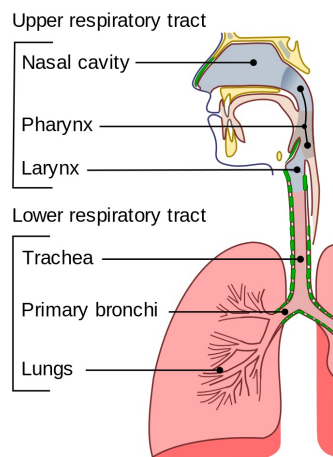


Living Medicine Foods & Herbs for Health

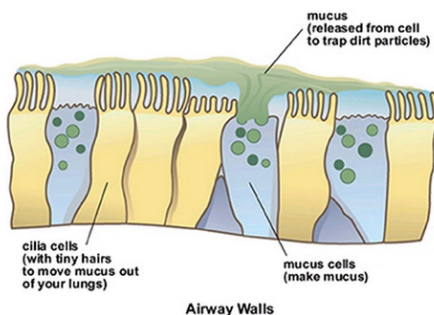
9 Coughs, Colds and Allergies

Coughs, colds and allergies are normal responses by our lungs and airways to infections and irritants. Mucus, beneficial microbes and immune cells protect us from dust, chemicals and harmful microbes. Knowing how to improve our natural immune defences builds our resilience to manage better viruses, bacteria or allergies that may otherwise overwhelm us.

Nose, throat, lungs and airways



Lining of lungs and airways



Lung Function

General lung function and immunity

General self care

- Keep weight under control as fat cells increase inflammation
- Portion beans/lentils daily as natural anti-inflammatories
- Fibre-rich wholefoods with edible skin/seed/pith to feed immune-supporting gut microbes
- Physical activity, laughter and deep breathing increases oxygen-rich blood through lungs
- Avoid refined carbs and alcohol as high blood sugar promotes infection, lowers immunity. Eat rainbow colours
- Regular sleep in dark 10-11pm for 7-8 hours supports melatonin which boosts repair & immunity

Mucus and cilia mucus on fine beating hairs sweep debris up from lungs to cough or swallow it away

Tonsils immune glands in throat to trap infecting bacteria/viruses

- Hot, pungent or essential oil-rich foods/herbs - chilli, ginger, mustard, horseradish, garlic - thin mucus/phlegm to ease it away
- Replace water loss with catarrh with teas/water 1-1.5L/day
- Avoid foods like dairy or wheat products if they increase mucus from an allergic response
- Stimulate tonsils' immune cells with essential-oil antimicrobial foods to help them engulf viruses and bacteria - garlic, thyme, sage, rosemary, oregano, ginger, onion

Food/herbs

Berries, kiwi fruit, hibiscus



Garlic/onion family



Mushrooms

Thyme



Rosemary

Peppermint contains cooling menthol



Ginger

Action on lungs/airways

Rich vitamin C to promote immune responses and prevent infection.

Anti-microbial, anti-oxidant, immune boosting; for antibiotic-resistant infections

Promote general white blood cells and immunity.

Powerful antimicrobial, thins and expels catarrh; anti-allergy, anti-inflammatory.

Anti-infective, circulatory, antidepressant. For colds, flu, coughs, clears the head and catarrhal congestion.

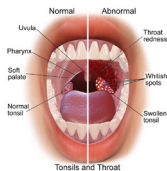
Decongestant, cooling, antispasmodic. Reduces fever by promoting sweating. Helps open airways to relieve asthma.

Circulatory warming stimulant, antimicrobial, anticatarrhal. Add to soups, tea, smoothies for congestion and infection.

Living Medicine Foods & Herbs for Health

9 Coughs, Colds and Allergies

Condition	Remedies
Colds, flu aches/pains are our immune response forcing us to rest and heal	<ul style="list-style-type: none"> Garlic/onion family, watercress, horseradish Vitamin C rich berries Mushrooms Antiviral long-infused teas - elderberries/flos, hibiscus, mint, thyme, rosemary, sage
Sore throat, swollen tonsils	<ul style="list-style-type: none"> Gel-foods like oats, okra, honey, leeks, onions, slippery elm powder soothe throat Gargle with antimicrobial garlic, thyme Strong herb teas eg hibiscus, ginger, peppermint, thyme, cinnamon, rosemary, sage
Catarrh, sinusitis	<ul style="list-style-type: none"> Diffuse essential oils at night. Apply Vapour rub (see recipe) Steam inhalations eyes closed with essential oils Warming circulatory foods and teas with chilli, ginger, thyme, hibiscus as above
Cough	<ul style="list-style-type: none"> Soothing honey or thyme and liquorice syrups Antiseptic food/herb gargles
Hay fever allergy	<ul style="list-style-type: none"> Start teas of thyme, nettle, plantain a month before hay fever season



Remedies & recipes

Long infused antimicrobial teas

- Pour 1 litre boiling water over handful/20g fresh chopped/bruised mix of immune-supporting herbs eg thyme, rosemary, grated ginger, also mint, lemon balm, elderflower, oregano, sage. Infuse till tepid or overnight for strength. Press out tea and drink through day. Can top up cup with hot water. Refrigerate once cool and use within 48 hours.

Vapour rub

Diluted essential oils applied to the skin promote circulation, decongestion and antimicrobial action, reaching blood and lymph circulation below the skin. NB: apply a drop diluted in a little base oil to inside of arm. Check after 24 hours in case of skin reaction.

- Mix a total of 20 drops of one, or 5 drops each, essential oil/s of rosemary, peppermint, pine and/or Eucalyptus radiata/globulus into 30-40mls base oil eg light olive or sunflower oil, or into 30-40g of base cream, eg E45. Rub some oil or cream into neck, chest, armpits and behind ears, but not near eyes. Apply daily.

Herb garlic honey

- Fill a jar with unpeeled garlic cloves or sliced onion and crushed fresh thyme for its strong antimicrobial action, or powdered herbs like turmeric. Fill with honey to the top to prevent spoilage from reaction with the air. Cap, label, date and keep for two+ weeks before use.
- Take by the teaspoon to soothe colds, flu, sore throats and coughs. Keeps for up to a year.

Quick throat gargles

- Mix a crushed garlic clove, 1-2 tsp lemon juice with ½ glass of water and optional dash of honey.
- Mix finely chopped onion, ½ chilli, juice of 2 lemons and 1 tsp sea salt. Refrigerate 1 hour, then strain. Gargle 2-3 times/day. Chew on parsley to freshen breath.

Liquorice cough syrup

- Cover and simmer 2 tbs chopped liquorice root in 500mls water for 20 mins. Remove from heat, add 2 tbs each chopped thyme and sage, cover and infuse another 20 mins. Strain liquid, add 200g honey (or raw cane sugar) to it and simmer stirring until syrupy, then cool. Pour mixture into labelled bottles. Use < 6 months.
- Take 1-2 tsp neat as required.

Soups for flu and colds

1. Quick garlic broth

- Sweat 1-3 bulbs of crushed garlic cloves with a yellow/red onion in butter/oil till soft. Add 1 tbs each of chopped rosemary and sage and/or 1 tsp turmeric powder, 1 litre stock, 1 chopped potato, 1 tbs pearl barley, optional nettles and/or hawthorn berries, salt/pepper to taste. Simmer 20 mins. Garnish with spring onions and coriander.

2. Ginger, mushroom & miso soup

- 7-10 cm root ginger, peeled and shredded
- 1-2 medium chilli/s, finely sliced
- 2 large onions, peeled and sliced
- 12 shiitake or other mushrooms, thinly sliced
- 2 tbs dried Echinacea angustifolia/purpurea root, tied in small muslin/cloth
- 5 tbs elderberries or rosehips, fresh or dried
- 2 litres vegetable or chicken stock
- 8 crushed garlic cloves
- 1 tbs chopped fresh thyme
- 2 tbs sweet miso paste
- Sauté ginger, chilli and onions in saucepan till soft. Add mushrooms and fry lightly for 5 mins. Add Echinacea root bag, berries and stock and simmer for 20-30 mins. Before serving, remove Echinacea and stir in garlic, thyme and miso.