

ADAPTOGENS: *Aralia nudicaulis*, *Aralia racemosa*, *Astragalus membranaceus*, *Centella asiatica*, *Codonopsis pilosula*, *Eleutherococcus senticosis*, *Epimedium grandiflorum*, *Glycerrhiza glabra*, *Glycerrhiza uralensis*, *Gynostemma pentaphyllum*, *Occimum sanctum*, *Oplopanax horridum*, *Panax notoginseng*, *Panax ginseng*, *Pfaffia paniculata*, *Panax quinquefolius*, *Rehmannia glutinosa*, *Schisandra chinensis*, *Verbena officinalis*, *Withania somnifera*

ANTI-INFLAMMATORY: *Bupleurum falcatum*, *Curcuma longa*, *Dioscorea villosa*, *Glycerrhiza glabra*, *Panax quinquefolius*, *Salix alba*, *Schisandra chinensis*, *Withania somnifera*

ANTIFUNGALS: *Berberis vulgaris*, *Calendula officinalis*, *Hydrastis canadensis*, *Lomatium dissectum*, *Mahonia aquifolium*, *Origanum vulgare*, *Tanacetum vulgare*, *Tahebuia impetigosa*, *Zingiber officinalis*

ANTIMICROBIAL: *Andrographis paniculata*, *Arctostaphylos uva-ursi*, *Artemisia absinthium*, *Berberis vulgaris*, *Commiphora mol-mol*, *Calendula officinalis*, *Echinacea angustifolia*, *Glycerrhiza glabra*, *Hydrastis canadensis*, *Inula helenium*, *Juniperus communis*, *Ligusticum porteri*, *Lomatium dissectum*, *Mahonia aquifolium*, *Nigella sativa*, *Oreganum vulgare*, *Picrorhiza kurroa*, *Polygonum cuspidatum*, *Propolis*, *Rosmarinus officinalis*, *Salvia officinalis*, *Thymus vulgaris*, *Uncaria tomentosa*, *Usnea barbata*, *Zingiber officinalis*

ANTI-OXIDANTS: *Glycerrhiza glabra*, *Occimum sanctum*, *Panax ginseng*, *Panax quinquefolius*, *Schisandra chinensis*, *Withania som.*

ANTIVIRAL: *Andrographis paniculata*, *Echinacea agustifolia*, *Glycerrhiza glabra*, *Hypericum perforatum*, *Ligusticum porteri*, *Lomatium dissectum*, *Melissa officinalis*, *Panax notoginseng*, *Phytolacca decandra*, *Picorrhiza kurroa*, *Polygonum cuspidatum*, *Sambucus nigra fruc.*, *Tahebuia impetigosa*.

DIAPHORETICS: *Achillea millefolium*, *Capsicum annuum*, *Eupatorium perfoliatum*, *Mentha piperita*, *Nepeta cataria*, *Sambucus nigra flos*, *Sambucus nigra fruc.*, *Zingiber officinalis*

HEPATOPROTECTIVE: *Bupleurum falcatum*, *Chelidonium majus*, *Cucuma longa*, *Glycerrhiza glabra*, *Hypericum perforatum*, *Panax notoginseng*, *Picrorhiza kurroa*, *Schisandra chinensis*, *Silybum marianum*, *Taraxacum off. radix*

IMMUNOMODULATORS: *Glycerrhiza uralensis*, *Panax ginseng*, *Panax quinquefolius*, *Withania somnifera*,

IMMUNOSTIMULANTS: *Andrographis paniculata*, *Asclepias tuberosa*, *Astragalus membranaceus*, *Codonopsis pilosula*, *Echinacea angustifolia*, *Eleutherococcus senticosis*, *Eupatorium perfoliatum*, *Glycerrhiza glabra*, *Usnea barbata*

LYMPHATICS: *Arctium lappa*, *Ceanothus americanus*, *Echinacea angustifolia*, *Galium aparine*, *Iris versicolor*, *Phytolacca decandra*, *Smilax spp.*, *Stillingia sylvatica*

SPLEEN: *Achillea millefolium*, *Astragalus membranaceus*, *Baptisia tinctoria*, *Ceanothus americanus*, *Eleutherococcus senticosis*, *Iris versicolor*, *Lentinus edodes*, *Ligusticum lucidum*, *Polygonum cuspidatum*, *Schisandra chinensis*

THYMUS: *Achillea millefolium*, *Astragalus membranaceus*, *Bupleurm falcatum*, *Echinacea angustifolia*, *Eleutherococcus senticosis*, *Ganoderma spp.*, *Glycerrhiza glabra*, *Lentinus edodes*, *Panax ginseng*, *Panax quinquefolius*, *Tahebuia impetigosa*, *Thymus vulgaris*, *Viscum album*

A Possible Protocol for the Treatment of Viral Infections, Pneumonia & SARS

Acute phase:

- *Asclepias tuberosa* (Butterfly weed)
- *Eupatorium perfoliatum* (Boneset)
- *Echinacea angustifolia* - Equal parts

Hot tisane or tincture in hot water. Then take a hot bath at bed time to produce a fever and induce sweating to break the fever. (38-40C). Do not stay above 39C for more than a few hours at a stretch and not at all with small children or pregnant women.

Mustard plaster 30 - 60 minutes one or two times. (Skip a day if two.)

Second phase:

- Inula helenium* (Elecampane) X3
- Ligusticum porteri* (Osha) X3
- Lomatium dissectum* (Biscuit root) X3
- Ganoderma* spp. (Lingzhi) X2
- Glycyrrhiza glabra* (Licorice) X2
- Lobelia inflata* X1
- Capsicum minimum* (Cayenne) X 1/10

For food: Broth of gobo (Fresh arctium root) from a Chinese or Korean market. Add astragalus root, Shiitake (*Lentinus*) mushrooms (fresh or dried), and vegetable stock. Simmer.

Before serving add miso, fresh garlic, thyme, sage, fresh ginger and pinch of cayenne. If solid food is tolerated some grains can be added to broth. Toast with garlic butter or garlic honey can be taken as a snack with tea or broth.

When patient is out of a room open windows to freshen air. Do not handle used tissues, clothing etc. and use hand washing and "universal precautions" for cleanliness. Isolate sick family members (quarantine) and use separate bathrooms if possible. Stay positive, read, pray, watch Marx Brothers movies.

FEVERS

What is the difference between a cold and the flu?		
	COLD	FLU
onset:	gradual, 1 to 3 days	rapid, 3 to 6 hours
duration:	4 to 10 days	1 week to several
fever:	little or none	high often with chills
coughing:	hacking, productive cough	dry, unproductive cough
aches:	slight	severe
sneezing:	common	uncommon
stuffy nose:	common	uncommon
sore throat:	common	uncommon
chest discomfort:	mild to moderate	often severe
headache:	fairly uncommon	common
chills:	uncommon	fairly common

Patient is Feeling	Skin Appears	Body Temperature Thermostat setting	Direction of Fever
COLD	Pale, Cynotic, Shivering	Body T < Thermostat setting	Rising Body Temperature
HOT	Flushed, Sweating	Body T > Thermostat setting	Holding
NO DOMINANT PERCEPTION	Normal to Flushed	Equilibrium	Holding

VINEGAR OF FOUR THIEVES:

2 t of each: lavender, rosemary, sage, wormwood, rue, mint, garlic
 2 qt. apple cider vinegar
 Macerate herbs in vinegar in a large jar for 2 weeks. Strain and save in refrigerator for up to one year. Use for cleaning surfaces in the sick room or for cleaning hands.