

Cold & Flu

Cynthia Foster, MD | DrFostersEssentials.com

Actions:

Expectorant (helps expel mucus), anti-tussive, opens up breathing passages, antispasmodic for the lungs, anti-inflammatory (especially for heart, lungs and liver), eases nasal and lung congestion, helps reduce wheezing, slows rapid pulse, eases anxiety, helps remove excess fluid around heart and lungs, helps fight respiratory infections, stimulates circulation, promotes sweating to help break a fever, helps reduce discomfort in lungs or with breathing, soothes mucus membranes/ helps reduce irritability in the lungs, aids digestion, helps weakness and loss of appetite, eases hoarseness.

Suggested Dose:

- **At the first sign of illness to “nip it in the bud”:** Take one dropper full every hour on the hour for 24 to 48 hours and then lower down to 2 droppers full 3 to 6 times daily when your symptoms have improved. You do NOT have to let a cold or flu “run its course.” Intervene proactively and a lot of times it will go away in as little as one day.
- **Mild Symptoms:** Take 1 to 2 droppers full of the liquid extract three times a day.
- **Intense Symptoms:** Take 2 droppers full 6 times daily for more intense symptoms. Or take 1 dropperful (35 drops) every hour on the hour for 1 to 2 days.
- **Maintenance dose:** if you suffer from chronic issues in your lungs, take as little as one dropper full a day to further the healing of your lungs and up to 3 times daily. Benefits accumulate over time, so keep taking it if you need it. You can combine it with any other Dr. Foster's formulas except for Colon Soothe and Colon Detox Caps.



Potency/ Strength of this Formula: For maximum effectiveness, an herbalist combines herbs together into a formula, causing a synergistic effect among all of the herbs, accentuating and bringing out some of the milder effects, while tempering any overly strong effects. I like to use the entire formula in a strong concentrated alcohol extract form as this is the strongest, most potent way of taking the herbs for severe health issues, stronger than herbs in a capsule, and stronger than herbal teas.

What Else Can Be Done to Heal My Lungs?

Any or all of these Dr. Foster's Essentials formulas: [ALRG Oil](#) (to help asthma and difficulty breathing), [Lung Support](#), [Cider Blaster](#), [Lobelia Tincture](#) (opens up breathing, reduces spasm and constriction), [Germ Shield](#) combined with steam therapy (for chronic or intense issues), [Intestinal Rejuvenation Program](#) (toxins in the colon affect lung function), [Liver Regeneration Program](#) (Liver toxins increase body inflammation and pain and affect lung function). If you have severe issues with your lungs, you can take Lung Support, Lobelia, Cider Blaster, Germ Shield and/or ALRG Oil every day for as long as needed to recover your health.

How Are Herbs Different From Pharmaceutical Medications?

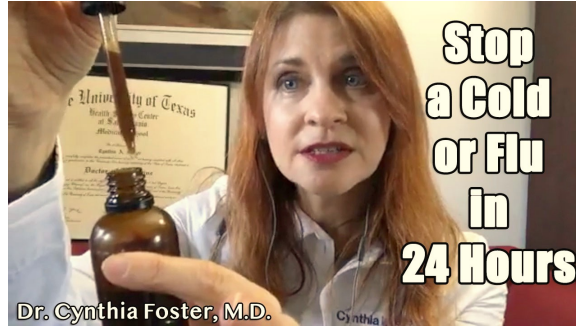
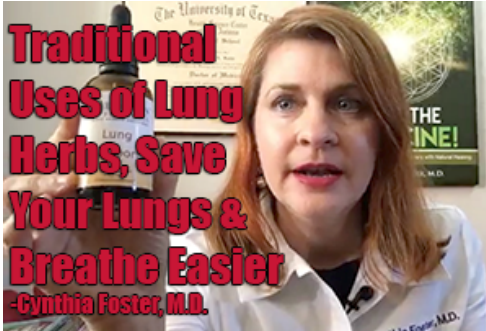
Always keep in mind that herbs contain nutrition – vitamins, minerals, trace minerals, enzymes, co-factors and many other trace elements that are missing in pharmaceutical drugs. This means that taking herbs over time will help heal your body from the inside out nutritionally and are not simply relieving symptoms. Pharmaceutical drugs do not detoxify your body, nor do they contain any nutritional elements. They sometimes work more quickly for a specific symptom, but they do not heal the underlying root causes of what's wrong.

One example is a gentleman who suffered from pneumonia five years in a row. The antibiotics he took fought the infection, but did not cure the underlying root cause. Therefore, each year around wintertime, he suffered from pneumonia and had to be hospitalized with a difficult recovery phase. When he heard of the Lung Support Formula, he took it regularly for several months and the next year he did not catch pneumonia and he avoided pneumonia the next year. Antibiotics do not help expel accumulated toxins from the lung, stimulate circulation to the lungs, and do not reduce inflammation in the lungs. I'm not telling you to avoid antibiotics if you have pneumonia – you are the best judge of what you need when you have pneumonia, but make sure to take the herbs regardless – even if you take the antibiotics.

Pharmaceutical drugs are often modeled after natural remedies, but then synthesized chemically to make an artificial and far cheaper "Product" for which the price can be risen to astronomical levels and after which side effects often occur. In the case of antibiotics, kidney damage and ringing in the ears is a common side effect. Asthma inhalers can sometimes increase the heart rate and increase anxiety while lung herbs help calm the heart and calm a person down from anxiety. Over time, lung herbs are GOOD for the heart (and the kidneys) and not a strain on the heart like asthma medications often are.

YouTube Videos and Articles for Even More Info:

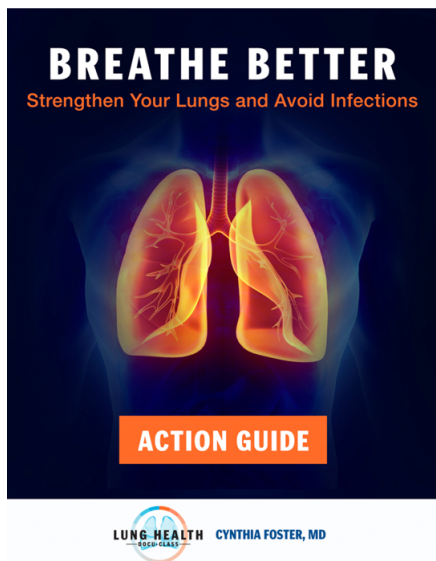
For more extensive information about what to do for colds and flu, please see the following videos on Dr. Foster's Essentials YouTube Page: [YouTube.com/DrFostersEssentials](https://www.youtube.com/DrFostersEssentials):



How to Save Your Lungs & Breathe Clearly Again Naturally:
<https://bit.ly/3v30mvq>

Stop a Cold or Flu in 24 Hours:
<https://bit.ly/3K5vPRS>

Natural Remedies for Colds and Flu:
[drfostersessentials.com/store/Cold_Flu_Season.php](https://www.drfostersessentials.com/store/Cold_Flu_Season.php)



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Optional: More Info Below about Each Herb in Cold & Flu:

Lomatium

Traditional uses:

Lomatium was highly revered by Native Americans and used for a wide variety of problems. It gained legendary status in the U.S. Southwest when Native Americans used it during the influenza pandemic of 1917. The Paiutes of Nevada treated sore throats with a tea made from the root. Many Native American groups considered *Lomatium* important for treatment of tuberculosis, asthma, and other lung diseases. It was also used internally and topically for venereal disease. Naturopathic physicians in the western United States have popularized use of *Lomatium* as an antiviral when the root extract is taken internally, for vaginitis when used as a douche, or as an oral rinse to treat periodontal disease.¹³ *Lomatium* has demonstrated in vivo and in vitro efficacy against HPV and HSV and has been investigated for its effects against HIV.¹



Actions: antiviral², antimicrobial, antibacterial, antiseptic, antifungal³

Yerba Santa – *Eriodictyon californicum* - the “saintly herb”

Parts used: leaves. An evergreen. The leaves are rich in resin. Yerba santa is Spanish for sacred herb. It was named by Spanish missionaries who learned of the herb from Native Americans.

Actions: antihistamine, quiets a cough, expectorant/ helps clear phlegm, relieves congestion, bronchodilator. Antispasmodic, alterative, stomachic, warming, carminative. Anti inflammatory effect on respiratory, urinary and GI tract.



Yerba Santa

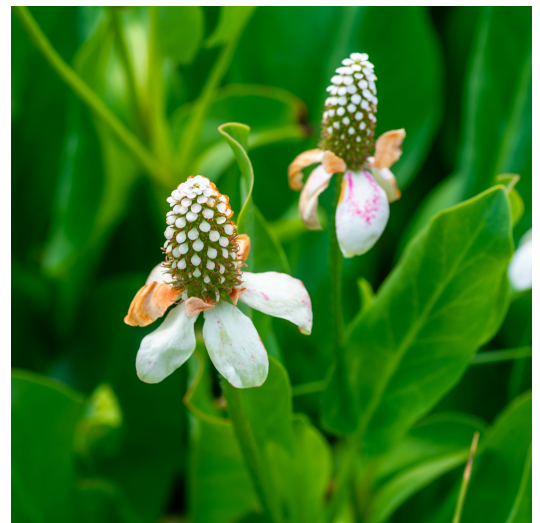
Traditional uses: The American Indians chewed the leaves as a treatment for asthma. Coughs, colds, hayfever, bronchial congestion, chronic bronchitis, pneumonia, tuberculosis, pleurisy, rheumatism, blood purifier. Helps chronic inflammation of the urinary tract – has been used to help bladder & urethra infections. Also used for stomachaches, vomiting and diarrhea.

Yerba Mansa – *Anemopsis californica* - “Lizard-Tail”

Parts used: root. Also called “Herb of the Manzo”

Actions: astringent (decongests), anti-inflammatory, antimicrobial, astringent, diuretic, tonic, alterative, helps kidneys eliminate excess uric acid. Tonifies and soothes mucus membranes in the respiratory, urinary and gastrointestinal tract.

Traditional uses: American Indians used a tea from the root for colds, stomachache, ulcers, diabetes, pleurisy, itchy throat. Pulmonary and lymphatic infections, urinary infections, sinus infections, fungal infections, arthritis, chronic inflammation, rhinitis (runny nose). Diarrhea and colitis. Dry roots were held in the mouth to help sore throat. Tea from the leaf was used to treat stomach ulcers, constipation, cold and chest congestion, blood disorders and lung hemorrhages.



Yerba Mansa

Oregon Graperoot – *Berberis/Mahonia aquafolium*

This plant is not a grape vine. It is called Oregon grape but it has nothing to do with the food grapes. The berries “look” like grapes but they are sour and not edible. The root contains deep yellow pigments and is high in the alkaloid berberine, a compound that research around the world says is antiseptic and can help diabetes

Parts used: root and stem bark. High in the alkaloid berberine and hydrastine.



Oregon Grape

Actions: antibacterial, antiviral, antifungal, amebicidal, warming, bitter digestive (promotes good digestion), helps digestions of fats and oils, tonifies liver and gallbladder, cholagogue (promotes release of bile from the gallbladder), mild laxative, alterative, depurative, blood purifier, lymph cleanser, general tonic, astringent, promotes regular bowel movements.

Traditional uses: source of berberine. Chronic and scaly skin conditions, including psoriasis, eczema, acne, pityriasis, chronic skin problems, skin sores, and itchy skin caused by liver imbalance. Nausea and vomiting caused by liver and gallbladder conditions, gallstones, upset stomach, jaundice, chronic constipation, elevated bilirubin, diabetes mellitus, inflammatory conditions, cysts, swollen lymph nodes, blood dyscrasias. Infections: urinary tract infections, herpes, strep and staph infections, vaginal infections, chronic uterine conditions, stomach flu, bronchitis, pneumonia. Tea made from the root was used as an eyewash and as a gargle for sore throat.

Goldenseal – *Hydrastis Canadensis*

Parts used: root. The root is a deep yellow color, indicative of its high berberine content, an antimicrobial constituent.

Actions: antibacterial, antimicrobial, bitter, hepatic, alterative, tonic, astringent, anti-inflammatory, laxative, emmenagogue, oxytocic. Stimulates bile production in the liver and secretion.



Traditional uses: infections (of all types), peptic ulcers, gastritis, colitis, loss of appetite, sinus conditions, excessive menstruation, uterine hemorrhage, childbirth aid, eyewash made with the tea or tincture can help eye infections, diabetes

Cautions: avoid during pregnancy

White Desert Sage – *Salvia spp.*

Parts used: the leaves. Can be made into a tea and used as a gargle for sore throat

Actions: diaphoretic (promotes sweating and helps break a fever), anti-inflammatory (rosmarinic acid content), antilactagogue, carminative, antibacterial, depurative (detoxifying), astringent (dries up mucus).

Traditional uses: In Latin, salvia means to cure or to save. Sage has a very long history of use from ancient Egyptians who used it as a fertility drug to the Greek physician Dioscorides who used it in the first century to stop bleeding of wounds and cleaned ulcers and sores with it. Sage was listed in the US Pharmacopoeia from 1840 to 1900. Used for gingivitis, mouth ulcers, sore throat, hoarseness, laryngitis, tonsillitis, upper respiratory infections, postnasal drip, dyspepsia, menopausal hot flashes and night sweats, drying up breast milk, excessive perspiration, mouthwash for sore gums, natural deodorant (used in armpits), strengthening vocal cords.



Figure 1 Sage

Elder - *Sambucus Canadensis/ nigra*

Many people have heard of elder as an herb that is used to combat colds and flu. It is very popular in Europe, where it has been used for thousands of years as a cold & flu remedy. It is also known as a Gypsy remedy for colds, flu & neuralgia. It can often be found in the form of a syrup, but can also be made into an extract or tea. The raw berries are toxic, but the cooked berries are edible and can be used in cooked pies, berries and jams.

Parts used: flower, berry and leaf

Actions: diaphoretic (promotes sweating to help break a fever), purgative (helps expel toxins), expectorant, diuretic, emollient, vulnerary (helps heal external wounds), antiviral

Traditional uses: colds and flu, hayfever, sinusitis, rheumatism. This herb is best given at the first sign of respiratory symptoms.



Figure 2 Elder flower & berry

Marshmallow root – *Althea officinalis*

Demulcent and emollient, this is an amazing soothing herb that soothes the mucus membranes, particularly the digestive tract, but also the lungs and the airways. It is well known amongst herbalists for healing inflammation in the entire digestive tract. It is high in mucilage (around 35%), a substance that absorbs water and turns into a slippery soothing gel.

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The first use of this herb dates back to ancient Greece and later spread to Arabian and Indian Ayurvedic medicine. In the 17th century, the famous herbalist had a son who suffered from what was called the bloody flux." He treated his son by giving him the herb made into a tea and boiled in milk, and the son recovered two days later. The Emperor Charlemagne in the 8th century insisted that it be planted throughout his kingdom because of its profound healing effects.



Figure 3 Marshmallow

Parts used: root and leaf. Often used powdered for the GI tract, but can also be made into a tea or alcohol extract. Consume in liquid form for any urinary tract troubles, powdered form for digestive tract issues.

Actions: demulcent (soothes mucus membranes), emollient, diuretic, anti-inflammatory, mild laxative, cooling, tonic, nutritive, absorbent

Traditional uses: inflammation of the mouth, gastritis, enteritis, gastroenteritis, peptic ulcer, diarrhea, colitis, dysentery, and cholera. Bronchitis, irritating coughs, whooping cough. Soothes the mouth and throat due to coughing. Urethritis, painful urination, cystitis, kidney and bladder inflammation, urinary incontinence, stones in the urinary tract, and is included in many stone dissolving formulas due to its soothing action that can help relieve irritation and pain. Eyewash for inflamed eyes. Dr. John R. Christopher is famous for using this root as a fresh poultice topically on the skin to stop gangrene. The root is so well known for this purpose that it was nicknamed “mortification root.”

Yarrow – *Achillea millefolium* “thousand-leaf”

This herb is very characteristic for its tiny leaves and sheer multitude of these tiny leaves, that looks like thousands of leaves. It makes the plant look like it has feathers. In Spanish-speaking New Mexico and southern Colorado, it is called Plumajillo, or “little feather,” because of the shape of the leaves.

Parts used: flower, stem, aerial parts. High in achilleine

Actions: antispasmodic, expectorant, carminative (aids digestion and expels gas), anti-inflammatory, diuretic, antiseptic, febrifuge (helps reduce fevers), cooling, diaphoretic (promotes perspiration and helps break a fever), styptic (contracts blood vessels or tissues), astringent, blood vessel tonic, bitter, cholagogue (stimulates release of bile from the gallbladder), alterative, vulnerary (heals wounds)

Traditional uses: fevers, arthritis, painful inflammation of tissues and joints, high blood pressure, urinary tract infections, irritation of the bladder and urethra, colds and flu, hemoptysis (coughing up blood) gastric ulcers, irritable bowel, colitis, chronic diarrhea, hemorrhoids, jaundice, catarrh (respiratory congestion), prolapsed uterus or rectum, heavy



Yarrow

menstruation, and hemorrhages. Used by Maritime Indians. Works especially well when used at the first sign of a cold.

Parsley root – *Petroselinum crispum*

Parts used: taproot, leaf, seed. The root has the strongest diuretic effect.

Actions: diuretic, antispasmodic, expectorant, carminative, hypotensive (lowers elevated blood pressure). The essential oil used on the scalp purportedly stimulates hair growth.

Traditional uses: flatulence, indigestion, colicky pains, high blood pressure, coughs, soothing for asthma; jaundice, menstrual problems, prostate problems

Cautions: do not use essential oil of parsley or large doses of the extract during pregnancy. Do not use while breastfeeding, or it could dry up the milk.



Fenugreek – *Trigonella foenum-graecum*

This very popular herb has a very long history of around the world, from China, India, Morocco and Turkey, from the Greeks and Romans all the way back to ancient Egypt.

Parts used: the seed

Actions: warming, stimulant, tonic, expectorant, rejuvenative, helps lower cholesterol, helps lower blood sugar, (galactagogue (stimulates breast milk production), analgesic, anti-inflammatory, antispasmodic, demulcent, tonic, vulnerary (helps heal external wounds), hypotensive (helps lower high blood pressure), promotes insulin production in the pancreas

Traditional uses: lung congestion, lymphatic congestion



Quaking Aspen – *Populus tremuloides* – “White Poplar”

This tree has large round flat leaves that “quake” and tremble in the wind, which is how it earned its name “quaking” aspen.

Parts used: inner bark, leaves, buds. North American herb.

Actions: tonic, febrifuge (reduces fever), anti-inflammatory, antiseptic, bitter tonic, Cholagogue (stimulates release of bile from the gallbladder), diuretic, anodyne (relieves pain), astringent, vermifuge, vulnerary (helps heal wounds).



Dr. Christopher says, it's “One of the best tonics for old age when a person is constitutionally weak.” It is an effective substitute for Peruvian bark or quinine and is easier to tolerate in patients with a weak stomach.

Traditional uses: joint swelling, burns, cancer, diabetes, diarrhea, eczema, hayfever, flu, indigestion, inflammation, intermittent fever, jaundice, kidney complaints, urinary complaints, liver problems, arthritis, rheumatism, weakness, loss of appetite.

Horehound – *Marrubium vulgare*



Actions – expectorant, antispasmodic, vulnerary, stimulant tonic, diuretic, diaphoretic, bitter (stimulates the flow of bile from the gallbladder and digestive juices from the pancreas and helps digestion), vermifuge, stomachic. Especially effective for nonproductive cough, or helping expel dry sticky phlegm. Specific for the upper airways/ upper respiratory tract.

Traditional uses: hoarseness, coughs, colds, asthma, bronchitis, whooping cough, croup, congestion, difficulty breathing, tuberculosis, all types of respiratory problems, hoarseness, amenorrhea, jaundice, chronic hepatitis, loss of appetite, colic, stomachache.

Wild Cherry Bark – *Prunus virginiana & serotina*

Actions: expectorant, anti-tussive (cough suppressant), tonic, astringent (dries up congestion), pectoral (helps conditions in the chest), nervine (helps the nerves), sedative, bitter, digestive stimulant, febrifuge (reduces fevers), lessens irritability of the mucous membranes



Traditional uses: cough, colds, flu, fevers, asthma, bronchitis, whooping cough, nervousness, irritating coughs, heart excitement, cough, tuberculosis, bronchitis, whooping cough, pleurisy, pneumonia, nervous excitement, spasms of the vocal cords, esophageal spasms associated with hiatal hernia, hiccups, gastritis, gastroparesis, dyspepsia, fevers, heart palpitations, spasms, high blood pressure, inflammation of the eye (eyewash made from the tea). Combines well with ginger root.

Licorice root – *Glycyrrhiza glabra*



Actions: anti-tussive, anti-inflammatory, demulcent (soothe mucous membranes, particularly, the lungs, the throat, the stomach and intestines), tonic, cooling, expectorant, emollient, pectoral (helps conditions in the chest), aperient (helps appetite), slightly stimulant, sialagogue (stimulates the flow of saliva), mild laxative (excellent for kids), balances stronger herbal laxatives, balances

hormonal function, adreno-cortical like activity

Traditional uses: bronchitis, sore throat, hoarseness, wheezing, difficulty breathing, colds, flu, chest and lung complaints, tuberculosis, heartburn, colic, stomach ulcers, liver disorders, malaria, food poisoning, chronic fatigue, low adrenal function, low blood sugar, sugar and carbohydrate cravings, colitis, inflamed colon, menopausal symptoms, hepatitis, cirrhosis.

Note About Blood Pressure: Large amounts of licorice root can raise the blood pressure, but small amounts are beneficial for the adrenals and do NOT raise blood pressure. This herb is used in a very small amount in combination with other herbs in this formula so that it does not raise the blood pressure in those with already existing hypertension.

Lobelia – *Lobelia inflata* - “Indian Tobacco”

Lobelia is an amazing herb very high in healing alkaloids with numerous uses. Native Americans have used this herb for thousands of years. Thompsonian herbalists and Eclectic Physicians, both groups very skilled and effective healers, considered this herb invaluable as a strong antispasmodic and used it for a wide variety of complaints. This plant resembles the air sacs (alveoli) in the lungs, a clue to its ability to help open the lungs and breathing.



It works great in the Cold & Flu formula, but I always keep a straight lobelia extract on hand as it can do so many things and is an invaluable aid in many health emergencies including difficulty breathing, colds and flu, bronchitis, heart attack, panic attack, asthma attack, severe anxiety, constipation, pain, cramps, spasms, stuck gallstone or kidney stone, difficulty urinating, and excess fluid accumulation in the body. I've used it several times during the flu when I was struggling to breathe and nothing else worked. I often recommend it for anyone who has difficulty breathing, regardless of the cause. It has more uses than any other herb I've ever studied.

Part used: Pods, seeds and whole herb. Lobeline is the recognized main constituent. This active constituent causes a mild, temporary 5-minute scratchy sensation at the back of the throat after consuming. This is completely harmless, goes away in minutes, and should not be confused with an infection. It is considered a sign of potency and the herb working well. If you do not feel the scratchy sensation in your mouth, the herbal preparation has lost its potency and is useless.

Actions: diuretic, laxative, sedative, antispasmodic, nervine (healing for the nerves and nervous system), cathartic, emetic, expectorant, warming, diaphoretic. A strong purgative herb, it encourages elimination of all kinds – urination, bowel movements, and sweating. Relaxing and calming.

Scientific References:

1. Lee TT, Kashiwada Y, Huang L, Snider J, Cosentino M, Lee KH. **Suksdorfii: an anti-HIV principle from *Lomatium suksdorfii*, its structure-activity**

correlation with related coumarins, and synergistic effects with anti-AIDS nucleosides. Bioorg Med Chem. 1994 Oct;2(10):1051-6. doi: 10.1016/s0968-0896(00)82054-4. PMID: 7773621.

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3. Meepagala KM, Sturtz G, Wedge DE, Schrader KK, Duke SO. **Phytotoxic and antifungal compounds from two Apiaceae species, *Lomatium californicum* and *Ligusticum hultenii*, rich sources of Z-ligustilide and apiol, respectively.** J Chem Ecol. 2005 Jul;31(7):1567-78. doi: 10.1007/s10886-005-5798-8. PMID: 16222793.