

How to Treat the Flu

by **Dr. Oleg Torsunov**

His lectures can change your heart.

His books can fill your life with happiness and meaning.

“May everyone be happy.

May everyone be free of infirmity
and be strong and healthy.

May everyone care for the wellbeing of others
and I too want to bring goodness to others.

May no one know any suffering

May no one have any suffering.”

-The Motto of Ayurveda

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I wish everyone happiness!

2012

Doctor Torsunov's advice for good health

How to treat the flu, colds and atypical pneumonia fast and with remedies at hand

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Every year, many of us face the same problem: a few days in the season we have to lie around and do nothing because we have a fever, a sore throat, and we feel weak. Each of us has had quinsy at least once in our life. What can we do? First, let's do a little reading, and then follow the recommendations.

This brochure describes the recommendations of an Ayurvedic doctor - Oleg Torsunov - on how to treat colds. His methods are unlike any others in the world. The following methods have already been used by thousands of people, and most of them have treated colds quickly and effectively. Simply by putting dried herbs on certain parts of the body, you will be able to overcome this illness. It sounds intriguing, but believing in any treatment method, even the most mysterious and unbelievable one, comes with practice. Therefore, please don't be lazy and try these wonderful and reliable methods of treating colds. After you master them, you will be able to not only treat yourself, but also help many other people. Despite their broad application, all of these methods are individualized. Every person will be able to make his own unique prescription.

In order to avoid problems connected to the aftereffects of colds, I also want to outline that if you were not able to lower a high fever with the help of these methods for three hours, you should contact a doctor right away and get treatment under his supervision.

The flu, colds and atypical pneumonia are dangerous infectious illnesses. They cause such complications as chronic bronchitis, pneumonia, lesion of the nervous system, and other unpleasant aftereffects. By using the following methods, you will be able to treat colds fast, without having to face the aftereffects.

First signs of the flu

Usually, the first few days after contracting the flu, a cold or atypical pneumonia, the signs are the same. The first signs of these illnesses appear 12-48 hours after contamination. They are: teary eyes or a burning feeling in the eyes, a runny nose, fever or chills, weakness, painful pulling feelings in the muscles. If you have these symptoms, there is no doubt that you should use this express method of treating colds. Don't hesitate to spend five minutes of your time to do this, otherwise you will lose a whole week.

How do these viral infections develop further?

The infection starts rapidly, often with chills, a fast rising of fever. Often, on the first day when the first symptoms have appeared, the fever reaches a climax: it rises to 38-40 degrees Celsius (100.4-104 degrees Fahrenheit). There are signs of intoxication (fatigue, weakness, sweating, muscle aches, headache, pain in the eyes). There are also pulmonary problems (dry cough, tickling in the throat, soreness in the sternum, husky voice).

At this stage, a typical sign is an injection of sclera vessels, hyperemia of the face and neck, increased perspiration, weakness, lowering of blood pressure.

The mouth is usually hyperemic, the membrane of fauces is marked with granules, the tongue is furred.

Later colds affect the upper respiratory tract (rhinitis, pharyngitis, laryngitis, tracheitis). Sometimes, there is a stomachache and even indigestion. If the illness progresses fast it can even lead to signs of lesion of the central nervous system. As a result, there is heaviness in the head, lethargy, sleep disorders or eating disorders, overall weakness.

If in the beginning of the illness, there are no other symptoms besides a high fever and heaviness in your head, that means your organism is actively fighting the beginning illness.

However, if right after contracting a cold, there are all of the above symptoms (weakness, an abrupt increase in temperature, muscle aches, a sore throat, cough) than means the organism can't handle the virus. In this case, the illness can last a long time and become chronic.

Fast ways of treating the flu, colds and atypical pneumonia

(Here are the unique methods of Doctor Torsunov)

These methods of treatment are especially effective in the first two days, before the illness has gone too far. There can also be a good result if the flu is progressing quickly and a high fever and weakness appeared at the earliest stage. The following ways of treatment are also good as preventive measures.

These treatment methods will require a certain creative approach from the reader. This is why the healing effect will manifest only if you use those components that suit you. To find out which herbs suit you, use our test, which will be discussed later in this brochure. Without testing the components, it is not recommended to use them because the treatment in this case will not be effective. First of all, test those herbs, tree branches and spices that you have at home or can easily get.

If, after the test, you find out that nothing you have tried suits you, buy all the other suggested herbs and spices and test them. Usually, after an hour of searching, you will be able to find those components that suit you. These components will relieve the main symptoms right away, and, in about two or three hours, the rest of the symptoms will disappear too. However, it is better to continue treatment for a few more days to prevent the return of the illness.

The first express-method of treating the flu, colds and atypical pneumonia

From the following list, choose those herbs and spices that are nearby and test all of the listed herbs.

Here is a list of things that will help you quickly treat viral infections:

Clover seeds (fodder seeds) effectively treat the flu, colds, and atypical pneumonia. Clover seeds are up to 80% effective in treatment, which allows us to use this plant often.

It is not easy to find clover seeds. Usually, they are used on farms for seeding fodder crops, meant for feeding cattle.

Yellow mustard effectively treats the flu, colds, and atypical pneumonia. Mustard is about 80% effective in treating these illnesses, which allows us to use this plant often.

It is better to use ground yellow mustard, which is sold in any large food shop.

White pepper (a spice) is effective in treating the flu and colds. White pepper is about 80% effective, which allows us to use this plant often. White pepper is sold in supermarkets or at the market.

Juniper (fruit) is effective in treating the flu, colds, and atypical pneumonia. Juniper is about 80% effective in treating these illnesses, which allows us to use this plant often.

If Juniper grows in your region, carefully pick the fruit from the plant and use it fresh.

St. John's wort effectively treats the flu and colds. Using St. John's wort is about 50% effective in treating these illnesses, which allows us to use this plant often. St. John's wort can be bought in any big pharmacy or at the market.

Black pepper is effective in treating colds and the flu. Black pepper is about 60% effective, which allows us to use this plant for treatment often. Black pepper is sold in stores. It's better to buy it in the form of powder (ground).

Bay leaf (a spice) effectively treats colds, the flu, and atypical pneumonia. Bay leaf is about 45% effective in treating these illnesses, which allows us to use this plant often.

Bay leaf is sold in food stores.

Eucalyptus leaves effectively treat the flu and colds. Eucalyptus is about 45% effective in treating these illnesses, which allows us to use this plant often. Eucalyptus is sold in pharmacies.

Ginger root effectively treats the flu. Ginger root is about 45% effective in treating these illnesses, which allows us to use this plant often.

Ginger root is sold in big supermarkets, in Indian shops, and Vedic cultural centers. It is better to use it ground.

Coriander (a spice) effectively treats colds. Using coriander is about 30% effective in treating these illnesses, which allows us to use this plant often. Coriander is sold in shops and at the market. It is better to buy it ground.

Turmeric root effectively treats colds. Turmeric is up to 25% effective. This allows us to use it often in treating this illness.

Turmeric root is sold in stores like "Indian goods and spices", Vedic cultural centers and esoteric shops.

Fresh branches of juniper (2-3 millimeters wide) effectively treat the flu, colds, and atypical pneumonia. Branches of juniper are up to 80% effective. This allows us to use them often when treating these illnesses.

If juniper grows near you, cut a few branches and use them right away.

Fresh silver fir tree branches (2-3 millimeters wide) effectively treat the flu, colds, and atypical pneumonia. Silver fir tree branches are up to 80% effective. This allows us to use them often in treating these illnesses.

If fir trees grow in your region, cut a few small branches and use them right away.

Fresh fir tree branches (2-3 millimeters wide) effectively treat the flu, colds, and atypical pneumonia. Fir tree branches are up to 80% effective. This allows us to use them often when treating these illnesses.

If fir trees grow near you, cut a few branches and use them right away.

Fresh pine tree branches (2-3 millimeters wide) effectively treat the flu, colds, atypical pneumonia. Pine tree branches are up to 80% effective. This allows us to use them often in treating these illnesses.

If pine trees grow in your region, cut a few branches and use them right away.

Thuja branches (2-3 millimeters wide) effectively treat the flu, colds, and atypical pneumonia. Thuja branches are up to 40% effective. This allows us to use them often when treating these illnesses.

If thuja trees grow in your region, cut a few branches and use them right away.

Testing herbs by inhaling their smell

The following method of testing herbs was developed by Doctor Torsunov. You can use it to test any medicine, made from natural components or to test food.

Keep in mind that if something suits you, it may not suit someone else.

Don't be afraid to make a mistake. Your sense of smell will not let you down. The only recommendation is - don't inhale for too long, inhale quickly. After that, remove the herb and try to feel the smell.

Test only dried herbs. You can test tree branches right on the spot, without having to cut them from the tree.

A) The herb suits you for treatment if:

- 1) the smell is pleasant, light, fresh, cool;
- 2) there is no smell at all, it is neutral (after shaking it, when you bring it close to your nose, you feel a light freshness)
- 3) the smell is strong, however, it is light, fresh, and pleasant.

B) Plants are also suitable for treatment, however, their effect will be somewhat lower than the plants from group A if:

- 1) they have a pleasant, cool (fresh) smell, however, there is still an aroma that is spicy, warm, tart, sour, dusty, sweet, bitter, and earthy.

C) The herb you are testing does not suit you if:

- 1) the smell is pleasant and warm (there is no freshness and coolness), it can also have a sweet, sour, bitter, salty, spicy, bitter, dusty and earthly smell.
- 2) if you feel disgust towards the smell, don't like it, inhaling causes unpleasant feelings;
- 3) the smell is neutral, but when you shake the herb, there is a dusty smell.

Therefore, only use those plants that suit you (if you cannot find the herbs from group A, choose herbs from group B, and don't use those herbs that are from group C). If you use those herbs that have the characteristics of group A, you will get the opportunity to treat yourself softly, effectively, and without any aftereffects. However, if, after testing, you did not find anything that suits you like in group A, use those herbs that are from group B. If you have a runny nose, you can use nose drops before testing herbs.

Don't be afraid to test herbs, trust your senses, your nose won't let you down. If you were not able to test those branches that grow on trees, cut a little branch and test it. To get a more reliable result, take a freshly picked branch and rub the place where you cut it against a rough surface. Smell it. Concentrate and try to decide whether this smell suits you according to the rules above.

If you are selecting herbs for small children, the father should test herbs for the daughter. If the herb suits the father, it will usually suit the daughter. In any case, if the herb was suitable for the father, he should ask the child to smell the herb. Put the herb near the child's nose. If the child turns away, this means this herb doesn't suit him/her. If the child doesn't turn away, this herb suits him/her.

To choose herbs for the son, his mother should test them. If the herb is suitable for the mother, it will likely suit the son. Then, you should ask the son to smell the herb like I described above.

The first way of wearing a herbal bandage

(suitable for ground herbs and spices)

After testing herbs (like described above), choose a herb that suits you. Fill four pieces of cotton fabric (8 centimeters wide and 25 centimeters long) with 1 tea spoon of herbs or spices. Fold the fabric so that the herbs remain in the center. Tie the fabric to your right wrist (where you wear a watch) and your right ankle (in the front) in the day time. For the night, tie the herbs to both wrists and both ankles.

The herbs should be on that side of the wrist where we wear a watch and on the front side of the ankle (on the side of the nails). You can wear these herbal bandages on your right wrist and on your right ankle until you get better. Change the bandages every 24 hours or once in 2 days. To achieve a quicker effect, change the herbs every 12 hours during the first two days.

To prevent the development of a cough and increase the effect of the treatment, test (by smelling) one of the sweet spices: caraway, fennel, anis, zira (Indian cumin). You will find a brief description of each of these spices in the description of the second group of herbs. Then, make a bandage from a piece of cloth 6 cm wide and 3 cm long. Fill it with one teaspoon of the main herb that suits you.

Then, add 1 teaspoon of the spice that suits you. Then, fold the fabric and put it like a ring on your left forefinger so that the herb will be on the front (where your nails are). You should wear this bandage all the time with two (or four at night) bandages on your wrists and ankles. If you feel better, but still have runny nose, put the bandage on your right forefinger, instead of the left one.

If you do not feel better after 30 minutes, put on two more bandages. The first one should be a little higher than your right elbow, the second - a little higher than your right knee. The bandages should be on the front (on the same side as your nails) on your arm and on the front part of your leg (on the side as your nails). You should wear these extra bandages until you feel considerably better. Then, after you feel better, wear two bandages on your wrists and ankles. If the symptoms of the cold are going away, but there are signs of exacerbation of chronic illnesses, then you should study the whole method more seriously and carefully compose a herbal mix. Maybe you will need to use other schemes of wearing bandages.

The second way of wearing bandages

(only for freshly-cut branches)

Take branches that suit you (juniper, thuja, silver fir-tree, fir-tree, or pine tree) 20 cm long. Make a bracelet for your right wrist and an anklet for your right ankle. Wear the branches in this way in the day time, and on both wrists and ankles at night. For fixation of the branch (which is like a bracelet around the leg or arm) you can use scotch tape. Wear these branches on your right wrist and right ankle until you get better. I recommend that you change the branches every 24 hours. To avoid the development of a cough and to increase the healing effect, test one of the sweet spices: caraway, fennel, anis, zira (Indian cumin). You will find out more information about them in the description of the second group of herbs.

Then, from a piece of cloth 6 cm wide and 3 cm long make a bandage. Cut it and put in a branch that suits you (5 mm long). This tree branch should be on the list of plants that are used for treating colds (you will find the whole list of these plants in: "The first express method" section). Then, fold the fabric into a tubule and put it on your forefinger so that the herbs are in the front (where the nails are). You should wear this bandage all the time with the bandages on your wrists and ankles.

If you feel better when wearing the bandages in this way, but still have a runny nose, put the ring bandage on your right forefinger. If you do not feel better after 30 minutes, put on two more bracelets made from branches. The first one should be a little higher than your right elbow, and the second one a little higher than your right knee. You should wear these two extra bandages until you feel much better. Then, after you feel better, wear only two bandages (on your right wrist and right ankle). If the symptoms of the cold are going away, but symptoms of exasperation of chronic diseases appear, you will need to learn the whole method more attentively and try to choose the herbs more carefully. Maybe, you will need to use other schemes of wearing bandages.

A few useful tips for wearing bandages

If you have a headache in the day time, wear the branches on both wrists and both ankles. Wear the ring bandage on your left forefinger all the time (if you have a runny nose, wear it on your right forefinger).

If you have a headache at night, you should wear the branches only on your right wrist and right ankle. Wear the ring bandage on your left forefinger (or on your right forefinger, if you have a runny nose).

If the headache doesn't go away, wear the bandages (branches) only on your left wrist and left ankle. Wear the ring finger on your left forefinger all the time (or on your right forefinger if you have a runny nose).

If, after testing, you find out that two or three types of herbs suit you (or two or three types of branches), mix (braid) them in different proportions. If you feel better, wear these emergency bandages until your temperature becomes normal and you feel better (for two or three days).

The second express method for treating the flu, colds and atypical pneumonia

To increase the effect of treatment by herbal bandages, smear the area of the inner corners of your eyes and lower to your nose with fresh milk not less than every two hours. After smearing these zones, do the following procedure: put the tips of your forefingers in the area between your nose and the inside corners of your eyes.

The middle finger should be a little lower than the forefinger and, with your middle finger, press the area between your nose and the lower part of your eye socket. The ring finger should be a little lower and should press the area between your nose and cheek. The pinky should also massage this area. Press your thumb to the auditory canals of your ears so that your fingers are set against the front wall at the beginning of the auditory canal.

Press hard with all of your fingers according to the zones I talked about above and, easing the pressure, hold the fingers on these zones until the pain goes away. This static massage can last up to five minutes.

Try to overpower the pain - this will not cause you any harm. Hold the fingers and wait until the pain decreases or goes away completely.

This method alone is capable of preventing the development of the flu. However, if you use it with the bandages, this goal will be achieved much faster.

Therefore, combining these two methods is highly recommended. It is especially effective to combine these methods with smearing the zones below your eyes and around your nose with children.

When treating a child, try not to press too hard. This can be too painful for children. But, try to hold your fingers on these points as long as possible. It is best to do this procedure every hour for children, until the main signs of the cold go away.

If you feel bad and notice signs of the flu, if you use the above methods, it is 80% likely that you will be able to rid yourself of this illness in one or two days.

However, if you were not able to treat yourself in one and a half hours of using

these “express-methods”, it is best to study the recommendations mentioned below and work harder in making a more complicated herbal blend.

Preventive measures against colds

This method should be used when one of your colleagues, relatives, or friends gets sick or starts to sneeze and cough.

The first method of cold prevention

1. Test herbs according to the recommendations in the description of the first “express-method”.
2. Take one tea spoon of ground herbs that suit you and wear it in a bandage on your right wrist in the daytime (on the side of your nails) and on your left wrist (on the side of your nails) at night time.

The second method of cold prevention

1. Test branches according to the recommendations in the description of the first “express method”.
2. Take a 1 cm long branch that suits you and wear it on a rubber band or in a bandage on your right wrist (on the side of your nails) and on your left wrist at night.

The third method of cold and flu prevention

Use the second “express method” (massaging points) two or three times a day.

Extra measures of cold and flu prevention and ways of easing a cold or flu that has already begun

If you contracted the flu, try to follow these recommendations:

- do everything slowly and calmly, don't talk in vain, limit talks on your cell phone, minimize your contact with mass media;
- try to treat everyone kindly, don't think bad thoughts about others;
- every evening and every morning, for five minutes repeat “I wish everyone happiness”. - try to forgive everyone that you are mad at
- brush your teeth and tongue every day
- every morning, wipe your whole body with a warm wet towel and immediately dry yourself;
- in the evening, after a hard day of work, take a warm shower (wash your hair too) and energetically wipe yourself with a towel;
- don't make a fuss, don't argue, don't get angry;
- try to understand that even if you exert every effort, you won't be able to do a lot of things at a time, so choose something to concentrate on and pay attention only to this activity;
- go to bed early (before 10 p.m.) and get up early (before 6 a.m.)
- take rests during the day, especially if you feel tired. You can take a rest after meals, lay down, but not longer than 10 minutes at a time;
- avoid drafts, but ventilate the room often;

- eat grains and legumes from 11 p.m. to 2 p.m.;
- limit sweets and fruits and eat them only from 6 to 9 a.m.
- don't eat sweet, fried, spicy or salty food before bed;
- limit or at best avoid meat, fish, eggs, mushrooms and coffee.
- helping those who are sick can also ease the symptoms of colds and the flu

When you have a fever, it's good to drink a salty drink with some lemon. Such a drink can lower your temperature and give you strength. It increases your capacity for work, despite the presence of a virus in your organism.

If, after drinking this salty drink, your temperature did not lower, take 1 part lemon, 1 part ginger root, and one part cinnamon (you can rub your arms and legs with cinnamon,) and put these ingredients together.

If, you are using herbs in bandages and have rubbed your body with the described blend, and your temperature is still not lowering, use anti-fever drugs. If you feel weak, try to follow the rules of eating I have recommended and drink rosehip tea.

If you have a strong wet cough, you can chew and swallow sweet spices, like anis, fennel, caraway, zira (Indian cumin). Choose a spice that suits you by smelling it (the method of testing is described below).

If you have a strong dry cough, drink tea made from licorice root with honey or raspberries. Choose the product that suits you by smelling it.

Treating the flu and atypical pneumonia with the help of a more complex blend of herbs

There are herbs that have such strong biological power, they can overpower even the most resilient germs. These plants are listed below in three categories. If you have some of these plants and herbs, first test them by inhaling their smell (this will save your time and money). If, however, nothing suits you from those herbs and spices you have at home, don't be lazy and buy the other herbs and spices from the list. They will be able to help you treat many other infections. If you master this method of testing, you will be able to test products right in the store or at the market (even if they are packed). This will save your time and money. If at least two plants from the first list (you will find the list in the description of "the first express method") suit you, this will be enough for making an effective treatment of the flu. After choosing components that suit you from the first group, also test everything you have at home from the second and third group.

The first group of plants that are needed for eliminating the virus, is already listed in the section named "Quick ways of treating the flu, colds, and atypical pneumonia".

The second group of herbs is needed for increasing the range of action of the herbal blend.

These plants soften the passing of the flu and protect from aftereffects.

Licorice root improves the immunity, expectoration, dilution of thick mucus, which accumulates in the bronchi. It also helps lower the temperature and

increase your work efficiency. Using licorice root is about 80% effective in treating these illnesses, which allows us to use this plant often in treatment. Licorice root is sold in pharmacies. It is better to use it ground.

Fennel (80% effect), **caraway** (60% effect), **anis** (75% effect), **zira** (Indian cumin) (40% effect): these spices help soften a cough, have a calming influence, improve sleep, remove pain and inflammation in the chest, bronchi, and trachea.

Fennel is sold in a drugstores under the name «chemist's fennel». Caraway seeds and anis can be bought in a drugstore or at the market. Zira (Indian cumin) is sold in Indian stores like “Indian goods and spices”.

Seeds of **cardamom** (80% of effect), **mint** (60% effect), and **melissa** (50% of effect) all reduce the temperature, increase intellectual working capacity, protect the nervous system from being affected by the inflammatory process.

Cardamom is sold in shops like “Indian goods and spices”.

Mint and melissa (sweet Mary) is sold in drugstores or at the market. **Turmeric** (40% effect), **chamomile** (35% effect), **marigold** (35% effect), **immortelle** (45% effect) reduce inflammatory processes in the nasopharynx and throat. These herbs strengthen immunity, stop colds from entering the trachea and bronchial tubes. Turmeric is sold in shops like “Indian goods and spices”.

Chamomile, marigold, and immortelle are sold in drugstores and at the market.

Keep in mind that, when making a blend of herbs, you can choose several herbs from the second group. The most important thing is that they should all suit you according to the test (groups A and B). Keep in mind that if some herbs don't suit you, their effect on your organism can be unpredictable.

The third group of herbs is necessary for increasing the power of the herbal blend.

The herbs and spices listed below strengthen the herbal blend and increase their effect. They are like an accelerator for the first group of herbs.

Cinnamon (a spice) increases vitality, lowers the temperature, increases the power of the herbal blend. As a catalyst it is more effective than other herbs. Cinnamon is up to 80% effective in treatment. This allows us to use it often in the treatment of this illness.

It can be bought in stores (buy it without sugar).

Birch tree bark (the red bark underneath). Birch tree bark suits those people who have the flu accompanied by allergies The birch bark strengthens the organism, removes excessive Inflammation. Applying the bark of a birch tree is up to 65% effective in medical treatment. This allows us to use this plant often when treating this illness.

Birch tree bark isn't sold in drugstores, so don't be lazy and gather birch tree bark yourself. Keep in mind that only the red (inner) part of the bark has healing qualities.

Galangal (cinquefoil root) removes inflammation, prevents the development of pneumonia, strengthens the immunity.

Applying galangal is up to 40% effective in medical treatment. This allows us to use this plant often when treating this illness.

Galangal can be bought in a drugstore or at the market.

Bergenia root is one of the strongest anti-inflammatory means. Applying the root of Bergenia is up to 55% effective in medical treatment. This allows us to use it often when treating this illness.

Bergenia is sold in drugstores or at the market.

Rosehip root removes inflammation, strengthens the immunity. Using rosehip root is up to 60% effective in medical treatment. This allows us to use it often when treating this illness.

You can get rosehip root by digging it up yourself or buy it at the market.

Take one plant from the third group that suits you better than the rest.

Test everything you have at home from the above list. If at least two plants from the first group suit you, and at least one plant from the second and third group, this is enough to make an effective herbal blend. If nothing you have at home from the first group suits you, you will need to buy the rest of the herbs in the list.

You will not be able to make a herbal blend without herbs from the first group.

Test all the herbs and select everything you need to make the herbal blend (plants and spices).

The next thing you need to do is to make the herbal blend

Before mixing the herbs (or branches), you need to dry them, cut them up and grind them. Coarse grinding is better. If the herbs are coarsely ground, their effect on your organism will last longer.

1. Herbs should be ground in a clean coffee grinder or mixer. Before grinding, clean the coffee grinder or mixer of the remains of coffee, dust, and other substances. The slightest smell or remains of coffee won't allow you to get a good result from treatment because the strong smell of coffee will not allow you to test the smell of herbs correctly.

2. To not spoil the coffee grinder, first crush the large and firm parts of the plants (roots, branches etc.).

3. If the plants are not well ground, it is necessary to sift the ground herbs through a large sieve and use only the sifted herbs. After sifting the powder through a small sieve, you can use this «herbal dust» for making herbal bandages (the method for making them will be discussed below).

4. Put all the ground herbs in separate air-tight containers. After this, you can mix them.

How to make a healing herbal blend

1. To make a herbal blend, you need a measuring spoon and a measuring cup. Write down all the proportions (amount of the herbs that you add). This way, you will be able to make the herbal blend faster, using your previous notes. If you use a regular spoon, the amount has to be strictly defined. The rules for adding the second and following components are as follows:

- take a full measuring spoon of coarsely ground herbs;
- slowly add the herb to the herbal mix, constantly inhaling the smell of the mix. Inhale quickly and with concentration. Quickly bring the herbs to your nose, inhale and remove the herbs. Then, think about their smell. Does it meet the requirements from the chapter "Testing herbs by inhaling their smell"?
- as soon as the smell of the herbal mix changes, look how many herbs are left in the measuring spoon and don't forget how many spoons of this component you have already added. Write down this information on a piece of paper. This information is needed to repeat making this herbal mix. If too much of a component is added, you will be able to solve this problem.

2. Start mixing the herbs. Mix them and follow the instructions below. Then, the herbal mix will be very effective.

The first stage of making a herbal mix

First, take a component from the first group (herb, spice, or branch) that suits you the most. Fill a plate with this herb. Use about 2 cups. If two or more herbs suit you, first put in the herb from group A that suits you most of all. For example, if sweet clover seeds seem to have a more fresh, light and pleasant smell, than other plants, put it in first. Mustard will become number two if it has a less fresh and pleasant smell, but still suits us more than all the other herbs from the first group.

At that moment when the smell of the first herb (sweet clover seeds in this case) will be close to overpowering the smell of the second herb (in this case it's mustard), then stop adding the second herb. In other words, the second herb (mustard) should have the same strong smell as the first herb (sweet clover seeds).

Similarly, if three herbs from the first group suit you, add the third herb (which should suit you the same way as the other two) until you see that its smell is as strong as the first two herbs. The same goes for the fourth herb (if four herbs from the first group suit you).

The second stage of making a herbal blend

Continue making a herbal blend from those components that suit you from the second group. First, add those herbs that have a less light, pleasant and fresh smell. Thus, take a herb that suits you, but less than the other ones, and add it to the components that suited you from the first group. Thus, all tested and suitable herbs from the second group should be combined in the following order: first add those that suit you the least, and then those that suit you more.

Thus, very slowly and carefully, sometimes inhaling the smell, add the first component of the second group to the herbal blend. At the point where the smell of the herbal blend will become overpowered by the herb you are adding, you

should stop.

The smell of the blend will become a little fresher and more pleasant than the smell of the herbal blend made only from the ingredients of the first group. Then, add the next herb from the second group. Add it in small portions, carefully inhaling the blend. At the moment the smell of the blend becomes more neutral, calmer and lighter, stop adding the herb. Thus, the smell of the new herb has to be noticeable, and it should balance all the other smells. If, three herbs suit you from the second group, follow the same procedure with the third herb.

The third stage of making a herbal blend

Now, add a herb from the third group. First, make sure it has a fresh, light, and pleasant smell. Choose that herb that suits you the most from the whole list. The chosen herb from the third group will be the last needed herb. It will increase the healing effect of the blend. Slowly add the chosen herb, constantly inhaling the smell of the blend. Inhale quickly and with concentration (don't inhale for too long, otherwise your nose will get used to the smell and it will seem fresh). When adding another component from the third group, try to achieve the stage where the blend has a very fresh and light smell. As soon as the blend has a cold smell and in it you can smell the last component, this means that the herbal blend is complete.

If you have added too much of the third component, the herbal blend will have a dusty, heavy, dense, strong smell. Also, in this case, the herb from the third group will have a stronger smell than the rest of the herbs in the blend. In this case, look at the proportions of everything you have added before this, and increase the amount of the previous components. This should be done in that order, in which you added the components previously.

Now that you have made the herbal blend, I will tell you how to wear it correctly.

The rules of making and using a herbal bandage

In this method of treatment, the body does not contact the herbs directly. However, this doesn't mean the herb will not have an effect on the person. Using herbs in this way is very effective and you will feel this quickly (in the course of one hour).

The first variation of making bandages. These bandages are made quickly from a piece of cotton fabric 8 cm wide and 15 cm long (for the wrists) and 20 cm long (for the ankles). It's better to have two sets of bandages because one set will be needed for replacement (four bandages for the wrists and four bandages for the ankles).

Every day the bandages should be washed and dried. The herbs should be put into clean bandages.

The herbal blend should be added in the amount of 1 or 2 teaspoons for each bandage. There should be an equal amount of herbs in each bandage. The herbs should be put into the center of the bandage and the fabric should be folded into a tubule.

The herbs in the material should be on the side of your nails (on both your ankles

and your wrists). Tie the bandages on the other sides. How to wear them will be described below.

The second variation of making bandages. These bandages are more comfortable, but to make them you need a tubular bandage and small square plastic bags that close when you press your fingers to their edges. (they are often used for costume jewellery packaging).

The herbs should be on the side of your nails on both your wrists and your ankles.

Put the bag on your wrist (or ankle), tie an elastic bandage over it and wear it. How to wear it will be described below. The herbs inside the bandages have a healing effect for one or two days. The maximum effect of the bandages is on the first day. After that, throw away the herbs. If the herbs were inside the material without a bag, wash the material and dry it. Use the extra set of bandages for treatment.

The bags with herbs should be thrown away after 1-2 days of wearing. You can wear it for 3-4 days, but the maximum effect of the herbs will be in the first two days. To continue treatment, fill clean bags with the herbal mix from the refrigerator.

The rules for wearing healing bandages

1. The loading scheme

The herbs are put into the bandages and tied to the right wrist and right ankle. The amount of herbs is 1 teaspoon. Also, put one teaspoon of herbs into a ring bandage for your left forefinger. If you have a high fever and weakness you should wear the bandages using this scheme.

If your fever does not go down in the evening, wear the bandages using the same scheme (right wrist and right ankle).

If you feel better at night, wear the bandages using the standard scheme (both wrists and both ankles, and also the ring bandage on the left hand).

If you can not fall asleep with the standard scheme, wear the bandages using the unloading scheme (left wrist, left ankle and the ring bandage on the left hand).

If you have a high fever and feel very weak, wear the bandages on the right wrist and right ankle, and the ring bandage on the left hand during the daytime and at night. This scheme is also useful with radiculitis and polyarthritis.

If you feel better when wearing the bandages using this scheme, but still have a runny nose, put the ring bandage on your right forefinger.

If after half an hour, you do not feel better, wear two extra bandages: the first one a little higher than the elbow on your right arm, and the second one a little higher than your right knee. The herbs should be on the side of your nails. Wear these extra bandages until you feel much better. After you feel better, wear only two bandages on your wrist and ankle.

If you get rid of the cold, but there are symptoms of exacerbation of chronic illnesses, in this case you need to study other methods of treatment in this book. You will need to make a more complex herbal mix and, perhaps, use other schemes for wearing the bandages.

Contraindications for wearing the bandages using the loading scheme

- any signs of unstable blood pressure (hypertensive illness, hypertensive crises, vasoneurosis of the hypertensive type). In these cases, try the standard or unloading scheme.

- if you are in pain of any sort, you can try wearing a loading scheme for 20 minutes. If the pain decreases, you can continue using this scheme (sometimes, you can leave the bandages on the right side, but make sure your blood pressure does not increase and you don't feel worse.)

You should avoid using the loading scheme in the case when pain is a sign of increasing blood pressure or increasing intracranial pressure. A sign of increasing intracranial pressure is a typical headache.

Usually it's a dull and pressing pain in the area of the nape, a pressing pain in the neck, heaviness in the eyes, and pressing feeling in the eyes and eyebrows, a heavy feeling in the upper half of the back, pain under the temples (near the eyes), increasing blood pressure, excessive increase of digestion, heaviness in the right part of the head, heaviness in the whole body, a feeling like the body is filled with lead.

If, despite these pains you have normal blood pressure, and you have a very high fever, feel weak and have chills - use the loading scheme. You can measure your blood pressure to make sure. The following scheme helps in the cases of:

- atherosclerosis with an ischemic attack;
- gastritis with high acidity (in this case,

try to wear a standard scheme or even a simple unloading scheme)

- cataract, glaucoma
- constant heat in the body without increasing temperature;
- excessive bile production; - in the case when you feel worse when wearing bandages using this scheme;
- epilepsy (if you this illness, any of the listed methods have to be applied under the control of a doctor);
- any pathology that requires urgent surgery;
- allergic or hypersensitivity of your organism.

If you have one of these contraindications, if you feel worse, change the scheme in the following way:

- wear the bandages using the standard scheme. Pay special attention to how you are feeling.
- if, after half an hour you do not feel better, wear the bandages using the unloading scheme.

2. The standard scheme

The dried herbal mix is used during the day and night on both wrists and both ankles. Each bandage should contain 1 teaspoon of the herbal mix. Also, wear a ring bandage with 1 teaspoon of herbs on your left forefinger.

This scheme of treatment is less effective with the flu, where there is a very high fever, chills, and weakness. However, if you feel worse when using the loading scheme, you will need to use this standard scheme.

However, when you have the flu without a high fever, the standard scheme can be much more effective. It can also help when the strong symptoms of the illness

have disappeared and you feel better. Thus, when my patients feel better, they usually start using this scheme. The standard scheme is left for the night. If it's hard to fall asleep, use the unloading scheme at night (the left wrist, left ankle and left forefinger).

If you feel better when wearing this scheme, but still have a runny nose, you can put the ring bandage on your right forefinger.

Contraindications for using the standard scheme

- gastritis with increased acidity. In this case, try to wear a simple loading scheme;
- unstable blood pressure (Hypertension, hypertensive crises, vasoneurosis of the hypertensive type). In all these cases, when the previous two schemes of wearing bandages do not suit you, try using the unloading scheme;
- when you have strong pain of any sort, try wearing the standard scheme for twenty minutes. If the pains decrease, then leave this scheme. If the pain increases or persists, it is best to use the unloading scheme;
- atherosclerosis with ischemic attack;
- with a cataract, glaucoma (it is better to wear an unloading scheme)
- heat in the body without a rising temperature,
- weakness (in this case wear the loading scheme)
- excessive bile (wear the unloading scheme)
- If you feel worse when wearing the bandages using this scheme (try other schemes)
- epilepsy (with this illness you can use these techniques only under expert supervision)
- any pathologies requiring urgent surgery (only under the supervision of a surgeon),
- for allergic and hypersensitive people (be especially careful when selecting herbs),
- when there is hypotension in combination with a high fever and weakness, try using the standard scheme for one hour. If you feel better, leave this scheme. If you do not feel better, or feel worse, it is better to use the loading scheme.
- with arrhythmia, you can use the standard scheme. If you feel worse, switch to the unloading scheme
- with a viral infection accompanied by radiculitis, use a standard scheme. If the symptoms of radiculitis increase, return to the loading scheme;
- with fever and arthritis, you can use the standard scheme. If you feel worse, use the loading scheme. If it doesn't help, use the unloading scheme.

3. The unloading scheme

The bandage with herbs is worn on the left wrist and the left ankle. Each bandage should contain 1 teaspoon of herbs. Also, a ring bandage is worn on the left forefinger with 1 teaspoon of herbs. Thus, in one session of treatment, you use two healing bandages.

If at night you feel worse, try using the bandages with the standard scheme (4 bandages on both wrists and ankles and a bandage on the left forefinger). If, even after this, you still feel bad, you will need to take off the bandages for the

night.

If you feel better using this scheme, but your throat still hurts put the ring bandage on the right forefinger.

Contraindications for the unloading scheme

- low blood pressure. If you have hypotension, try wearing the bandages for 1 hour. If you slowly begin to feel better, leave this scheme. If you do not feel better or even feel worse, it is better to use the standard or the loading scheme;

- if you feel pain anywhere in the body, try using the unloading scheme for 20 minutes. If the pain subsides, you can continue using this scheme. If the pain increases, it is best to use the standard or loading scheme. If the pain points to lowering blood pressure or lowering cranial pressure, use a simple unloading scheme.

Usually, if your blood pressure or cranial pressure is lowering, you feel heaviness in your forehead, pain above the eyebrows and in the front part of your head, pressure in the area of the temples (this can mean there are spasms in the vessels of the brain), slouching, as if you are carrying something heavy, there is a pulling pain in the front part of the body, pressure in the area of the throat, chest, stomach, nausea, pain in the area of the spine under the shoulder-blades and in the area of the tailbone, pain in the right side of the head, chills, aching joints, lowering of appetite, weakness, sleep disorders in the second half of the night.

If you have any of these symptoms, measure your blood pressure with a tonometer.

You should not use the unloading scheme if you have:

- atherosclerosis with infringement of blood circulation in the brain;
 - gastritis with lowered acidity (try the loading scheme);
 - you often feel cold (use the standard or loading scheme);
 - lowered bile production (use the standard or loading scheme);
 - if you feel worse after putting on bandages with this scheme (again try the standard or loading scheme);
 - epilepsy (with this illness it is possible to use any of the above described techniques only under expert supervision);
 - any pathologies demanding urgent surgery (treatment is possible only under the supervision of a surgeon);
 - allergies and sensitive organism (treatment should be carried out extremely carefully);
 - if you have arrhythmia it is possible to try to start treatment, but if you have heart problems, block them with medicine, otherwise you will not be able to use the treatment described in this book;
- if you have a high fever, try the unloading scheme. If you feel worse, go back to the standard scheme and, if it does not suit you, try the loading scheme.

How to store the herbal mix

A prepared herbal mix should be stored in the refrigerator in a tightly closed container (or in a closed glass jar). This is important so that the mix will not lose

its power and get affected by the smell of other products. It is important to keep the natural smell of the herbal mix because with the help of this smell you will know whether it is suitable for your treatment.

A prepared mix can be stored in the freezer in an airtight container for a very long time (up to three years). Its healing properties are almost completely preserved (except for fresh branches that are used in the “express method”).

Treatment approach

1. If after one hour of wearing bandages using the loading scheme, you do not feel better (the fever did not go down, you still feel weak), increase the quantity of the herbal mix by two and put on the bandages.
2. If after an hour you still do not feel better, make another set of bandages (one a little higher than your elbow, and one a little higher than your knee. Thus, there are four bandages on the right side of your body. This extra loading scheme should be worn only until the temperature goes down. After it does, switch to a regular loading scheme (two bandages on the right side of your body).
3. If, even the extra loading scheme does not help after an hour of wearing it, and you feel worse, test the herbs from the first group again. Maybe you made a mistake in choosing them. If you did not and all the herbs suit you, wait until you feel better. You will certainly feel better after some time.
4. If your temperature went down and you feel better, switch to the standard scheme.
5. At night it is better to switch to the standard scheme. If the standard scheme suits you in the daytime, then it is better to use the unloading scheme at night. If you chose the unloading scheme, leave it for the night also.

As for treating little children, the father should test and make the mix for the daughter, and the mother should make the herbal mix for the son. If the herbal mix helps, the child will stop crying and fall asleep right away. If the fever went down, change the bandages to the standard scheme.

The further strategy of treatment

After you feel better (in about 3-4 days), but still have a cough, teary eyes or runny nose, the herbal mix can stop being suitable for you (test it again).

In this case, you can make the herbal mix more effective by adding those components from the second group that suit you. Then you can complete the mix by adding a suitable component from the third group.

Additional methods of using the herbal mix

1. For treatment purposes, you can hold the herbal mix in your mouth (1 teaspoon) before and after meals. After this, rinse your mouth. You can use this additional method to increase the effect of the treatment along with the main methods.
2. Before going to bed, you can sprinkle a pinch of the mix onto your back. If your

body is not moist, the healing effect will be good.

3. You can sprinkle the bed sheet you sleep on with 3-4 pinches of the herbal mix.

If you were not able to make an individual herbal mix for yourself

If you were not able to make a herbal mix, you can use the exemplary proportions of those products that are available and often help treat the flu:

The first recipe (suitable if you have a high fever, headache, and weakness)

- yellow mustard powder (3 teaspoons);
- fennel (1 teaspoons)
- licorice root (1 teaspoon)
- cinnamon (4 teaspoons)
- black pepper (0.3 teaspoons)
- coriander (1 teaspoon)

Make a herbal mix from these components and wear it in bandages using the loading scheme (one bandage on your right wrist, one on your right ankle, and one on your left forefinger) until you get better.

Second recipe (when you have a cough, signs of affection of the bronchitis and lungs)

- honey (two teaspoons);
- black pepper (one teaspoon);
- mustard powder (one teaspoon);
- fennel (one teaspoon)

Make the mix and wear it in plastic bags with the loading scheme (one bandage on the right wrist and one on the right ankle, and one on the left forefinger) until you get better.

If, after three hours of using these methods, you did not see any signs of improvement, contact your doctor and ask him to treat you.

The main reasons for the flu

Viral infections appear because of:

- irritability, that leads to inflammatory processes in the organism;
- fuss that leads to over excitation of the nervous system and inflammatory processes in the organism;
- overwork and overstrain lead to decreasing immunity;
- lack of discipline, which leads to a persistent lowering of immunity;
- rudeness - leads to a lowering of immunity, it increases autoimmune processes in the organism.

A humble person, even when he gets into a difficult situation, usually does not get irritated. Irritability and lack of restraint is the main reason for almost any infections. Being humble means not considering yourself better than others, and not demanding more for ourselves than what is ours by fate. It is interesting to note that when the weather changes, the organism of a humble person adjusts to it faster. If a person acts aggressively, any change of weather causes stress to his organism. Therefore, one of the best ways of cold prevention is developing

humbleness.

To achieve humbleness, we need to understand one simple truth - everything we get in life, whether it's good or bad, is given to us by fate. Thus, neither everyday problems, nor weather changes, nor stress become the reason of irritability if a person is humble. A humble person knows that everything that happens to him he earned by his previous actions. After developing such an attitude towards life, a person can be sure that his organism is always protected from all stress. If a person can not find the strength to overcome his antagonism towards the people that surround him, and this quality has already taken root in his personality, everything happens vice versa - infections and illnesses overwhelm him.

Of course, we can pretend we love everyone.

However, when the weather changes, even a deeply hidden antagonism is revealed and our health worsens. The organism of an aggressive person is not capable of quickly adjusting itself to weather changes and starts resisting them. This leads to inflammation processes in different organs and tissues. Then, an inflammatory process begins, and we think there is no reason for it. Thus, when we disregard our work, or when we are rude to others, viruses actively multiply in the inflamed tissues of the nose. A small amount of these viruses is in the atmosphere. Irritability and an irritated attitude towards life usually is the cause of the flu, colds and atypical pneumonia. If there is more irritability towards others, in this case tonsils, larynx, and trachea suffer.

The second reason for any infection is a disorder in the function of the immune system. The immunity is the protection of our organism against outer aggression. However, our own aggressive actions, which we undertake in everyday life, start conflicting with our own immune system. Thus, they slowly lower our immunity or, in some cases, even destroy it. In ancient western writings it is said that only the one who is morally clean can win a battle. This also concerns our immune system, its ability to overcome any illness.

If we are not fair in our actions and judgments, we are inclined to lies, violence, rudeness, and hard-heartedness. Our mind loses the power that moral cleanliness can give it. Such behavior destroys our immune system and gives the aggressors (viruses) a chance to overpower our weak protection and enter our organism.

Another reason for colds is fussing. Too much hustle appears as a result when a person can not decide what is really important, and what is secondary. Goal-oriented people have intellect, supported by faith in the way they have chosen (if they have chosen their goal correctly). Thus, their mind is peaceful, and this makes them concentrate on one thing. A fussy person remembers other responsibilities and important things to do, before finishing something he already started. The mind of such a person is torn between one idea and the next. Such a state does not bring peace. Fussing bears irritability, which causes us to be inclined to get infections and illnesses.

Overwork and stress is the reason for lowering of immunity. A weak organism is not capable of fighting back.

Weak immunity causes us to be inclined to any infection, including viruses. A state of overwork and overstrain causes disorders in the human immune system. Naturally, the risk of infections increases greatly. Overwork always means that the person is stubborn. A humble person will never work in such circumstances where he has to deprive himself of rest, because he knows that the resources of his organism are limited. In those cases when overstrain appears because we want to help someone, we do not feel very tired and stressed because the feeling of happiness from our accomplishments fills us with great strength. Stress and overstrain always appears as a result of mental exhaustion of the subtle body of the mind. If a person is really tired physically, but mentally he is satisfied, his organism is quickly restored and there is no stress and feeling of overstrain.

Indiscipline always leads to a disorganized day regime, and this in turn really affects the physical and mental status of the organism. Disorders of the mental tone unbalance the functions of the immune system. This can lead to illnesses like colds, the flu, and other viral infections.

Rudeness is the reason for inflammation and lowering of immunity. Therefore, a rude person is at risk of infections. If you really want to know how escape colds, here is a brief description of the reasons of this illness:

1. The following factors lower the protection of the organism and lead to colds:

a. Negative qualities in our personality:

fussiness, irritability, depression, apathy.

b. Bad habits:

going to bed late, getting up late, too much food before bed, laziness, lack of movement, alcohol abuse.

c. eating the following products:

meat, eggs, fish, coffee, sweets in the second half of the day.

2. The following factors increase the chances of getting a cold and worsen the passing of viral infections:

a. negative qualities:

anger, cruelty, greed.

b. Bad habits:

spicy food before bed, not enough rest, overstrain, smoking, watching a lot of television before bed, too much sex.

c. Eating the following products:

meat, eggs, fish, coffee, too much fried, sour, and salty foods before bed.

I wish you success in developing and improving your character, health, and happiness!