

# Steps to Feeling Better

When illness strikes in your life, what is the first thing you do? This thought has crossed my mind a lot lately due to the coronavirus pandemic. We are all subject to challenges and trials in this life, no one is immune. What we do at the first signs of illness can make all of the difference. Here are a few important steps in reducing the severity and length of disease.

## 1-Take Immune Boosting Herbs

- **Echinacea (*Echinacea angustifolia*)** helps reduce the severity and duration of a virus like the common cold by stimulating the immune system.1
- **Elderberry (*Sambucus nigra or canadensis*)** has strong antiviral properties that reduce the severity and duration of infections such as colds, flu, and fevers. Elderberry strengthens the body's resistance to infections by supporting the immune function.1
- **Garlic (*Allium sativum*)** is a powerful herb that has antibacterial, antiviral, antifungal, and anti-parasitic properties. Make sure to first crush or mince the herb well to make the properties most potent. Helps fight colds, flu, bronchitis, pneumonia, etc. 2
- **Dr. Christopher's Super Garlic Immune Formula- aka- Antiplague.** A formula created by Dr. Christopher to treat colds, flus, congestion, infection and all bacterial and viral plagues. This strong antimicrobial also supports eliminating channels of the body. 2

**Dosage:** When taking immune supporting herbs, be sure to take them often and in large doses with the onset of an illness. For best results, take any of the above herbs at least every 3-4 hours, 2 dropperfuls, 2-3 capsules, or a cup of tea, for an adult dose. Herbs are safe, being in their whole state, unlike a formulated and extracted constituent of a drug. Consult with a health professional if you're already taking other medications to be certain they do not contraindicate.

## 2- Take Herbs to Move the Eliminating Channels (especially the bowels and liver)

Moving the bowels can often be enough to get a fever to drop and the body to make a turning point in feeling better. We get rid of the garbage so the invaders have nowhere to go except out.

- **Turkey Rhubarb (*Rheum palmatum*)** Dr. Christopher considered this herb safe enough to give an infant, which gives smooth, easy, non-cramping bowel movements. 2
- **Dr. Christopher's Lower Bowel Formula**, not only a laxative but rebuilds the tissues of the colon and strengthens intestinal muscles. 2
- **Barberry (*Berberis vulgaris*)** A wonderful aid for the liver to help bile flow freely, is also a blood purifier, and tonic to the body.2
- **Dandelion (*Taraxacum officinale*)** is a readily accessible, wonderful aid to the liver and the kidneys. All parts of the plant can be eaten. Dandelions help the flow of liver bile and stimulate healthy kidney function. Be certain you do not consume dandelions that have been sprayed with chemicals.2

## 3-Get Off Solid Foods

Dr. Christopher once helped a frantic mother. She had 2 children sick with the flu which was rampant in their community. He told her to have the children to go off solid foods and only drink raspberry leaf tea, the other children of the home should also do the same. Within days they were all well and none of the other children got sick.

- Red Raspberry leaves (*Rubus idaeus*)- contains nitrate of iron which has remarkable blood making and regulating properties as well as astringent and contracting action on the internal tissue and mucous membranes. Rich in vitamins and minerals such as; provitamin A, vitamin E, vitamin C, vitamin B2, pectin, malic acid, calcium, potassium, chloride, sulphates and more. 3
- Fresh juices contain the life blood of the plant and are rich in nutrients and calories to help cleanse the body and provide nutrition and energy.

#### **4- Don't Stop a Fever (it's tied to the body's immune system!)**

Fevers are a part of the nonspecific innate immune response. Chills can accompany them and aid the body in increasing body temperature by contracting muscles. Shutting off a fever may comfort a person, but shuts off part of the body's immune response.<sup>2</sup>

Purpose of fevers:

1. Raise temperature to move bodybuilding materials from one part of the body to another malfunctioning area.
  2. Fever lets us know a dangerous level of toxins has been reached and uses the heat to increase immune bodies and to burn up unwanted materials/ invaders.
  3. Sets in motion more immune bodies to respond to the invasion.
- Yarrow (*Achillea millefolium*) is a wonderful diaphoretic, bitter herb that can help generate heat in the body and cause a healthy sweat. It also helps support the liver and kidneys in their eliminative channel functions. Dr. Christopher uses this especially in conjunction with the Cold Sheet Treatment, which is a wonderful tool for supporting the body during a fever. 2

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#### References

1. Hobbs, Christopher, and Leslie Gardner. *Grow It, Heal It*.
2. Christopher, John R. *Herbal Home Health Care*. Christopher Publications, 1976.
3. Christopher, David. *An Herbal Legacy of Courage* [Christopher Publications], 1993, pp. 44-45.