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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Old Time Cold Remedies

By Sharon Stajda

A hundred years ago herbs were not only used in cooking, but were the basic ingredient in most

health remedies used to treat common ailments. The herbs were planted in the spring and dried in the fall, to be handy for the upcoming year. Perhaps using home remedies was found to be the more prudent way to treat illness, than a costly trip to the doctor. Home remedies were used to treat illnesses such as colds, stomach aches, muscle pain, and more.

Most home remedies included medicinal herbs. The herbs were combined into concoctions, and by trial and error remedies were developed. The tried and true remedies were used and shared with family, and friends. Many of these old remedies have survived, and are still used today. The common cold was one such illness that was frequently treated with a variety of old home remedies.

Below are some old tried and true remedies to aid with comforting the common cold.

1. To help soothe a sore throat: Sage mixed with a bit of Alum

1/2 tea dried Sage, a pinch of Alum mixed in a warm 6 oz glass of water. Gargle several times every few hours.

2. Mix 2 tab. Molasses into a cup of chamomile tea. This drink can be given at night to soothe one off to sleep with a sweet tea. The chamomile is also soothing on the stomach, and aids to promote sleep.

3. Sassafras tea is also great it aids in diminishing fever, and soothing one's throat.

4. Cold Eeze Lozenges. These are all natural lozenges that are made with Zinc. Studies show the zinc will help reduce the length and severity of a cold. These wonderful lozenges can be purchased at most drug stores or health food stores.

4. Homemade chicken soup. Helps with congestion, and is thought to be an all around good cold remedy. (See great recipe below)

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5. The wonderful Hot Toddy. Mix piping hot water to a cup, 1/2 shot of whiskey, and 1 tea spoon lemon juice, 1 tea spoon honey, mix well. The Alcohol has an anti-inflammatory effect on mucous membranes. Also said to reduce fever, and relieve muscle aches.
6. Garlic and warm milk. 1 good size glove of garlic crushed and mixed in 1 cup of warm milk. This concoction is said to shorten the duration of a cold. An active compound in garlic, allicin, is known to be a good decongestant. Garlic is also known to have potent antioxidant properties, so it couldn't hurt.
7. Vitamin C. Eat foods that are high in vitamin C. Studies show taking vitamin C will shorten the length of a cold.
8. Echinacea, the Chinese have been using Echinacea for centuries for its strong antibiotic properties. World Health Organization also supports use of Echinacea for use to shorten the common cold.
9. Cough syrup can be made very easily in your own kitchen. Slowly boil a lemon with its skin on for about 8 minutes. Cut the lemon in two parts and squeeze the juice with the use of a squeezer. Add the lemon juice to a glass. Mix in two tablespoonfuls of glycerin, (purchase glycerin at your local drug store or health food store.). Stir lemon juice and glycerin together. Add 1 tablespoonful of honey. This cough syrup will real ease a sore throat.
9. Feed a cold; starve a fever. There is a theory that eating less during a cold may shorten the duration of the cold. However, nutritionists strongly disagree with this theory, because the body that is stricken with a cold needs more nutrients, to aid in fighting off illness.
10. Breathe steam. Steam does help liquefy and loosens mucus. This mucus helps clear airways, and can decrease nasal congestion.
11. The Old fashioned mustard plaster helps relieve chest congestion. To prepare 1 tablespoon dry mustard, 1/4 cup flour lukewarm water. Sift together mustard and flour in a bowl. Slowly add just enough water to make a paste. Spread the plaster on a piece of muslin that is big enough to cover the chest. Cover with another piece of muslin. Like a sandwich, put over chest. Check chest in 5 minutes for any signs of allergic reaction. Remove if skin is showing hives or deep redness. Skin will be a little pink. Leave on 1/2 hour; remove plaster with tepid water.
12. Homemade chicken soup. Helps with congestion, and is thought to be an all around good cold remedy.

For more information about common cold remedies, please visit the following url:

<http://www.oldandsold.com/articles35/common-cold-12.shtml>

Herbal Medicine

By Ken Shorey

Old Time Cold Remedies

Herbal Medicine is the use of botanicals (plants) either alone or in combination to prevent and treat certain ailments and illnesses. Singularly or in combination, the numbers of herbs available is astounding. There are over a half million known herbs that could be used as possible remedies.

Herbal remedies around the globe vary in strength from very mild, gentle remedies that we even use as food, to potential poisons if taken at the wrong dose. The old adage that, "an ounce of prevention is worth a pound of cure" could not be more true. This is especially true when it comes to natural remedies.

People native to different geographical locations have long used plants and plant extracts to cure specific maladies.

Sometimes the use of herbs is referred to as "folk" medicine. Folk use of herbal remedies is familiar to all of us in some form or another, because this is how these remedies are learned. Remedies and recipes for herbal teas are handed down from generation to generation and are still remembered and used to this day. Unfortunately, that is what fuels the fire of the scientific community and their disdain. It really is their loss, because generations of experience and knowledge should not be so readily dismissed. In fact, many of our modern medicines have their roots in herbal medicine.

With all our so-called advancements in the medical field, it's interesting that physicians are still treating "effect" rather than "cause."

Thankfully, the current changes in the world toward traditional remedies is changing for the better.

About The Author:

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VibrantHealthnow.com provides ebooks and

information to help you improve your health.



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