

Inside and Out Health Herbal Newsletter is published to bring you news, information and tips to help you maintain a healthy lifestyle.

The Cold is the  
Cure

Do Not Take  
Antibiotics for  
a cold or the  
flu

Visit our store, *Inside and Out Herbals*, located at 5 Lincoln Rd in Snyder (next to the Rising Sun Yoga Studio and to the side of the Snyder Fire Hall near Main St and Harlem Rd).

Please call ahead of time to insure we are there when you need to stop in.

For a limited time, we have clothing from Peru, Argentina, Bolivia, Chile, Thailand, and China from a friend who was mountain climbing around the world.

~ Michael Sutton & Mary Beth Merlo

## Cold & Flu Remedies

This is a continuation of the last issue's article about the Cold and Flu

Read how you can avoid or lessen a cold or the flu this year. Select the herbs you need depending upon the type of cold or flu you may acquire and try the home-made recipe at the bottom.

At the first signs of the flu or a cold, remember:

**The cold is the cure.** This applies to the flu and a fever too. That may sound funny if contrary to what you have learned, but let's take the cold as an example. When a virus gets past the immune system, the body responds by trying to flush out the virus. It does so, many times, by developing excess mucus. You call it a 'cold'. That is, the nose and sinuses become 'runny' and phlegmatic. This is the body's natural response and the method it utilizes to flush out the virus. So, whatever you do, do **not** take anti-histamines or anti-congestants or anything. Doing so weakens the immune system's ability to combat the virus and stops the body's response of developing mucous and phlegm. Furthermore, the immune system regards the anti-whatever as a foreign invader and now begins to attack **it**...wasting valuable energy and resources as the immune system now has to fight both the virus causing the cold and the anti-histamine/congestant/whatever.

Oh, one other note, do **NOT** take antibiotics. They have no effect on viruses. You're wasting your money. You're wasting your doctor's time (but padding his/her pocketbook), the pharmacists' time, your time, and you're helping to raise the cost of insurance. Brilliant system, eh? And you're a part of it!

Here are the steps to take when you have a cold or the flu:

1. **Ensure the bowels are moving.** If they are not moving at least once per day, the virus will not leave very easily. A healthy body will have bowel movements with each meal! So, take bowel cleansing herbs and fiber.
2. **STOP eating solid foods** - yes, that's right. Eating solid foods requires a tremendous amount of energy by the digestive system. Meanwhile, the immune system is doing everything it can to combat the virus causing the cold. The body needs help in the form of

## Drink Fluids

## Build Your Immune System

## Wash Your Hands Often

## Breathe Deeply

## Educate Yourself about Immune Enhancing Herbs

of rest, proper nutrition and a healthy attitude. Therefore, 'give a break' to the digestive system and allow the immune system to do its work. Why do you think grandma gave you soup when you were sick?!

3. **Drink liquids** – either juice your vegetables or buy fresh-made juice. Drink plenty of water. Do not drink sodas or coffee. Make sure the juices are NOT soda-ized. \*\*\*\*
4. **Eliminate ALL dairy – no milk, no cheeses, no ice cream.** Dairy is very clogging and congesting. The body is already clogged and congested. Start thinking and stop doing what you normally do everyday...you do not need to add more congestion by consuming dairy products.
5. **Enhance your immune system** with herbs so that you can build your defenses against the cold and flu or defend against it once you get it \*\*\* (see below)
6. **Increase your intake of Vitamin C Complex \*\*** to the point at which your bowels begin to move. (High doses of Vitamin C Complex result in an increase in the movement of your bowels which assists with point #1 above).
7. When you begin to regain your strength, you can **begin eating solid foods SLOWLY**. But, do not include proteins in your solid food program for another few days. Proteins do not digest easily thus taxing the digestive and intestinal systems.
8. Optionally, perform a **Nasal Wash** with a Neti Pot – yep, clean out the sinuses with warm salt water, Xylitol and Colloidal Silver (see Silver Shield) by pouring the contents into one nostril and allowing it to drain out via the other nostril. If you think this is gross, then consider the phlegm that is building up within the sinus cavities in the nose, the congestion that builds in your lungs, the mucus that you swallow continually that goes through your stomach, your intestines and your colon. THAT's gross! Go to the Himalayan Institute or a health food store and buy yourself a Neti Pot.
9. Remember that the symptoms of a cold or the flu are, in fact, the cure. Allow the runny nose and mucous to continue to produce within the body as production of mucous by the body is the immune system's method of flushing the virus from you. Taking anti-histamines and other anti-this or anti-that meds only suppress symptoms; it does not eliminate the virus.
10. **Perform deep diaphragmatic (yogic) breathing** through the nose to enhance the immune system. Breathing thru the mouth depletes the immune system.
11. **Wash your hands often.** Hand washing often can eliminate germs you pick up in your interactions with others. I do suggest that you not use the antibacterial soaps, lotion creams, etc because they do, in fact, kill bacteria present on your skin. But, they not only kill harmful bacteria but also the friendly bacteria leaving your outer layer of protection, the skin, vulnerable for approximately 20 minutes. As a matter of fact, I know of a nursing organization in this area that distributed a memo to their employees warning them of the harm that antibacterial soaps and lotions foster.

\*\*\*\* The purpose of juicing and drinking liquids is to provide an environment whereby the digestive system has immediate absorption of vitamins, minerals and enzymes without the strain of breaking down the foods from solid to microscopic portions. In other words, give it rest.

\*\*\* Herbs from Natures Sunshine Products that are helpful:

- as a general tonic against the cold and flu: Astragalus, CC-A (capsule or tincture), Echinacea Purpurea, Elderberry Defense, Elderberry Plus (a chewable for children),

## Homemade Recipe

Garlic from the store, Hi Potency Garlic, Immune Stimulator, Olive Leaf, Ultimate Echinacea, Yarrow, Vitamin D<sub>3</sub>, and Silver Shield (3 tbslps daily)

- for the early stages of a cold: CC-A or Elderberry Plus every 1 – 2 hours with plenty fluids
- during the latter stages of a cold when the mucus has thickened and discolored: Goldenseal
- for aches and pains associated with a cold or flu: APS II with White Willow Bark or Nerve Eight
- to breakup and expel mucus in the respiratory tract: ALJ, Garlic, and Lobelia
- to help relieve sinus drainage and pressure: Tei Fu Essential Oils or Breathe Free
- when the cold or flu involves a fever: Boneset, IF-C or Yarrow
- when there is coughing involved: ALJ or Lobelia

\*\* You have a choice of different Vitamin C formulations from Nature's Sunshine: Vitamin C Ascorbates (powder), Vitamin C T/R (1000mg), Vitamin C Chewable (250mg), Vitamin C Ciflo Bioflavonoids (500 mg)

All of the herbs noted above can be purchased at <http://mynsp.com/wholistic2u> or at *Insider and Out Herbs* (address below).

**Homemade Recipe:** every household should have this during the cold and flu season.

Equal amounts of organic:

garlic

onion (red)

ginger (3 1 inch pieces)

cayenne (as much as you can tolerate)

horseradish root (3 1 inch pieces or, if not available, prepared horseradish)

Place in blender. Add organic apple cider vinegar two inches above the line of herbs in the blender. Do not overfill. Blend thoroughly. Pour contents into glass container(s) with a lid. Optimally let sit for two weeks, and then pour into another glass container through a strainer. Squeeze the contents of the fibrous herbs through the strainer, but use protective gloves! If you need to use right away, then do so.

During the cold/flu season, take 1 tablespoon daily. If symptoms of the cold/flu appear, then take 1 tablespoon every hour. The cold/flu will usually disappear within two days.

This recipe tastes so awful that not only will you not like the taste of it, but the virus won't either. That's a joke. Make it anyways!

A scheduled seminar coming up:

The 5<sup>th</sup> Mode of Prayer – Nov 28<sup>th</sup>, 7:30 – 9:00 pm at Rising Sun Yoga. See [www.YogaisRisingSun.com](http://www.YogaisRisingSun.com)

# Silver Shield

Last month I wrote about Colloidal Silver stating that it may just be the most beneficial antibiotic and antiviral that exists. I grossly understated that claim. The **Silver Shield** that NSP markets used to be known as Colloidal Silver but because of a new technology known as Aqua SOL™ Technology, it has been enhanced and is now known as Silver Shield.

## Discovering the Universal Anti-microbial

It is patented and able to eradicate the superbug, MRSA which was created by antibiotics used in hospitals. It has proven effective against Malaria (eradicates it in 5 days using 2 bottles) (at the request of the White House, Silver Shield was used to heal the man who contracted a few months back) and has been shown to be effective in either inhibiting or killing the following pathogens:

MRSA (the super bug resistant to antibiotics)

Staphylococcus Aureus

Salmonella typhimurium & Arizona

Escherichia coli

Haemophiles influenzae

Shigella boydii

Pseudomonas aeruginosa

Streptococcus pneumoniae

Streptococcus pyrogenes

Streptococcus mutans

Enterobacter aerogenes

Klebsiella pneumoniae

Earaches – 6 minutes

This form of colloidal silver, Silver Shield, has been presented before Congress as a new technology and recommended as the most viable weapon against biological warfare.

**This entire range of silver anti-microbial properties is patented  
US Patent #7,135,195, Nov. 14, 2006**

Silver Shield passes through the organs of excretion and disinfects them.

The name "colloidal silver" still applies to this technology but there is so much more to a Silver Shield sol™.

- ξ Kills 99.99% of most bacteria, molds & yeasts within 10 minutes
- ξ Continues to kill pathogens with catalytic, not chemical action
- ξ Can be used internally as well as topically
- ξ Has multiple mechanisms of action to ensure its efficacy
- ξ Is non-toxic and safe at recommended levels

Safety: it would take 72 years to accumulate in your body if you took it daily (.005 mg/kg/day – one ounce) and NONE of it left your body!

- Silver Shield dosages are:
  - maintenance - 1 teaspoon daily
  - if meeting lots of people – 2 tspns daily
  - if sick – 3 tbsps daily
  - if diseased – 1 bottle on day 1; another bottle on days 2 & 3 and; another bottle on days 4 & 5

90-95% of this silver is excreted out of the body on the second day

Further research has been, and continues to be, conducted which has/is showing that Silver Shield is effective against anything that is pathogenic in nature.

It's effective and safe for children. And it's the only known remedy that will completely

## Silver Shield with Aqua Sol Technology

The manner in which Silver particles with an interior of elemental Silver and an exterior of ionic silver oxide is placed in a colloidal suspension in water – has recently been patented

**Dr. Rallie McAllister, M.D. joins Nature's Sunshine**

## *Dr. Rallie McAllister...*

...a weight loss specialist, board-certified family physician, wife and busy mother of three, a nationally syndicated columnist has joined Nature's Sunshine Products Scientific Advisory Board. She can be read in the Buffalo News once a week in her column which addresses various health topics, and the importance of herbs and supplementation.

**SugarReg**

### *SugarReg*

- Contains the benefits of cinnamon extract, shown in studies to help maintain blood sugar levels
- Activates cell glucose transporters
- Supports the liver
- Aids digestion

**Cardio Assurance**

### **Cardio Assurance**

- Features K2 (MK7...marker 7), an ingredient that may inhibit the adhesion of plaque to arterial walls
- Provides soy-sourced Vitamin K2
- Helps the body maintain bone density as it facilitates calcium absorption
- Helps keep homocysteine levels in the normal range

**Blood Pressurex**

### **Blood Pressurex**

- Contains grape seed extract, shown to have positive effects on blood pressure levels
- Provides potent antioxidant properties.
- Supports and helps maintain blood vessel health.
- Encourages healthy blood flow
- Promotes blood flow in the peripheral arteries

**For Athletes**

### **RG-Max**

- Supports healthy cardiovascular function
- Each serving provides 5 grams of L-arginine
- Sweetened with xylitol (low glycemic index)
- Contains acetyl-L-carnitine, taurine, N-Acetyl Cysteine, L-lysine, L-glutamine, L-methionine, L-threonine, L-leucine, L-isoleucine, and grape skin extract

## Seminars

The Basics of Health – check out [www.YogaisRisingSun.com](http://www.YogaisRisingSun.com) for details

The Science of Prayer - visit [www.YogaisRisingSun.com](http://www.YogaisRisingSun.com) for details

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## Inside and Out Herbals

If you have questions about your health, would like to have a consultation, or just have questions, please phone or email using the information listed to the left.

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