



Users Guide to Natural Remedies

Acute Respiratory Illness

Review

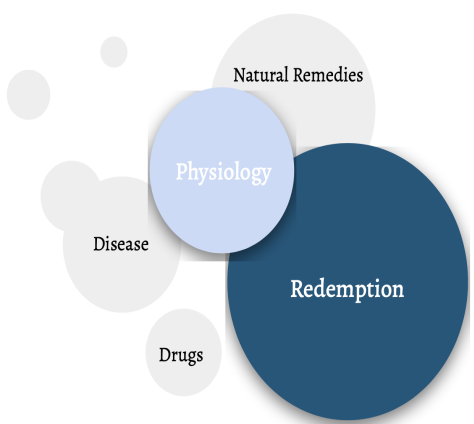
Purpose of natural remedies is for us to cooperate with God in experiencing the Gospel in a deeper way by availing ourselves of the blessings in the natural world that work with our physiology for our complete physical, mental, spiritual healing. *Anything that opposes this is not a natural remedy.* 5T 443, 2SM 346-7

Faith Test for Natural Remedies: Does it inspire faith in God, as presented in the Three Angels' messages? Does it help keep the physical and moral laws of God? Does it work towards true healing? Does it employ both hands and brain? Does it empower the will?

Therefore, Health Evangelism: lovingly and practically help someone experience the healing of the Gospel:

- Cooking in their homes
- Walking together
- Hydrotherapy when sick
- Personal invitations to church events relevant to their needs (not yours)

Metabolic Diseases (hypertension, hyperlipidemia, heart disease, diabetes) may often be reversed with a Whole Foods, Plant-Based diet, regular physical activity and a healthy dose of self-control. This increases dependence upon God to experience the Gospel more deeply.



The Process of Natural Remedies

Why did Jesus not immediately heal? Luke 5:18-26, Proverbs 26:2

The paralytic found in Christ healing for both the soul and the body. The spiritual healing was followed by physical restoration. This lesson should not be overlooked. There are today thousands suffering from physical disease, who, like the paralytic, are longing for the message, “Thy sins are forgiven.” **The burden of sin, with its unrest and unsatisfied desires, is the foundation of their maladies.** They can find no relief until they come to the Healer of the soul. The peace which He alone can give, would impart vigor to the mind, and health to the body. DA 270.1

The “Process” Test for Natural Remedies

See Users Guide for Scripture and more Spirit of Prophecy quotations

1. Does it address the cause of the disease?

A practice that is laying the foundation of a vast amount of disease and of even more serious evils is the free use of poisonous drugs. **When attacked by disease, many will not take the trouble to search out the cause of their illness.** Their chief anxiety is to rid themselves of pain and inconvenience. So they resort to patent nostrums, of whose real properties they know little, or they apply to a physician for some remedy to counteract the result of their misdoing, **but with no thought of making a change in their unhealthful habits.** If immediate benefit is not realized, another medicine is tried, and then another. Thus the evil continues. —*Ministry of Healing* 126.2

Right and correct habits, intelligently and perseveringly practiced, will be removing the cause for disease, and the strong drugs need not be resorted to. Many go on from step to step with their unnatural indulgences, which is bringing in just as unnatural [a] condition of things as possible.—*Medical Ministry*, 221, 222 (*General Manuscript entitled “Sanitariums,”* 1887). — *2nd Selected Messages* 283.1

2. Is it in harmony with physiology?

A physician who has the moral courage to imperil his reputation in enlightening the understanding by plain facts, **in showing the nature of disease and how to prevent it,** and the dangerous practice of resorting to drugs, will have an uphill business, but he will live and let live.... He will, if a reformer, talk plainly in regard to the false appetites and ruinous self-indulgence, in dressing, in eating and drinking, in overtaxing to do a large amount of work in a given time, which has a ruinous influence upon the temper, the physical and mental powers.... — *2nd Selected Messages* 282.3

When you **understand physiology in its truest sense, your drug bills will be very much smaller, and finally you will cease to deal out drugs at all.** The physician who depends upon drug medication in his practice shows that he does not

understand the delicate machinery of the human organism. He is introducing into the system a seed crop that will never lose its destroying properties throughout the lifetime. I tell you this because I dare not withhold it. Christ paid too much for man's redemption to have his body so ruthlessly treated as it has been by drug medication. *Medical Ministry 229.2*

3. Does it aid in nature's work of restoration?

For they well know that the use of drugs may produce for the time being favorable results, but which will implant in the system that which will cause great difficulties hereafter, which they may never recover from during their lifetime. **Nature must have a chance to do her work. Obstructions must be removed, and opportunity given her to exert her healing forces, which she will surely do, if every abuse is removed from her, and she has a fair chance.** —Paulson *Collection 23.1*

4. Does it tax and debilitate the system? Does it have a harmful effect after the treatment is done?

I did see that Brother Hart had pressed the abstinence of herbs in case of sickness too far. I saw that it was right to use herbs that are beneficial for the use of man, but the poisonous herbs—tobacco, etc.—it was not right to use, because (1) it was injuring and breaking down the constitution, (2) weakening the system, (3) ruining the nerves, and (4) clogging and destroying the mind and reasoning powers which God has given us to serve Him with, that with the mind we may serve the law of God and adore and honor our Creator. I saw that others had erred in the same way, but the particular individuals I did not see or cannot recollect of seeing. —*Letter 11-1853.5*

Physiology of Acute Respiratory Illnesses

63% viral, 26% bacterial

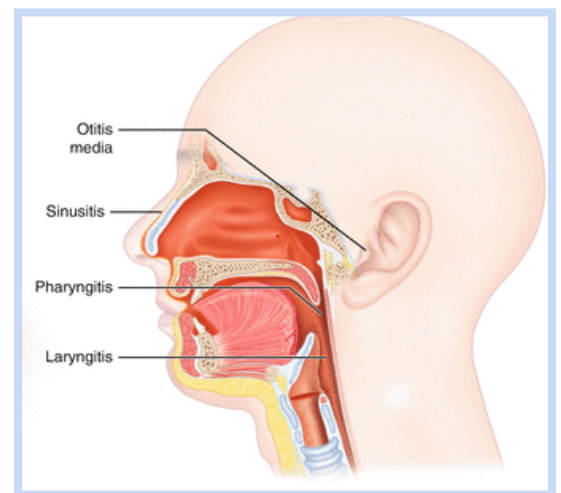
Creer DD, Dilworth JP, Gillespie SH, et al Aetiological role of viral and bacterial infections in acute adult lower respiratory tract infection (LRTI) in primary care *Thorax* 2006;61:75-79.

Summer Viruses: enteroviruses, parainfluenza

Winter Viruses: rhinovirus, influenza, COVID

Most Contagious for most viruses: 3 days prior and day 1-5 of illness

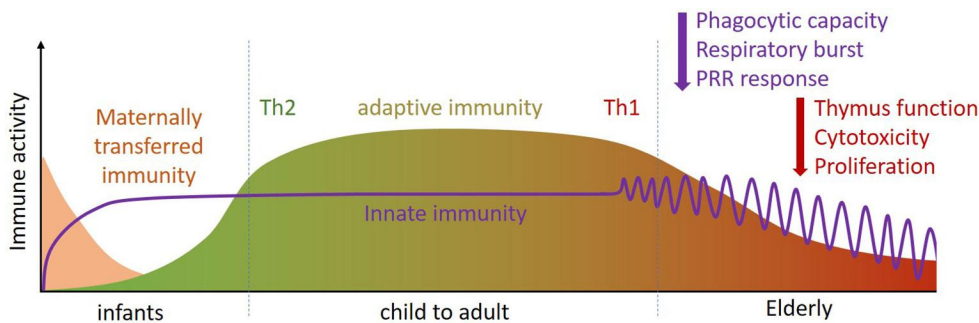
Symptoms: Nasal Discharge (color doesn't indicate bacterial infection)
Cough, Fever, Headache, Fatigue, Body Aches



Risks:

- Age (young or elderly)
- Lifestyle Factors (decreases immune function)
- Chronic Medical Conditions (increases inflammation)

Front. Govers and et. al. "Ingestion, Immunity, and Infection: Nutrition and Viral Respiratory Tract Infections" *Immunol.*, 28 February 2022. Sec. Nutritional Immunology. Volume 13 - 2022 | <https://doi.org/10.3389/fimmu.2022.841532>



Natural Remedies for Upper Respiratory Illnesses

Most Common: Sore Throat, Sinusitis, Common Cold

1. Keep the mucus thin and not congested.

- Hydrate
- Deep Breathing of Fresh Air
- Dress as not to be chilled or sweating
- Hydrotherapy: Steam Inhalation, Hot Foot Bath
- Vapor Rubs: Eucalyptus, Peppermint, Ginger, Turmeric
- Teas: Hot Water, Ginger with honey, Peppermint

David Keifer, Catherine Ulbricht, Tracee Rae Abrams, Ethan Basch, Nicole Giese, Mary Giles, Catherine DeFranco Kirkwood, Michelle Miranda & Jen Woods (2008) Peppermint (*Mentha Xpiperita*), *Journal of Herbal Pharmacotherapy*, 7:2, 91-143, DOI: [10.1080/11570702.07](https://doi.org/10.1080/11570702.07)

SUSILOWATI, Esti; YULIANA, Fitri; HAKIM, Ali Rakhman. Herbal Extract Of Ginger And Honey To Acute Respiratory Infection In Toddler; Literature Review. *Jurnal Kebidanan Malahayati*, [S.I.], v. 8, n. 4, p. 796-801, oct. 2022. ISSN 2579-762X.

<<https://www.ejurnalmalahayati.ac.id/index.php/kebidanan/article/view/7989>>. Date accessed: 08 June 2023. doi:<https://doi.org/10.33024/jkm.v8i4.7989>.

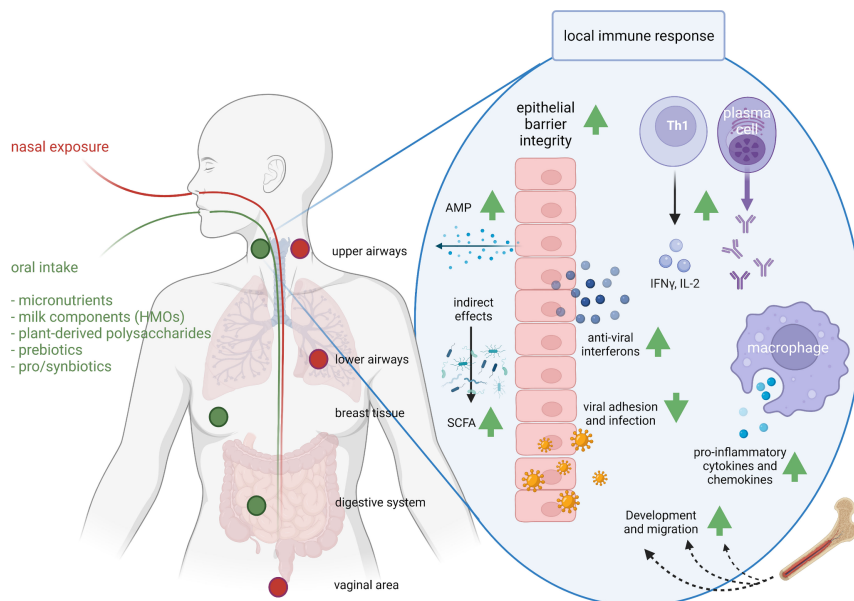
2. Boost Your Immune System:

- Lifestyle Factors (see slides):**
sunlight, deep breathing, fresh air, exercise as tolerated, sleep

- Dietary Factors:**

- Garlic, entire onion family (allicin, best freshly crushed): avoid contact with skin due to rash

Lissiman E, Bhasale AL, Cohen M. Garlic for the common cold. *Cochrane Database of Systematic Reviews* 2014,



- ii. **VITAMIN C Rich Foods:** Citrus (oranges, kiwi, lemon, grapefruit), Bell peppers, Strawberries, Tomatoes, Cruciferous vegetables (broccoli, Brussels sprouts, cabbage, cauliflower), White potatoes
- iii. **ZINC Rich Foods:** whole grains including wheat germ, oats, peanuts, sesame seeds, tahini, pumpkin seeds, thyme, wild rice
- iv. **VITAMIN E Rich Foods:** Wheat germ oil, Sunflower, safflower, and soybean oil, Sunflower seeds, Almonds, Peanuts, peanut butter, Beet greens, collard greens, spinach, Pumpkin, Red bell pepper, Asparagus, Mangoes, Avocados
- v. **FOLATE Rich Foods:** Dark green leafy vegetables (turnip greens, spinach, romaine lettuce, asparagus, Brussels sprouts, broccoli), Beans, Peanuts, Sunflower seeds, Fresh fruits, fruit juices, Whole grains

Micro nutrient	Role in barrier function	Role in cellular aspects of innate immunity	Role in T-cell mediated immunity	Role in B-cell mediated immunity
Vitamin A	Promotes differentiation of epithelial tissue; Promotes gut homing of B- and T- cells; Promotes intestinal immunoglobulin A+ cells; Promotes epithelial integrity	Regulates number and function of NK cells; Supports phagocytic and oxidative burst activity of macrophages	Regulates development and differentiation of Th1 and Th2 cells; Promotes conversion of naive T-cells to regulatory T-cells; Regulates IL-2, IFN-g and TNF production	Supports function of B-cells; Required for immunoglobulin A production
Vitamin B6	Promotes gut homing of T-cells	Supports NK cell activity	Promotes T-cell differentiation, proliferation and function, especially Th1-cells; Regulates (promotes) IL-2 production	Supports antibody production
Vitamin B9 (Folate)	Survival factor for regulator/T-cells in the small intestine	Supports NK cell activity	Promotes proliferation of T-cells and the Th1-cell response	Supports antibody production
Vitamin B12	Important co-factor for gut microbiota	Supports NK cell activity	Promotes T-cell differentiation,, proliferation and function., especially cytotoxic T-cells; Controls ratio of T-helper to cytotoxic T-cells	Required for antibody production
Vitamin C	Promotes collagen synthesis; Promotes kerathocyte differentiation; Protects against oxidative damage; Promotes wound healing; Promotes complement	Supports function of neutrophils, monocytes and macrophages including phagocytosis; Supports NK cell activity	Promotes production, differentiation and proliferation of T-cells especially cytotoxic T-cells; Regulates IFN-g production	Promotes antibody production
Vitamin D	Promotes production of antimicrobial proteins (cathelicidin, b-defensin); Promotes gut tight junctions (via E-cadherin, connexin 43); Promotes homing of T cells to the skin	Promotes differentiation of monocytes to macrophages; Promotes macrophage phagocytosis and oxidative burst	Promotes antigen processing but can inhibit antigen presentation; Can inhibit T-cell proliferation, Th1-cell function and cytotoxic T-cell function; Promotes the development of regulatory T-cells; Inhibits differentiation and maturation of dendritic cells; Regulates IFN-g production	Can decrease antibody production
Vitamin E	Protects against oxidative damage	Supports NK cell activity	Promotes interaction between dendritic cells and T-cells; Promotes T-cell proliferation and function, especially Th1-cells; Regulates (promotes) IL-2 production	Supports antibody production
Zinc	Maintains integrity of the skin and mucosal membranes; Promotes complement activity	Supports monocyte and macrophage phagocytosis; Supports NK cell activity	Promotes Th1-cell response; Promotes proliferation of cytotoxic T-cells; Promotes development of regulatory T-cells; Regulates (promotes) IL-2 and IFN-g production; Reduces development of Th9 and Th17 cells	Supports antibody production particularly immunoglobulin G
Copper		Promotes neutrophil, monocyte and macrophage phagocytosis; Supports NK cell activity	Regulates differentiation and proliferation of T-cells; Regulates (promotes) IL-2 production	
Iron	Essential for growth and differentiation of epithelial tissue	Promotes bacterial killing by neutrophils; Regulates balance of M1 and M2 macrophages; Supports NK cell activity	Regulates differentiation and proliferation of T-cells; Regulates IFN-g production	
Selenium		Supports NK cell activity	Regulates differentiation and proliferation of T-cells; Regulates (promotes) IFN-g production	Supports antibody production

IFN, interferon; IL, interleukin; NK, natural killer; Th, T-helper; TNF, tumor necrosis factor.

- vi. Palmitoylethanolamide: Soy lecithin, Soybean (Glycine max), Raw peanuts, Peanuts (Arachis hypogaea), Alfalfa (Medicago sativa), Whole wheat flour, Raw pearl barley, Walnuts, Toasted pearl barley, Corn, Black-eyed peas (Vigna unguiculata), Broccoli, Carrots, Tomato, Garden pea (Pisum sativum)
- vii. Foods with Potential/In Vitro/Pre-clinical Trials: fennel, lemon, sage, marjoram, pomegranate, turmeric, mushrooms. Foods high in resveratrol, quercetin. cloves (damages respiratory epithelium)

References on dietary: Morais, A., Aquino, J., Da Silva-Maia, J., Vale, S., Maciel, B., & Passos, T. (2021). Nutritional status, diet and viral respiratory infections: Perspectives for severe acute respiratory syndrome coronavirus 2. *British Journal of Nutrition*, 125(8), 851-862. doi:10.1017/S0007114520003311

Front. Govers and et. al. "Ingestion, Immunity, and Infection: Nutrition and Viral Respiratory Tract Infections" *Immunol.*, 28 February 2022. Sec. Nutritional Immunology. Volume 13 - 2022 | <https://doi.org/10.3389/fimmu.2022.841532>

Alkhatib, A. Antiviral Functional Foods and Exercise Lifestyle Prevention of Coronavirus. *Nutrients* 2020, 12, 2633. <https://doi.org/10.3390/nu12092633>

Fetrow, C. W., & Avila, J. R. (2004). *Professional's Handbook of Complementary & Alternative Medicines*. Lippincott Williams & Wilkins.

Gugliandolo, Enrico, Peritore, Alessio, Piras, Cristian, Cuzzocrea, Salvatore, Crupi, Rosalia. 2020/06/1. 78. Palmitoylethanolamide and Related ALLAmides: Prohomeostatic Lipid Compounds for Animal Health and Wellbeing. *VL 7DO - 10.3390/vetsci7020078*.

Singh, S., Kola, P., Kaur, D., Singla, G., Mishra, V., Panesar, P. S., Mallikarjunan, K., & Krishania, M. (2021). Therapeutic potential of nutraceuticals and dietary supplements in the prevention of viral diseases: A Review. *Frontiers in Nutrition*, 8. <https://doi.org/10.3389/fnut.2021.679312>

c. Herbs:

- i. Echinacea Tea or 900 mg Capsule for 10-14 days (no longer than 8 weeks) for cold prevention
Schapowal, A., Klein, P. & Johnston, S.L. Echinacea Reduces the Risk of Recurrent Respiratory Tract Infections and Complications: A Meta-Analysis of Randomized Controlled Trials. *Adv Ther* 32, 187–200 (2015). <https://doi.org/10.1007/s12325-015-0194-4>
- ii. Elderberry for symptom reduction, particularly black
Jessie Hawkins, Colby Baker, Lindsey Cherry, Elizabeth Dunne, Black elderberry (Sambucus nigra) supplementation effectively treats upper respiratory symptoms: A meta-analysis of randomized, controlled clinical trials, *Complementary Therapies in Medicine*, Volume 42, 2019, Pages 361-365, ISSN 0965-2299, <https://doi.org/10.1016/j.ctim.2018.12.004> (<https://www.sciencedirect.com/science/article/pii/S0965229918310240>)
- iii. Oregano 600 mg for symptom reduction, possibly shortening cold
Rodríguez-Cámara, Y. A., Jiménez-Rodríguez, D., Rodríguez-Chanfrau, J. García-García, I. (2016). Efficacy of plectranthus amboinicus (Lour.) Spreng (French oregano) tablets in patients with common cold: A randomized, double-blind, placebo-controlled study. *Bionatura*, 1(4). <https://doi.org/10.21931/rb/2016.01.04.4>

E., &



d. Hydrotherapy (listed in order of intensity):

- i. Relieve Congestion: Steam Inhalation, Sinus Pack, Hot Foot Bath, Steam Bath
- ii. Boost Immunity: Contrast Shower, Hot Foot Bath, Steam Bath

e. Supplements:

- i. Zinc Gluconate or Acetate 10-20 mg lozenges without flavoring agents (citric acid, mannitol, sorbitol, tartrate) that have not been heated during preparation (Halls Zinc Defense not effective) OR Zinc 15-40 mg capsules/tablets.
 1. Not for long-term use unless balancing with copper supplement or have a known zinc deficiency monitored by a physician.

Zarembko JE, Godfrey JC, Godfrey NJ. Zinc(II) in saliva: determination of concentrations produced by different formulations of zinc gluconate lozenges containing common excipients. *J Pharm Sci* 1992; 81:128-130

Godfrey JC. Zinc for the common cold. *Antimicrob Agents Chemother* 1988; 32:605-606.

Eby GA. Elimination of efficacy by additives in zinc acetate lozenges for common colds. *Clin Infect Dis* 2001; 32:1520
- ii. NAC 1200 mg daily (no more than 600 mg chronically) Prabowo, N. A., Megantara, M. A., & Apriningsih, H. (2023). The role of N-acetylcysteine in decreasing neutrophil-lymphocyte ratio in COVID-19 patients: A double-blind, randomized controlled trial. *Narra J*, 3(2). <https://doi.org/10.52225/narra.v3i2.121>
- iii. Vitamin C 500-2000 mg daily Keya, T. A., Leela, A., Fernandez, K., Habib, N., & Rashid, M. (2022). Effect of vitamin C supplements on respiratory tract infections: A systematic review and meta-analysis. *Current Reviews in Clinical and Experimental Pharmacology*, 17(3), 205–215. <https://doi.org/10.2174/2772432817666211230100723>
- iv. Supplements with Potential/In Vitro/Pre-clinical Trials: Quercetin Brito, JCM, Lima, WG, Cordeiro, LPB, da Cruz Nizer, WS. Effectiveness of supplementation with quercetin-type flavonols for treatment of viral lower respiratory tract infections: Systematic review and meta-analysis of preclinical studies. *Phytotherapy Research*. 2021; 35: 4930– 4942. <https://doi.org/10.1002/ptr.7122>

Natural Remedies for Lower Respiratory Infections

Most Common: Bronchitis, Bacterial Pneumonia, Viral Pneumonia

Note: Generally, lower respiratory infections are more serious. They often have overlapping symptoms with lower respiratory infections but also with chest congestion and may develop shortness of breath. If you are concerned that you are developing a pneumonia, you need to have it diagnosed right away.

When to consider antibiotics: diagnosed bacterial pneumonia (physical exam, chest X-ray and/or lab work), bacterial sinusitis, strep throat or any other bacterial infection. Consider taking a probiotic to prevent antibiotic-associated diarrhea.

Adjunct Natural Remedies:

See Upper Respiratory Infections.

Hydrotherapy: Twice daily chest fomentations with hot foot bath, as tolerated (best if done just as the fever is spiking)

Natural Remedies for Allergic Rhinitis, Seasonal Allergies

Most common allergens: dairy (especially milk/milk products), wheat, chocolate, egg, soy, citrus, peanut, pork. other less common: sodium benzoate, MSG, erythrosine, sodium metabisulfite, p-hydroxy benzoate, tartrazine.

-Dietary: AVOID transfats and food additives (i.e. highly processed foods)

-7-8 hrs of sleep nightly

-Magnesium 200-600 mg, vitamin C 500-3000 mg, Pantothenic acid 100 -1000 mg supplements have helped 70-75% of participants in separate randomized controlled trials

-Ginger 500 mg may be equivalent to Loratidine in efficacy

Yamprasert, R., Chanvimalueng, W., Mukkasombut, N., & Itharat, A. (2020). Ginger extract versus loratadine in the treatment of allergic rhinitis: A randomized controlled trial. *BMC Complementary Medicine and Therapies*, 20(1). <https://doi.org/10.1186/s12906-020-2875-z>

-Nettle 150-300 mg capsules daily or Tea 1-2 teaspoons dried in 1 cup, 1-2 cups daily

Mittman, P., "Randomized, Double-Blind Study of Freeze-Dried *Urtica Dioica* in the treatment of Allergic Rhinitis," *Planta Med* 56:44-47, 1990

MAGNESIUM Rich Foods: pumpkin seeds, sesame seeds, cowpeas, mung beans, soybeans, amaranth

VITAMIN C Rich Foods: Citrus (oranges, kiwi, lemon, grapefruit), Bell peppers, Strawberries, Tomatoes, Cruciferous vegetables (broccoli, Brussels sprouts, cabbage, cauliflower), White potatoes