

Original formula against flu & colds

Winter time is the time for colds, the time for sniffles resp. rhinitis, sinus catarrh, bronchitis, coughs, flu-like infections and other viral infections. There is a tea blend that alleviates the symptoms of flu (headache, aching limbs, the strong feeling of being ill), that reduces the swelling of the mucous membranes in nasal catarrh resp. rhinitis to a tolerable level, that relieves the inflammation of sinus catarrh and inflammation in sinusitis and ensures that viscous secretions are liquefied and can flow away, that in case of cough and bronchitis has a soothing, calming and anti-inflammatory effect. A miracle mixture obviously - not at all, but more than helpful. The experienced phytotherapist will recognise the concerted action of all the drugs involved at the latest at second glance.

Cold, sinus catarrh, flu, other viral infections (Kaufhold)

Bellidis flos	25.0	(Daisy flowers)
Spiraeae flos	20,0	(Meadowsweet flowers)
Violae tricoloris herb	20,0	(Pansy herb)
Sambuci flos	15,0	(Elderflowers)
Salviae fol	10,0	(Sage leaves)
Equiseti herb	10,0	(Horsetail herb)

Infusion: Pour 0.25 litres of boiling water over 2 teaspoons of the tea mixture, cover and steep for 10-12 minutes. Dosage: 1 cup 2-4 times a day, sweetened with honey, drink slowly and in sips. **Cold drops:** Dissolve the tea mixture 1:10 in EtOH 38-40% (per 50 g of tea 500 g of alcohol - e.g. grain brandy), filter after 4-6 weeks and pour into a bottle made of brown glass. Dosage: 20-30 drops 3-4 times a day (in the acute initial phase of a flu 20-40 drops every hour); externally for rubbing into aching limbs and gum inflammation. **Note:** Care should be taken that the tea drugs used are as fresh as possible (current harvest or harvest from the previous year). Elder blossoms, meadowsweet blossoms and sage leaves should emit a strong fragrance when rubbed between the fingers. The tea mixture must be stored in a tightly sealed glass jar (with a screw cap). This recipe or the combination of daisies, meadowsweet, pansies, elderberry, sage and horsetail is protected by copyright. Commercial use only with permission! Prescription by naturopathic practices, on the other hand, is welcome.

Teas and drops are particularly effective if they are taken at the slightest sign of a common cold resp. viral infection (slight headache and aching limbs, sore feeling in the bronchial tubes, the beginning of a sniffles resp. rhinitis). **In case of severe symptoms of a viral infection, a doctor should be consulted in any case! Do not use if you are allergic to one or more of the plants contained in the recipe.**

More information, also on other treatments for a wide variety of diseases as well numerous effective formulations can be found in the book by Peter Kaufhold: **Healing remedies from the Lord's pharmacy** - Volume 1 - ISBN 978-3-7534-7882-1 - 184 pages, numerous plant pictures - Price: 22,90 EUR

See also at: <https://www.eschholtz.de/Healing/healing.html>