

September 2013

# HomeCures

## *That Work*

COM

WEIGHT CONTROL • SPIRITUAL WELLNESS • HEALTHY RECIPES • LIVING HEALTHY

## for Colds

**Dr. Saunders'  
Cure For The  
Common  
Cold**

**The  
Uncommon  
Cold**

**Stopping  
A Cold In  
Its Tracks**

**Feed A Cold,  
Starve A  
Fever. Fact  
or Fiction?**



# HomeCures *That Work*

## For The Common Cold

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## Dr. Saunders Cure for the Common Cold

By Dr. Scott Saunders

“**G**et out of that puddle before you catch a cold!” ...a mother scolds her young child.

“Take your coat in case it gets cold!” ...we were always told as children.

When I was in the Philippines, I noticed children in the marketplace wearing nothing but shorts and towels strapped to their backs. I inquired of our guide as to the reason for this and he informed me, “The people think that if the children sweat and the sweat dries on their backs then they will get sick.” Well, in the Philippines it never gets cold so, they have to explain another reason how and why children acquire these upper respiratory infections.

These viral infections are called “common” because, sooner or later, everyone suffers coughing, sneezing, sore throat, runny nose, and fever that we call the “common cold.”

The common cold is caused by a series of over 200 different viruses, the most common being the Rhinovirus.

- If the virus gets in the nose we call it “rhinitis.”
- If it is in the sinuses we call it “sinusitis.”
- If it is in the throat we call it “pharyngitis.”
- If it’s in the larynx we call it “laryngitis.”
- In the bronchi we call it “bronchitis.”

...and so forth. All of these illnesses may have the same cause, but only have different names because of the location of the primary infection.

Children average about six such infections per year, while adults average about two. The symptoms are highly variable and may last from 1-25 days, depending on which of the viruses is the infecting agent, and the strength of the person’s immune system.

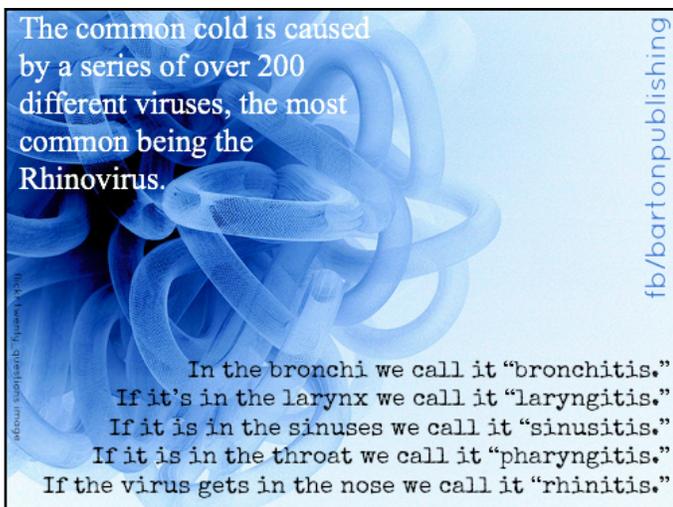
How do we catch a cold?

People have many reasons why they may “catch a cold.”

- Lack of sleep
- Poor nutrition
- Stress
- Getting chilled
- Exposure to someone with a cold
- Toxicity
- Immune system suppression
- Too much exercise

Actually, any of these reasons can suppress the immune system and allow us to be more susceptible to a virus.

These viruses are found everywhere in the world. We cannot avoid contact with them. Many of them can stay in the environment and do not require us to be near one who has a cold in order to catch it.



## Can we avoid the bugs?

We think the primary way of preventing a cold is to avoid contact with the viruses that can cause it. We often have people who are sick put on a surgical mask while in the office to protect others, but it really only works the other way around. Within a couple of minutes the mask of the sick person is saturated and they are spewing viruses all over the place. If you want a mask to protect you from airborne viruses, then you need to be the one wearing it — not the sick person.

Travel is a common way to catch a cold. Having such close contact with so many people dramatically increases the odds that you will catch something. Airplane air is mostly recirculated, not fresh outside air. Some airlines have filters, but they don't remove small microorganisms like a virus. Other airplanes have ultraviolet filters that damage DNA and inactivate viruses, which actually seem to remove pathogens from the air.

Most colds are caught not from the air, but from surfaces. Hand washing seems to be the best way to avoid coming in contact with a cold virus. Some people get obsessive about hand washing, which is not necessary. After being in places where there are a lot of people, like the grocery store, washing the hands is a good idea. This works to keep the virus off of your hands so you don't infect yourself.

It isn't necessary to use anti-bacterial soaps. They seem to do more harm than good, and they don't kill viruses anyway.

## Can we build immunity?

Many years ago, a study in England included people who were lightly clothed on a very cold day, and were sprayed with a solution that contained live viruses. Whether people were warmly dressed or chilled to the bone, each group caught a cold about 60% of the time. Some thought this was proof that being cold didn't make you more susceptible to the infection. But there is another interpretation: 40% of people who were definitely exposed to the virus didn't get sick!(1)

I read a book about a doctor working in a sanitarium, where they cared for people who were sick with tuberculosis and other such illnesses. The doctor was asked how he could be around sick people all day and not get sick himself. He replied, "It's because our immune systems are strong and it keeps us from getting sick."

(By the way, doctors DO get sick from their patients, especially if they don't wash their hands!)

Your immune system is the key to preventing all infectious diseases. All of the 200 different viruses you may be exposed to can be stopped by a strong immune system.

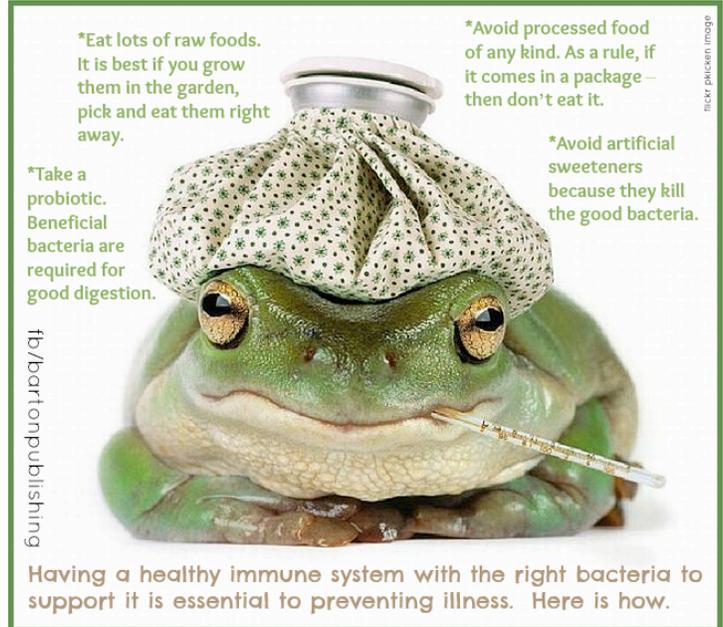
This starts with the reason why children have an average of about 6 infections per year, while adults average only about 2. If you've already been exposed to an infection, then you have some antibodies that will attack it right away and prevent you from getting sick. Studies on children who grow up in sterile environments, whose houses are very clean, and who aren't exposed to dirt and other people seem to indicate that they are more sickly as adults than those who grow up in dirty environments. (2) There are two reasons for this:

1. They aren't exposed to as many germs, so they don't build immunity to them.
2. They don't have the right bacteria in their intestines that keep their immune systems strong.

Our intestines have so much more function than just digesting and absorbing food. Eighty percent (80%) of our immunity comes from the intestinal tract. This is how the immune system distinguishes self from non-self.

Having a healthy immune system with the right bacteria to support it is essential to preventing illness. The way to do this is:

1. Eat lots of raw foods. It is best if you grow them in the garden, pick and eat them right away.
2. Take a probiotic. Beneficial bacteria are required for good digestion.
3. Avoid artificial sweeteners because they kill the good bacteria.
4. Avoid processed food of any kind. As a rule, if it comes in a package – then don't eat it.



## What other things help the immunity?

Vitamin D is essential for our immune systems to fight off viruses. One grade school in Japan found a 50% decrease in viral infections among students given 1200 IU of vitamin D, compared to those who were given a placebo. (3)

Vitamin C has been used for a hundred years to improve immunity. Deficiencies of this vitamin will certainly suppress the immune system.

Echinacea is an herb that has been proven to stimulate immune response. It seems that taking it all the time doesn't help as much as using it when you are exposed.

## What about stress?

The other important way to prevent illness is to avoid stress. Stress causes suppression of our immune system, allowing us to catch a cold when we are exposed. This is the hardest thing of all because stress comes from change and everything is constantly changing! We cannot control what happens to us and thus may be stressed all the time.

I believe the best way to avoid stress is not to become a hermit in the forest, but rather to put our trust in God. If we let Him be in charge, then it is easy to “roll with the punches” and not be stressed about change because we know it is His will for us – whatever happens! All other ways of avoiding stress are temporary, at best.

## Once you get a cold, what can you do for it?

Many people come to the doctor for antibiotics to combat the common cold. However, since colds are caused by a virus, antibiotics don't kill them. Antibiotics such as Penicillin work well to kill bacteria, but not viruses. The doctor will usually tell the patient to go home and take care of himself until the symptoms resolve.

Thus, the common cold is treated best at home.

- Chicken soup actually works!
- Zinc Lozenges shorten the duration of symptoms if they are sucked-on every 2-3 hours.
- Vitamin C helps in large amounts – the Linus Pauling Institute recommends taking enough to cause diarrhea (10 to 20 grams per day)
- Rest is helpful.
- There is controversy about whether to suppress a fever – I usually recommend Ibuprofen because it lowers the fever, and makes people feel better while they heal.

In spite of all your efforts you may get a cold now and then. The viruses that cause it change so your immune system doesn't recognize them. It's a part of life, for most. However, by keeping your immune system strong, you will limit both the number and duration of colds.

(1) Douglas, R.G.J., K.M. Lindgren, and R.B. Couch. 1968. Exposure to cold environment and rhinovirus common cold. Failure to demonstrate effect. *New Engl. J. Med.* 279:743

(2) <http://www.smartplanet.com/blog/rethinking-healthcare/why-its-good-to-expose-kids-to-germs-early-on/8331>

(3) <http://www.vitamindcouncil.org/health-conditions/influenza/>



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# Stopping A Cold In Its Tracks

By Amanda Box

**F**all is upon us. With this change in season, cooler weather comes and nature transitions with beautiful color. However, with the beauty of autumn comes the dreaded cold season! I'm not talking about cooler temperatures, but that annoying virus that results in a stuffy nose, sore throat and coughing.

Nobody likes catching a cold. Some are lucky enough to avoid them. Those few who never catch a cold typically have incredible immune systems and manage their stress levels well. But for the rest of us, knowing how to treat a cold and prevent the common cold is knowledge worth its weight in gold!

Cold viruses are easy to stop at the onset of symptoms. Once the cold virus has set in and multiplied, you can shorten the duration of the cold with natural remedies. Before your sniffles morph into a nasty sinus, chest, or ear infection, here's how to fight back.

## The Cold Stopping Trifecta

Adults average two to four colds a year, and the typical upper respiratory infection takes up to 10 days to get over. But we all manifest the first signs of a cold in different ways.

- Some feel a decrease in their energy level.
- Others start with a post nasal drip or a scratchy throat.
- Some feel a tightness in their head.

Even though our body is trying to tell us something, most people just push through those first signs. Life is busy! Many times we don't slow down until we feel flat out miserable! That's when we run to the pharmacy looking for something to remedy our sickness.

But that first snuffle, throat tickle, or cough doesn't have to be all doom and gloom. What if you could stop a cold before its full blown misery? Well, I'm here to tell you that you can!

The first thing I want to address is that you have to be diligent about stopping your cold. You must work hard and fast to stop the virus in its tracks at the first sign of trouble. It all begins within 10 to 12 hours after infection starts. You should take action the minute you feel the first symptoms of a cold -- the scratchy throat, runny nose, and sneezing. Being sporadic or inconsistent with these recommendations will not do the job! You can reduce a cold's severity, duration, and the number of days it knocks you horizontal with natural remedies.

I use these remedies each cold season and have experienced healing results. You don't have to surrender to a cold Here's how to stop a cold before it takes hold -- and feel better soon. Stock up on the essentials now, as waiting to purchase them can be too late!

## **Vitamin C**

Long before vitamins and supplements gained the popularity they have today, one vitamin stood alone as the most popular for treating a cold.

Vitamin C is the by far the most famous immune boosting vitamin. This fame is result of chemist Linus Pauling. He promoted vitamin C's benefits back in the 1970s. He was the very first to advocate large doses of vitamin C for the common cold. Since then, millions have used vitamin C and have seen great results to lower the incidence of a full blown cold.

I personally take vitamin C on a daily basis. Not only is it great for the immune system, but it has many other benefits as well. Some of those include:

- Collagen formation (this makes it great for your skin)
- Promotes detoxification
- Neutralizes free radicals
- Promotes good intestinal bacteria
- Prevents hardening of the arteries
- Lowers blood pressure
- Lowers blood sugar levels
- Prevents and treats cancer
- Promotes healthy gums

Vitamin C is a water soluble vitamin. This means that the vitamin is not stored in the body and the excess is excreted in the urine. This helps prevent a vitamin overdose, making it much safer to consume in larger dosages. However, in order to be therapeutic, you need to divide your dosages throughout the day.

As I mentioned earlier, Linus Pauling was the first to recommend large dose vitamin C supplementation to cure the common cold. Later, something called the "Vitamin C Flush" became popular.

This flush takes the concept of large dosage vitamin C and goes a step further. This is the ultimate “hit it fast and hard” scenario in tackling a cold. The vitamin C Flush is a short term, mega-dosing of vitamin C which kickstarts the immune system into high gear. It also flushes out excess toxins and free radicals. This flush is also commonly used for heavy metals and chemical poisoning detoxification.

## The Vitamin C Flush

The vitamin C flush is designed to be completed over a couple of days. You will want to begin your flush at the first signs of sickness. Although, its immune boosting and cleansing effects can benefit you at any stage of your cold. However, if you want to stop a cold, rather than shorten its duration, you’ll want to begin earlier rather than later.

The first step is to have a quality vitamin C already on hand. I highly recommend a buffered or calcium ascorbate version of vitamin C. Read the label before buying your vitamin C. Ester C is the common name that calcium ascorbate is marketed under. So, look for the label stating Ester C. Also, if the vitamin C is buffered, it will state “buffered” on the label. These two forms are much easier on the stomach as the acid level is extremely lower. I would recommend purchasing one that contains 1000 mg per capsule.

1. Start by taking 1000 mg of vitamin C, once an hour. Do not skip an hour!
2. Once you begin to have loose stools, you have reached your bowel tolerance limit. This means you have saturated your body with the vitamin C. At this point your immune system should be ramped up and fighting that nasty cold virus.
3. Keep track of how many milligrams it took to get you to the point where your stools were loose. You’ll subtract 1000 mg from this total and take this amount every 4 hours for the next 1 to 2 days.

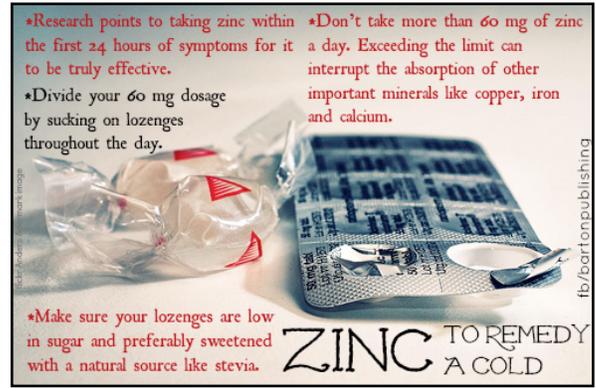
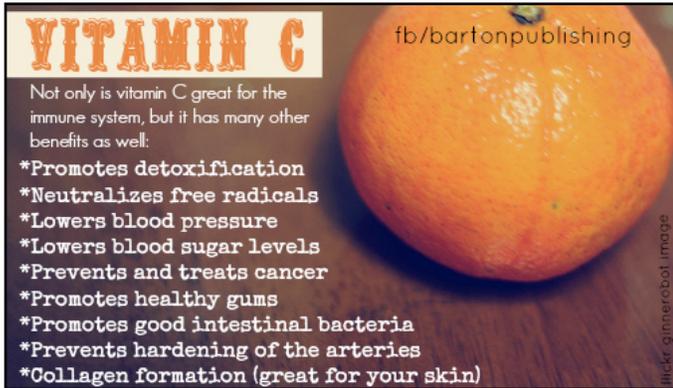
(For example, if it took you 8,000 mg of vitamin C to reach saturation, take  $8000 - 1000 = 7000$ . You would then take 7000 mg of C in a single dosage, every four hours for the next day or two.)

## Zinc

Zinc is a mineral for colds that has worked so well that an entire brand of products were created based on it’s effectiveness. The ability of zinc to stop a cold or shorten its duration has been proven in several studies. Therefore, the makers of Zicam saw a great opportunity to make a profit off this cold busting mineral. Zicam, a zinc based supplement line, can be purchased at nearly every pharmacy.

However, I have an issue with Zicam - and it’s not the zinc. It’s the other ingredients in their cold products. Many of Zicam’s products contain lots of sugar and unnecessary artificial ingredients. Zicam’s lozenges contain artificial colors, flavors and sweeteners. As if nasty cold symptoms were enough, these lab-made ingredients have been linked to:

- Behavioral problems in children
- Concentration issues
- Autoimmune diseases



Also, their nasal swabs have a history of complaints from customers who say they disrupted their sense of smell.

This is not to say that zinc itself isn't an excellent natural remedy for colds. However, there are a few things I want to make clear when supplementing with zinc.

1. The research points to taking zinc within the first 24 hours of symptoms for it to be truly effective.
2. Don't take more than 60 mg of zinc a day. Exceeding the daily limit of zinc can interrupt the absorption of other important minerals like copper, iron and calcium.
3. Divide your 60 mg dosage by sucking on lozenges throughout the day.
4. Don't take extra zinc as part of your daily supplement plan for the same reasons as I addressed above. Your multivitamin should contain an adequate daily amount of zinc.
5. Make sure your lozenges are low in sugar and preferably sweetened with a natural source like stevia. I recommend [Nature's Way Zinc Lozenges](#).

Zinc can cause some mild nausea, so be sure to have food in your stomach when using zinc. The results are worth the possible mild discomfort. Supplementing with zinc in the correct way is a proven remedy in both stopping and shortening the duration of a cold.

## Iodine

Iodine has become one of my newest obsessions for effectively treating colds. Though it's a new discovery for me, it's actually one of the oldest medicines dating back 150 years ago! It can easily be said that it was the most prescribed medicine in the early 1900s. Doctors often recommended iodine for:

- Goiters
- Cough
- Cold
- Flu
- Syphilis
- Bacterial and viral infections
- Disinfecting wounds
- And more

Iodine is nothing short of incredible. It is capable of killing all classes of pathogens. This includes:

- Bacteria
- Micro bacteria
- Yeast
- Protozoa
- Fungi
- And many viruses

Applied topically, iodine kills bacteria, viruses, and fungus within 90 seconds! Iodine has a broad range of action against germs. It has few, if any, side effects and develops no resistance to bacteria. Iodine quickly passes through the cell wall and right into the cell to kill pathogens. Even a broad spectrum antibiotic doesn't have the abilities to kill viruses or different forms of fungus as iodine does! This makes iodine one of the most versatile and comprehensive medicines ever!

Iodine is the only classified "medicine" that is composed of a substance our body needs! Iodine is necessary for thyroid hormones, which control the body's metabolism and development of both skeleton and brain, among other things. Lack of iodine may severely affect your child's brain function and IQ. This "medicine" that is necessary for health and brain function lacks the toxic side-effects that most prescription and even over-the-counter medications can have.

I have stopped many potential colds with iodine. I recommend using the [Lugol's iodine solution](#). I use the 5%, but you can also purchase it in 2%.

- I recommend taking 8 drops of the 5% solution, 3-4 times during the day when you feel the cold symptoms coming on.
- If you have the 2% solution, then use 18 drops, 3-4 times a day.

Iodine can also be taken on a regular basis to prevent colds — or any other ailment for that matter. A couple drops a day is a typical dosage. I have experienced an increase in energy when supplementing iodine. This is due to its thyroid boosting abilities. However, if you have Hashimoto's Disease, then do not take iodine because it can worsen your condition. Iodine may be considered an old medicine, but its abilities are more numerous and effective than the newest drugs!

## Have the Upper Hand this Cold Season!

Don't let another cold season get you down. Stop that cold before you're in full-blown snot blowing, throat throbbing misery! Stock your cabinet with vitamin C, zinc, and iodine so you can attack that cold head on! Don't let the common cold have the upper hand any more! Enhance your body's natural healing process with the cold-busting trifecta and you're sure to see it surrender!



Amanda Box is a Traditional Naturopath and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 12 years and currently practices naturopathic consulting in the Kansas City, Missouri area. Her passion is helping others achieve wellness of the whole person — mind, body, and spirit.

If you don't have a good local naturopathic practitioner to turn to for your personal needs, Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at <http://amandabox.blogspot.com/> for contact info.



## Feed a Cold, Starve a Fever. Fact or Fiction?

By Amanda Box

“**F**eed a cold and starve a fever.”

Or...is it, “Starve a cold and feed a fever?”

I’m sure you’ve heard both versions of this old saying. However, which one is true? Does either one even have an ounce of validity?

Most historians credit Hippocrates with coining the saying, “Feed a cold and starve a fever.” During the middle ages, they believed that there were two kinds of illnesses:

- Sickness caused by low temperatures (common cold)
- Sickness caused by high temperatures (fever)

The theory was based on the concept that eating fuels the body with heat. The warming body temperature then gets ride of a cold.

On the other hand, fasting (i.e. starving) limits food, causing the body to cool down because there is no “fuel for the furnace.” This was thought to lower a fever.

As time passed, the old saying was often flip flopped and became, “Starve a cold...feed a fever.” Said in either order, this saying is by far the most well-known old wives tales to date.

Most physicians today will tell you they totally disagree with both versions of this old wives tale. Starving your body when you are fighting any virus, whether a cold or flu, robs your body of nutrients.

However, many times your immune system dials back appetite during a cold, presumably to conserve energy and body heat for the big fight against viral invaders. In this instance, it's probably a good idea to listen to your body and eat lightly to help your body heal. You really don't want to chow down on a buffet when you're sick. Eating light, nutritious food is a much better choice - especially when feeling a cold coming on.

But, what are the best things to put in your body to help fight off a cold? I believe that staying hydrated is of the most importance — even more important than eating food.

Putting the right fluids in our bodies can be doubly effective by:

- Keeping the body hydrated.
- Providing the vitamins, minerals and nutrients it needs to fight that nasty cold virus.

Below are what I believe to be are the 3 best liquids to drink to help your body combat a cold.

## #1. Coconut Water

I immediately fell in love with coconut water when I was introduced to it around 4 years ago. This refreshing liquid is packed full of:

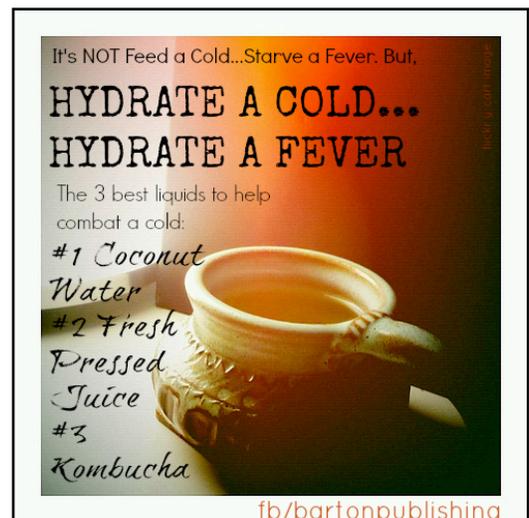
- Vitamins
- Minerals
- Amino acids
- And electrolytes

Coconut water is quickly becoming a favorite of athletes. Because of it's significant amounts of potassium, coconut water is a much better option than sports drinks like Gatorade.

Potassium is extremely important for both our cellular and electrical system in our bodies.

- Because potassium is an electrolyte, coconut water helps regular blood pressure.
- Potassium also regulates the water balance in the body, which is very important when trying to avoid dehydration.

Any physician will tell you that staying hydrated is of primary importance when battling a cold. Coconut water is your best choice for maintaining hydration.



Aside from the all-important-potassium, coconut water is also a great source of:

- Magnesium
- Sodium
- Calcium
- Manganese

These minerals are all very important electrolytes in the body.

But, this isn't all!

Coconut water contains something called cytokinins. These are classified as phytohormones, which have been found in research to be:

- Anti-aging
- Anti-carcinogenic
- And anti-thrombotic

This is just another reason to make coconut water part of your diet!

Commercial coconut water can get pricey, but I've just run into a great way to get coconut water for a much lower price.

They now sell coconut water powder! By evaporating the water, the nutrients are kept intact. Each bag of this dehydrated coconut water is equivalent to 16 fresh coconuts! It is also extremely cost efficient and convenient! Keep the powder on hand and mix it into water or even add it to your daily smoothie!

And don't forget about your kids! You can easily sneak coconut water or coconut powder into your children's juice! Sometimes it can be difficult to get adequate vitamins and minerals in your children's diet. Coconut water is a great way to incorporate more nutrients into their growing bodies. And it should be a no-brainer to have your children sip on coconut water when battling a cold!

## #2 Fresh Pressed Juice

If you don't have a juicer, I highly recommend purchasing one. Don't worry...I'm not expecting you to become a juice fanatic. Juicing can become expensive and juicers can be pain to clean! However, if you have the money and time, than juice away! Fresh, raw juice is amazing for your health!

I consider myself an intermediate juicer. Whenever I feel a bit out of whack, when I'm starting to feel sick, or when I really haven't been eating well, I whip out my juicer.

Fresh juice is one of the best ways to deliver fresh, raw, vitamins and minerals straight into your body! Because there is minimal digestion required, you are able to quickly and efficiently absorb valuable nutrition from the juice. This makes raw juice a great remedy for the common cold by giving your immune system a boost.

Here are some fruits and veggies high in immune boosting vitamins A and C:

- Carrots
- Apples
- Kale
- Orange
- Lemon

Ginger is also a great for juicing and has been used for centuries in Asia for treating many ailments. It has been proven to be an effective remedy for the common cold with its anti-inflammatory properties and gut-soothing effects.

Ginger fights viruses from spreading in the body, warming the body with its “kick.” Just a quick note: a little ginger goes a long way. A bold dose of ginger is sure to have you a warm ginger “buzz.” Start out slow when juicing ginger or the spiciness might knock your socks off!

If you’re feeling adventurous, then you can also add garlic to your juice, as well. Garlic is well known for its anti-viral components. If you can’t stomach the taste, swallow some garlic pills with your fresh juice to boost your immune system.

My favorite cold busting juice combo is:

- 2 granny smith apples
- 1 handful of kale
- 2 large carrots
- 1 lemon or lime
- 1 1 inch sliver of ginger

If you aren’t sure about investing in a juicer, then visit your local health food store and sample their fresh juices. Most health food stores will let you create your own combinations of fruits and vegetables. This is a fun way to try different flavors before taking the plunge and investing in your own juicer!

Just don’t buy the manufactured juice! These juices have been pasteurized and most of the nutrients have been killed by heat. They are also primarily fruit juices and contain a very high sugar content. Fresh, raw juice is always best!

## Fermented Drinks

One of keys to boosting the immune system is to focus on gut health. Did you know that 60-70% of your immunity lies in the intestinal tract!? Boosting beneficial bacteria in the gut through fermented drinks is a fantastic way to combat a cold!

Fermented drinks have been consumed for centuries! I’m not referring to wine or beer, although alcoholic drinks are fermented. The drinks I am referring to are fermented by symbiotic cultures. These cultures add healthy bacteria, also known as probiotics, to the drink turning it into a wonderful health beverage!

In the past you would have to brew these drinks yourself in order to consume them. However, they’ve recently gained enough popularity that you can now easily purchase them at health food and grocery stores!

The two most popular types of fermented beverages are kombucha and kefir water.

Kombucha dates back nearly 2000 years to China. It is made by fermenting tea and sugar

with a culture called a scoby. It has a slightly tart, vinegar-like taste and is slightly fizzy.

Kombucha is truly a digestive tonic. It colonizes the guts with friendly bacteria. It also contains a specific probiotic called *Saccharomyces boulardii*. This friendly bacteria not only kills candida, but is the best defense against many of the toxic bacteria that cause food poisoning.

Kombucha also opens up detoxification pathways in the liver. Having a clean, well functioning liver is very important for a strong immune system. Kombucha also contains acids and enzymes which benefit gut health as well.

Kefir water isn't tart, but still packs the fizziness of a soda. It is made by adding symbiotic kefir grains to sugar water. It contains billions of beneficial bacteria strains and yeasts.

I prefer the taste of kefir water and have been making it myself for a couple years. My kids love it and call it their "pop." You can watch my how-to video on making kefir water [HERE](#).

The probiotics in these fermented drinks are such powerful little scrub brushes to the colon and deliver powerful anti-virus abilities, that it astonishes me that everybody doesn't know about them. Over and over again I have seen kombucha and water kefir knock out colds.

## Homemade Soup

Of course, there's nothing wrong with going back to basics and doing what your mom probably advised when you were getting sick: Get plenty of rest and have a bowl of homemade chicken soup.

Homemade chicken soup has been proven in actual studies to reduce cold symptoms! (1)



Making chicken or even beef bone soup is an excellent way to get both liquids and nutrition into the body. I specify homemade, because canned soup just will not do. Most canned soups contain a plethora of artificial ingredients in the form of flavor enhancers like MSG.

Make your soup with bones in the broth. Of course you can skim them out later. However, the bones add minerals, soothing gelatin, and anti-inflammatory nutrients to your soup. This is important if you want the soup to really work for fighting your cold.

Add as many vegetables as you can muster. The more you add, the more vitamins and minerals your soup will contain. Some nutritional and cold-fighting veggies to add are:

- Onion
- Garlic
- Carrots
- Spinach
- Peas
- Cabbage

I personally recommend making up a large batch of soup in advance. Put some away in the freezer so you're not attempting to cook while you're sick. Of course, it's always better when you have a kind neighbor or friend bring you over a batch when you're under the weather!

Here's an adaptation of the famous chicken soup in Sally Fallon's Nourishing Tradition's cookbook — a book of recipes that is definitely worth its purchased price in gold. It is packed with nourishing recipes!

## **Cold Curing Chicken Soup**

Items you'll need:

- 1 Whole Organic Chicken (the best is organic or pasture-raised)
- 1-2 T. Apple Cider Vinegar
- 1 Lg. Onion
- 2 Carrots coarsely chopped
- 2-3 Celery Stalks coarsely chopped
- 4 Qt. Cold Water (filtered is best)

Directions:

1. Roast the chicken in the oven at 350-degrees until it is cooked (approximately 1-1/2 hours). Once the chicken is cooled then pull the meat from the carcass. Freeze the meat in 1 C. portions to later be added to soup. { At this point, I usually freeze the carcass and any gizzards }
2. Add the chicken carcass into a large slow cooker and cover with water. Add in the vinegar and let sit for 1 hour. This will begin the process of leaching out the minerals from the chicken.

3. Add in the vegetables and turn the slow cooker to high. A small amount of foam will form on the surface ~ skim this off and discard. Turn the slow cooker to low and cook for 12-24 hours.
4. Once the broth is finished, remove and discard the carcass and vegetables.
5. Let the broth cool and store in 2 C. amounts. Freeze for long term storage.
6. Optional: If you prefer a clearer broth then strain the through a cheesecloth when adding to storage container.
7. When ready to serve chicken soup, thaw frozen chicken meat and broth. Add your preferred vegetables. Cook until desired tenderness and add the chicken.

## Hydrate a Cold - Hydrate a Fever

Don't be afraid to go a day or two consuming primarily these nutrient-dense liquids. Listen to your body. If you're not hungry, it's typically for a reason. However, if you are diabetic or have another serious health condition, please check with your physician first before limiting your diet.

Although the old wives tale may not be the best choice in eliminating your ailments, I recommend this instead:

Hydrate a cold and hydrate a fever with as many nutrient-dense liquids as possible. Try coconut water, fresh pressed juice, kombucha, water kefir or chicken soup and feel the wonder behind these healing drinks to reverse your cold!

Your body will be able to easily absorb and assimilate the vitamins and minerals, while it works hard at battling that nasty virus.

Don't go unprepared! Be ready this cold season to "drown" that cold with liquid nutrition.

(1) <http://www.ncbi.nlm.nih.gov/pubmed/11035691>



Amanda Box is a Traditional Naturopath and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 12 years and currently practices naturopathic consulting in the Kansas City, Missouri area. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic practitioner to turn to for your personal needs, Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at <http://amandabox.blogspot.com/> for contact info.



## Love Never Fails

By Michael Tyrrell

**H**ola! Michael here! I am writing to you from 35,000 feet aboard a lovely Delta 767 in route from Seattle to sunny Florida. As my wife and I were walking through the airport, we saw several people of Asian decent clad with white surgical masks. My initial thought was, “Are they concerned with giving or receiving germs...or both?”

I travel so much that I am on a first name basis with skycaps and TSA agents in several cities, but I have yet to have donned the dreaded “mask!” What is amazing, though, is how many people out there travel with a cold, sneezing and coughing without covering their mouths, thus spreading germs wherever they go!

By the way, if you didn’t read this month’s cover because you were so excited to read my article, the topic o’ the month is (drum roll)... “The Common Cold.” That’s right, that uninvited guest infecting an estimated one billion Americans comes from one of 99 known rhinoviruses (rhino, Greek for nose), which is a relatively small and extremely common contagious virus.

There are two ways to catch a cold:

1. Air born droplets breathed or touched on a contaminated surface.
2. Person-to-person contact.

Symptoms of the common cold include:

- Sore throat
- Runny nose
- Nasal-congestion
- Sneezing
- Cough
- Occasional fatigue
- Headache
- Sabotaged taste buds (usually when someone takes you out for a steak dinner!).

One sure way to tell if it's just a cold is this...you still can go to work, travel or even go to the gym (but please don't because that is how a cold spreads!). When it's the flu, you feel so bad it's "man down" and you are miserable!!!

As always, our Home Cures That Work staff of outstanding contributors will offer a variety of healing modalities custom tailored to address the topic at hand. So, before I offer my "two cents" on matters of a spiritual nature, I will share my own personal common sense strategy for keeping the common cold at bay—even if you travel weekly via planes, trains or automobiles or you are constantly surrounded by people in your daily environment.

## **Common Cold, Common Sense Tip #1: Don't Be Afraid of Germs**

Common Cold, Common Sense The first thing you must realize is that it is virtually impossible to live without coming in contact with germs. The fear of them is actually a sickness called "mysophobia." Notable mysophobics include:

- Howie Mandel, comedian and host of NBC's "Deal Or No Deal" fist bumps his contestants and refuses to shake hands. He has a house behind his house where he retreats when his children are sick.
- Donald Trump will not touch elevator buttons and once said he would do anything in his power not to shake hands with a teacher because their desks have 17,000 germs per square inch.
- Michael Jackson and Howard Hughes both wore masks and gloves in public and slept isolated in oxygen controlled "germ free environments."

The truth is the fear of germs is the quickest way to get sick! Let me explain!

- Fear causes high levels of stress...
- Which releases hormones...
- That actually lower your immune system.

Here is an example. When I worked in a church in Nashville, Tennessee the secretary who worked the front desk was petrified of getting sick. Every day she would spray Lysol before and after someone would come in. Believe it or not, she came down with a cold every month!

So, Michaels first common cold, common sense tip... don't be afraid of germs!

## Common Cold, Common Sense Tip #2: Take Vitamin D3-5.

I use the [Biotech vitamin D brand](#) and take 5,000 IUs twice a day in the summer and 5,000 IUs four times a day in the winter.

Taking D3-5 (dry caps) will do more to keep you cold free more than any one thing I can recommend and here is why. Think about it...why there is a "cold season?" Because in the summer, there is usually ample sunlight but in the Fall/Winter when colds are prevalent (especially in the North), it is dark and cold for months.

Doubling your D3-5 in the winter months is like getting internal sunlight. Since we get a large percentage of our D vitamins from the sun, your levels remain stable with supplementation.

## Common Cold, Common Sense Tip #3: Hands off!

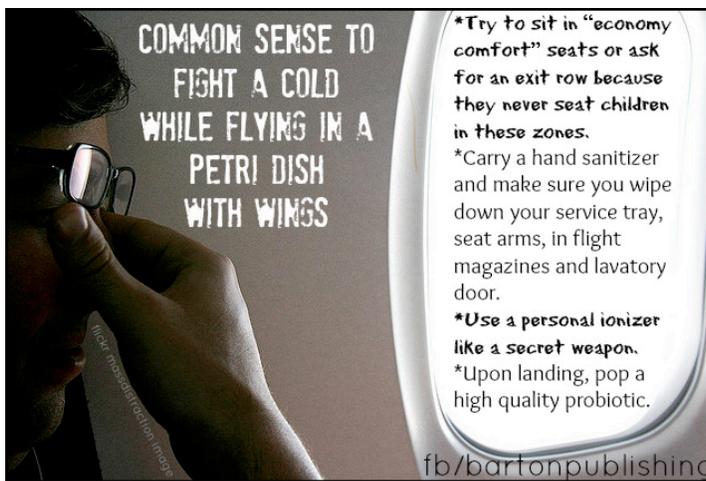
Keep your hands away from infected surfaces or people and then touching your face, especially the mouth or nose! That's just asking for trouble!

## Common Cold, Common Sense Tip #4: Little Red Help

Before you take off for a flight, take an old school little red Sudafed. This will keep your sinuses clear during the entire flight. If you don't get your upgrade, then see if your carrier sells "economy comfort" seats or ask for an exit row because they never seat children in these zones. Also, remember to carry a good hand sanitizer and make sure you wipe down your service tray, seat arms, in flight magazines and lavatory door. Why? Because you are flying in a Petri dish with wings!

This isn't being a germ-a-phobe... it is common sense. The white surgical mask is highly effective, but they make you perspire and look...ridiculous!

Here is my secret weapon [The Mini-Mate Wearable Air Purifier by Wein](#). This personal ionizer is the best \$99 you'll ever spend if you are a frequent flyer! Remember, airplane air is constantly re-circulated during your entire flight, so a personal ionizer is like breathing fresh air the whole way.



Here is another tip for a flight lasting five hours or more. Upon landing, pop a high quality probiotic. Long flights at high altitude affect your intestinal flora. (1)

## **Common Cold, Common Sense Tip #5: Natural Solutions**

If you start to feel symptoms of a cold, then here are some of my favorite “go to” natural solutions for a cold that are available at most reputable health and nutrition stores:

- Chinese herb andrographis
- Kan jang
- [Umcka ColdCare products](#)
- [No Time For A Cold](#) lozenges have not failed me yet. In fact, they come with a money back guarantee! If you don't feel better in 24 hours, then they will send your money back to you!

## **Common Cold, Common Sense Tip #6: Get Plenty of Sleep.**

To keep your immune system revved up, get 7 or 8 hours of sleep daily. As a speaker/singer, I have found that this strategy keeps me at my very best at home and abroad.

## **The Cold Hearted Truth**

Those of you who read my articles on a monthly basis know I am a “word” guy... beside my love for writing, I am also a minister and a singer/songwriter. Therefore, the meaning of a word is quite important to me.

With that said, you would be hard-pressed to find a word with more abstract definitions than the word “cold” here are a few.

Cold: (Merriam-Webster)

1. Having or being a temperature that is uncomfortably low for humans.
2. Food that is not heated or a drink served chilled.
3. Lack of warmth concerning human emotion, unfriendly, without compassion, without enthusiasm, detached, indifferent, isolated.
4. Accomplished familiarity i.e., “I had my lines down cold.”
5. Gloomy, depressing.
6. To reconsider, unsure i.e., “I have cold feet.”
7. Unconscious i.e., “he was knocked out cold.”
8. A poor performance i.e., “the team came out cold in the first quarter.”
9. Rhinovirus, sick, ill.

The strategy I shared earlier works wonders to keep one free of the common cold (definition #9), but now I would like to draw your attention to a far more lethal malady affecting our world that supplements, sleep or even hand sanitizer are powerless to curtail.

We can find some of it's symptoms in our list of definitions #3 to be exact: Lack of warmth concerning human emotion, unfriendly, without compassion, without enthusiasm, detached, indifferent, isolated.

Yes, my friends, there is a cultural virus reaching epidemic proportions that has isolated people groups, color and creed across our nation and around the world. It has undermined our greatest

connection...the human touch. This “cold” has reduced life to texts, emails, facebook, twitter and politics. This dehumanization has been prophesied for thousands of years and is spoken of in the Bible. I refer to it now as, The Uncommon Cold.

“But mark this: There will be terrible times in the last days. People will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy, without love, unforgiving, slanderous, without self-control, brutal, not lovers of the good, treacherous, rash, conceited, lovers of pleasure rather than lovers of God—having a form of godliness but denying its power. Have nothing to do with such people.” 2 Timothy 3: 1-5 (NIV)

## Signs Of The End Times

“Jesus left the temple and was walking away when his disciples came up to him to call attention to its buildings. “Do you see these things?” He asked. “Truly I tell you, not one stone here will be left on another; every one will be thrown down.”

As Jesus was sitting on the Mount Of Olives, the disciples came to him privately. “Tell us,” they said, “when will this happen, and what will be the sign of your coming and of the end of the age?”

Jesus answered: “Watch out that no one deceives you. For many will come in my name, claiming, ‘I am the Messiah’, and will deceive many. You will hear of wars and rumors of wars, but see to it you are not alarmed. Such things must happen, but the end is still to come. Nation will rise against nation, and kingdom against kingdom. There will be famines and earthquakes in various places. All these are the beginning of birth pains.

“Then you will be handed over to be persecuted and put to death, and you will be hated by all nations because of me. At that time many will turn away from the faith and will betray and hate each other, and many false prophets will appear and deceive many people. Because of the increase of wickedness, THE LOVE OF MOST WILL GROW COLD, but the one who stands firm to the end will be saved. And this gospel of the kingdom will be preached in the WHOLE WORLD as a testimony to ALL nations, and then the end will come.” Matthew 24: 1-14 (NIV)

Please understand I am not saying it’s the “end of the world!” What I am saying is that we have many of the symptoms today that could hasten it!

People have become cold hearted, selfish, racially polarized and generally unloving towards their fellow man. Hence, a far greater social virus has been born!

I am sure you will agree after reading these prophesies that this “Uncommon Cold” is of a far greater concern than the common cold... one is temporary, the other, eternal.

Here is Michaels “common sense” strategy for the greater of the two:

1. Love one another... love your neighbor as your self.
2. You cannot be an extravagant giver and a self-centered taker at the same time...be an extravagant giver!

3. Perform random acts of kindness often. Pay a stranger's check at a restaurant. If someone is short of cash at the checkout counter, then pay the difference. Mow your neighbor's lawn. Take a homeless person out to lunch. Men, start opening doors for women and stand up when they enter the room.
4. Live from the inside out, not the outside in. The spirit of entitlement is choking our nation.
5. Call friends and family instead of texting them and visit them face-to-face as often as possible.
6. Purpose to live at peace with everyone and keep short accounts.
7. Be a quick forgiver.
8. Most importantly, cultivate a personal relationship with Jesus Christ and you will experience peace and the "cure" for the Uncommon Cold.

Don't let your heart be troubled and do not be afraid...

Love Never Fails,

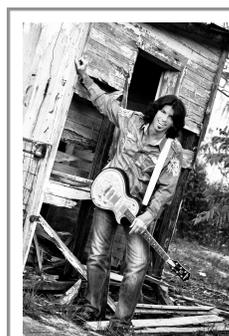
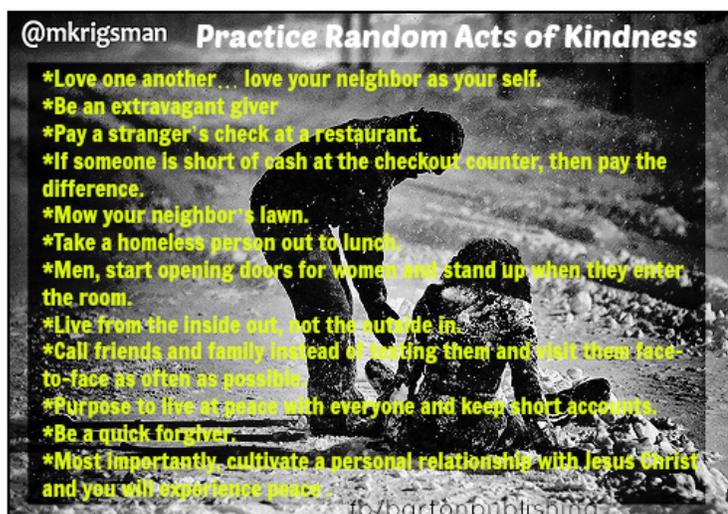
Michael

Q. What can you do right now to mend a severed relationship in your family?

Q. Do you spend more time on the internet than you do with people?

Q. Do you believe it is more blessed to give than it is to receive?

Q. Can a virtual friend on Facebook hold your hand when you're hurting or change your tire when it's flat?



Michael Tyrrell is founder of the Network Center Inc., a not-for-profit, an 501(c)(3) organization which works as an advisory agency to local churches, faith-based ministries, Para-church ministries, schools, home fellowships and music ministries. Michael is committed to training to deliver the message of their Christian faith in order to reach the lost,

the disenfranchised, the sick and the hurting. Michael has been in full time ministry for the last 27 years and is a writer music producer and well known musician.  
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(1) <http://www.independenttraveler.com/travel-tips/air-travel/avoiding-the-airplane-cold>



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