rash**
- **Scales or blisters**
- **Sores caused by scratching**



Scabies typically spreads through prolonged, skin-to-skin contact that gives the mites time to crawl from one person to another. Shared personal items, such as bedding or towels, may occasionally be to blame. Scabies can be passed easily between family members or sexual partners. It is not likely to spread through a quick handshake or hug. The scabies mite can't jump or fly, and it crawls very slowly.

Also called Norwegian scabies, crusted scabies is a very severe infestation involving tens of thousands of mites on a single person. This causes the skin to develop thick crusts full of mites and eggs. Crusted scabies is most common in people with weakened immune systems, the elderly, and people who are disabled. This type of scabies is highly contagious and requires swift treatment to prevent outbreaks.

Treatments

Conventional Treatments:

Scabies will not go away on its own. It can only be cured with prescription medications that kill the mites. Treatment is a cream or lotion that is applied to the entire body from the neck down in most cases. It is left on for 8 to 14 hours and then washed off. In some cases, a doctor may prescribe pills to treat scabies. Treatment takes up to three days, depending on the medication used.(30)

While prescriptions can kill scabies mites and their eggs, they don't provide any immediate itch relief. To control itching, especially at night, antihistamine pills can help. Hydrocortisone cream may also help, but it can change the appearance of the scabies rash, making the condition harder to diagnose. It's best to use this cream only after your doctor has confirmed the diagnosis.(30)

When someone is diagnosed with scabies, anyone who has close physical contact with the person should also be treated. Close contact includes bathing together, sleeping in the same bed, or even holding hands. Doctors usually recommend treating all members of the household, even if symptoms are not present. (Remember, it can take four to six weeks for symptoms to appear.) (30)

Scabies mites can live up to two to three days on the surface of clothes, bedding, or towels. To make sure these mites are killed, wash any sheets and clothing used by the affected person within the past three days. Wash the items in hot water and dry them in a hot dryer or take them to a dry-cleaner. Items that can't be washed should be placed in a sealed plastic bag for seven days.(30)

Scabies medications can kill the mites and eggs quickly, and patients can usually return to school or work 24 hours after starting treatment. However, the itch may persist for a few weeks. This is the result of an ongoing allergic reaction in the skin. If the itching continues for more than four weeks or a new rash appears, see your doctor. It may be necessary to reapply scabies medication.(30)

Alternative Treatments:

Tea Tree Oil

Tea tree oil is very safe to use. Just mix it with a carrier oil or use it directly on rash lesions. Dab the oil on areas of the body where mites burrow. Tea tree can cause skin irritation if used undiluted on the skin. It may also sting abraded, raw skin. Tea tree oil kills both eggs and adult mites.

Apply undiluted if needed and if skin isn't too sensitive for it.

---End of Sample for Chapter Fifteen---

Index:

Acne 81, 82, 85, 105, 107, 128, 140, 150, 440

Air Purify 114, 132

Allergies 80, 81, 94, 105, 113, 127, 129, 135, 345, 360, 364, 369, 370, 395, 396

Alkalize 73, 105, 106, 123, 207, 385

Antibiotic 27, 55, 83, 90, 95, 96, 98, 100, 123, 125, 144, 147, 159, 168, 173, 174, 179, 211, 249, 301, 302, 303, 304, 305, 307, 309, 315, 316, 325, 326, 338, 343, 345, 348, 350, 351, 358, 362, 363, 366, 368, 372, 375, 380, 381, 391, 408, 410, 411, 413, 438

Appendicitis 44, 81, 110, 379, 380, 381, 382, 394, 421

Arthritis 79, 81, 110, 135, 151, 180

Asthma 44, 73, 79, 80, 84, 104, 109, 118, 120, 135, 140, 142, 144, 146, 166-68, 170, 173, 267, 271

Athlete's Foot 59, 63, 79, 84, 90, 128, 146

Bladder 11, 44, 85, 97, 110, 111, 121, 126, 140, 141, 148, 154, 179, 326-329, 372, 375, 391-397, 421, 447, 448

Bleeding 9, 11, 39, 80, 88, 90, 99, 112, 121, 127, 128, 134, 149, 155, 157, 189, 190 – 192, 201, 210-213, 229, 271, 284, 285, 290, 379, 385, 391, 393, 400, 405, 417, 421, 444, 445

Blisters 39, 84, 88, 94, 128, 194, 195, 241, 295, 312, 314, 315, 354, 389, 390, 391, 406, 406, 412, 413, 419

Blood Pressure 9, 10, 11, 44, 79, 112, 115, 122, 135, 142, 143, 151, 166, 180-184, 189, 192, 198, 229, 230, 231, 236, 246, 311, 332, 333, 339, 340-343, 379, 384, 408, 409, 416, 425

Blood Thinning 380

Bronchitis 44, 61, 79, 86, 104, 109, 125, 135, 138, 140, 142, 145, 146, 150, 166, 167, 172, 186, 268, 273, 241, 352

Candida 107, 123, 124, 126, 128, 138, 198

Carrier Oils 72, 110, 114, 147, 218, 221, 241, 244, 253, 279, 329, 353, 401, 407, 414, 444

Cavities 9, 59, 72, 73, 88, 98, 174, 189, 200, 201, 202, 284, 341, 344, 376, 439, 444

CDC 7, 35, 36, 37, 39, 42, 43, 45, 46, 64, 295, 299, 320, 321, 323, 351, 356, 371, 375, 383, 421

Circulation 83, 84, 88, 110, 140, 154, 198, 225, 230, 236, 254, 281, 283, 338, 380, 390, 391, 417, 427, 429, 447

Cleaner 38, 128, 129, 131, 132, 406

Cleansing 71, 75, 83-86, 89, 91, 115, 128, 150, 254, 257, 259, 396

Cold Sheet Treatment 254, 256, 257, 260

Cold Sores 129, 135, 148, 357

Compress 68, 70, 192, 280, 365, 375, 376, 424

Congestion 79, 86, 89, 97, 98, 105, 112, 117, 121, 155, 269, 284, 334, 341-344, 346, 354, 359, 370, 427

Constipation 9, 23, 26, 27, 63, 74, 79, 85, 89, 107, 111, 115, 121, 136, 137, 148, 165, 175, 177, 189, 205, 206, 207, 208, 210, 230, 293, 376, 377, 378, 391, 423, 444, 445

Cough 11, 26, 44, 47, 61, 62, 79, 83, 86, 105, 109, 117, 121, 125, 126, 135, 140, 142, 148, 149-151, 155, 167, 170, 205, 252, 267, 268, 273, 285, 294, 297, 304, 314, 315, 316, 323, 333, 334, 336, 341-346, 349, 351-355, 357, 359, 360, 364, 366, 367, 371, 375, 403, 417, 423, 427

CPR 154, 235, 417, 425

Decoction 66, 67, 70, 121, 122, 138, 158

Decongestant 150, 334, 343, 346

Dehydration 9, 16, 149, 157, 165, 176, 189, 213, 214, 228, 255, 296, 300, 301, 303-304, 306, 307, 308, 310, 318, 320, 340, 349, 355, 363, 364, 365, 386, 396, 404, 411, 416

Detoxify 15, 50, 82, 98, 104, 108, 115, 133, 139, 140, 153, 172, 177, 249, 427

Disinfectant 41, 48, 53, 92, 93, 95, 114, 127, 129, 131, 132, 133, 135, 150, 166, 196, 213, 287, 288, 296, 298, 300, 307, 309, 329, 424, 445

Dizziness 80, 181, 191, 229, 231, 233, 235, 279, 304-306, 323, 335, 336, 341, 382, 386

DMSO 9, 165, 179, 180, 187, 245, 247, 249, 253, 254, 263, 279, 383, 390, 414

Douche 82, 90, 91, 94, 100, 121, 126, 133, 138, 155

Eczema 63, 107, 121, 129, 135, 140, 155

Electrolyte 16, 144, 165, 175-177, 181, 208, 214, 215, 216, 245, 246, 318, 384-386, 417

Enema 9, 133, 136-39, 149, 156, 158, 165, 176, 177, 178, 181, 206, 208, 214, 215, 235, 244, 245, 252, 253, 255, 256, 259

Epilepsy 11, 110, 375, 386, 388, 420

Fainting 135, 181, 183, 258, 333, 336, 337, 416

Fatigue 63, 80, 84, 91, 104, 105, 115, 125, 138, 141, 152, 153, 181, 234, 260, 301, 302, 315, 319, 330, 332, 335, 336, 337, 340, 347, 355, 364, 384, 392, 402, 411

First Aid 12, 25, 27, 32, 79, 108, 129, 191, 193, 194, 195, 197, 198, 210, 212, 235, 283, 287, 288, 423, 424, 425, 426, 438, 444

Gall Bladder 11, 140, 141, 391

Gas 25, 39, 49, 63, 64, 78, 92, 110, 111, 121, 122, 125, 126, 138, 140, 143, 148, 155, 173, 186, 195, 288, 293, 300, 305, 318, 324, 332, 334, 354, 358, 364, 372, 376, 392

Gout 79, 105, 112, 148

Gua Sha 12, 248, 427-431

Hay Fever 81, 117, 124, 135, 140

Headache 11, 80, 82, 110, 111, 112, 115, 135, 140, 142, 152, 153, 229, 242, 253, 260, 302, 303, 304, 306, 311, 316, 319, 333, 334, 342, 343, 344,

345, 347, 355, 359, 363, 375, 378, 382, 383, 384, 346, 402, 412, 419, 421, 427

Hemorrhoids 79, 111, 112, 121, 148, 155

Hives 63, 130, 131, 135, 190, 236, 400

Homeopathic 8, 15, 65, 69, 312, 353, 355, 364, 372, 417, 418

Hygiene 7, 47, 48, 88, 100, 130, 251, 370, 400, 441

Internal Bleeding 121, 155

Kidney Stones 11, 141, 375, 397, 399

Labor and Delivery 11, 44, 79, 110, 148, 177, 332, 375, 399

Leprosy 81, 95

Lice 5, 11, 61, 129, 273, 375, 400, 401, 402, 421

Lyme Disease 16, 19, 21, 23, 33, 79, 81, 101, 143, 418

Lymph 81, 82, 83, 110, 113, 127, 138, 253, 255, 260, 281, 283, 312, 347, 370, 419, 427, 428, 431

Malaria 11, 60, 81, 96, 145, 151, 152, 375, 402, 404, 421, 438

Mouthwash 128, 134, 352

MRSA 10, 74, 94, 96, 97, 149, 151, 189, 242, 243, 244, 293, 295, 304, 305, 310, 311, 320

Nausea 32, 33, 39, 79, 91, 108, 112, 116, 137, 152, 153, 181, 207, 231, 234, 260, 265, 281, 296, 300, 301, 302, 305, 318, 324, 332, 335, 340, 342, 364, 365, 376, 382, 392, 396, 397, 398, 402, 416, 419, 427

Nebulizer 9, 28, 86, 90, 97, 99, 114, 120, 125, 144, 158, 165-174, 245, 255, 266, 269, 270, 271, 272, 276, 277, 311, 316, 335, 343, 346, 350, 353, 355, 359, 368, 383, 411, 444

Nutrition 7, 8, 12, 21, 24, 45, 56, 57, 59, 65, 70, 72, 76, 78, 104, 105, 111, 162, 163, 164, 168, 245, 254, 330, 338, 371, 380, 385, 437, 438

Oleuropein 145, 146

Plague 8, 10, 37, 38, 66, 72, 73, 75, 77, 81, 84, 101, 104, 116, 117, 150, 154, 160, 175, 189, 203, 205, 216, 2278, 253, 254, 255, 269, 291, 385, 420

PMS 104, 142

Poison 10, 37, 38, 39, 49, 53, 63, 72, 73, 78, 79, 86, 91, 92, 95, 104, 105, 107, 110, 113, 114, 130, 140, 154, 157, 163, 164, 167, 189, 198, 213, 216, 217, 219, 225, 228, 237, 238, 239, 259, 280, 282, 283, 287, 288, 364, 365, 366, 372, 416, 421, 423, 425, 444

Prevention 7, 10, 27, 45, 47, 50, 55, 84, 86, 88, 91, 94, 101, 112, 144, 145, 146, 153, 167, 189, 250, 297, 298, 299, 309, 314, 320, 323, 375, 438, 441, 449

Pus 13, 23, 27, 32, 81, 82, 84, 85, 90, 96, 98, 109, 130, 136, 142, 176, 177, 186, 211, 242, 284, 339, 347, 358, 361, 376, 400, 410, 428

Radiation 10, 16, 37, 39, 40, 41, 42, 72, 73, 74, 78, 86, 87, 101, 104, 105, 106, 107, 108, 120, 140, 144, 153, 157, 163, 164, 171, 173, 174, 179, 189, 251, 260, 261, 262, 263, 264, 265, 294, 328, 444, 445

Rash 35, 50, 59, 63, 80, 84, 88, 90, 95, 96, 98, 105, 127, 130, 131, 135, 139, 155, 206, 212, 242, 271, 291, 297, 301, 303, 310, 316, 317, 319, 336, 346, 347, 351, 355, 356, 357, 359, 362, 363, 370, 405, 406, 407, 411, 412, 413, 416, 419, 423, 427, 444

Rectal Syringe 9, 139, 165, 175, 176, 177, 245, 444

Remedy Grab Bag 27, 54, 443, 444, 445

Respiratory 10, 11, 16, 24, 26, 28, 39, 41, 45, 61, 62, 72, 73, 74, 87, 89, 101, 109, 113, 118, 120, 121, 125, 138, 139, 140, 143, 146, 152, 165, 167, 168, 173, 189, 203, 205, 206, 228, 234, 251, 266, 268, 269, 271, 272, 291, 293, 296, 302, 316, 333, 335, 341, 342, 343, 346, 349, 350, 353, 354, 355, 366, 367, 368, 371, 373, 385, 386, 403, 408, 416, 444

Saran Wrap 9, 107, 108, 109, 158, 165, 174, 204, 213, 223, 237, 238, 239, 243, 244, 248, 277, 278, 279, 280, 286, 287, 291, 391, 413, 414, 444

Seizure 11, 141, 153, 213, 260, 308, 311, 319, 333, 358, 375, 384, 386, 387, 388, 403, 420

Shingles 12, 81, 88, 130, 131, 280, 375, 411, 412, 413, 415, 421

Shock 12, 16, 25, 27, 53, 72, 126, 140, 143, 165, 175, 177, 178, 181, 187, 190, 191, 193, 194, 197, 198, 213, 235, 236, 247, 258, 281, 340, 375, 384, 408, 409, 415, 416, 417, 418, 421, 444

Sinus 9, 10, 11, 44, 61, 62, 79, 83, 84, 86, 89, 98, 100, 101, 123, 126, 134, 138, 150, 165, 166, 167, 169, 174, 175, 189, 203, 242, 268, 274, 275, 276, 284, 334, 341, 342, 343, 344, 345, 346, 347, 366, 370, 373, 396

Slippery Elm Gruel 148, 149, 254, 256, 279, 326, 413

Snake Bite 10, 78, 112, 189, 190, 237, 238, 280, 281, 282, 283, 293, 424

Sprains 68, 108, 135, 179, 289

Stings 10, 78, 105, 108, 130, 135, 157, 189, 236-239, 310, 416, 440, 444

Stitches 97, 211, 212, 213, 288

Strep 11, 24, 44, 59, 62, 81, 84, 87, 88, 98, 112, 126, 127, 130, 131, 133, 138, 146, 150, 167, 283, 285, 338, 342, 343, 346, 347, 348, 349, 358, 359, 360, 362, 363, 367, 371, 372, 373

Tooth 16, 24, 32, 44, 92, 94, 113, 127, 128, 131, 132, 134, 148, 150, 151, 200, 201, 202, 203, 293, 314, 345, 401, 439

Toxins 15, 39, 57, 71, 73, 74, 75, 78, 82, 83, 85, 86, 89, 90, 101, 102, 103, 104, 106, 107, 108, 114, 115, 120, 122, 123, 133, 140, 146, 153, 167, 172, 200, 225, 247, 249, 254, 259, 261, 262, 265, 366, 381, 420, 427, 428, 429, 430, 431

Tuberculosis 10, 43, 44, 80, 99, 135, 138, 144, 146, 153, 166, 167, 295, 314

Ulcer 80, 81, 99, 105, 108, 109, 111, 112, 121, 126, 128, 137, 148, 151, 157,

Vision 30, 41, 76, 80, 117, 137, 152, 168, 181, 282, 313, 320, 330, 332, 333, 340, 345, 382

Vomiting 39, 73, 89, 91, 116, 152, 153, 214, 231, 232, 260, 281, 296, 299, 302, 303, 307, 308, 318, 319, 332, 342, 347, 348, 354, 359, 363, 364, 365, 366, 367, 376, 382, 383, 392, 393, 397, 398, 402, 416, 417, 423

Washing 7, 40, 47, 48, 100, 107, 129, 132, 134, 197, 211, 212, 213, 216, 264, 287, 288, 298, 299, 305, 309, 312, 323, 369, 375, 424, 433

Waste 7, 50, 51, 154, 156, 225, 236, 264, 379, 427

Whooping Cough 11, 44, 61, 121, 135, 140, 342, 353, 354, 371

Wound 9, 10, 12, 16, 23, 26, 30, 31, 33, 41, 45, 53, 72, 73, 74, 78, 81, 84, 86, 88, 94-98, 100, 107, 108, 112, 121, 123, 129, 134, 135, 140, 148, 149, 150, 155, 156, 157, 166, 174, 189-197, 248, 250, 254, 278, 282, 286, 287, 288, 290, 292, 293, 305, 310, 311, 314, 318, 416, 424, 428, 444

Yeast 49, 82, 84, 85, 86, 89, 91, 92, 96, 99, 100, 101, 114, 117, 123, 124, 126, 127, 128, 133, 145, 146, 147

---End of Book Sample---