Cold Weather Survival Kit

Remedies For Wintertime Illness

www.KnowYourWellness.org

Dr. Matthew Hollist

- Nationally recognized educator
- Executive Director - International Institute of Natural Wellness Education
- Nationally Board Certified Naturopathic Doctor
- Diplomate in Napropathy
- Lives in the mountains of Idaho with his wife and 5 kids

Tools & Herbs for the Kit

- Tools used in this demonstration are all listed at KnowYourWellness.org/Winter
- 8 herbs primarily used in this demonstration can be purchased at a great discount through NSP by using product code listed at the end of this webinar so don’t miss it.
Immune vs Illness

- People will ask you for help when they are sick, not well
- Proper immune system does NOT mean you will never be ill
- When you’re ill, it’s too late to order the herbs and build your Cold Wether Survival Kit

Nutrition Support

- Echinacea and Goldenseal 3 times a day
- Elderberry 3 times daily
- Vitamin C every 1-2 hours
- Zinc & Vitamin D3 daily
- Silver - 1 ounce, 2 times daily
- Virus herbal formulas
Tinctures & Syrups

Why Tinctures
- Apply directly to the throat
- Liquids easy to take for kids
- Speed of assimilation for acute conditions
- Increased strength of active constituents
- Easy assimilation for anyone
- Fast, strong & effective
- Fun, real old-fashioned herbalist

Dr. Hollist’s Cold Syrup
- 40 capsules Licorice
- 30 capsules of Red Clover
- 20 capsules of Catnip
- 15 capsules of Ginger
- 10 capsules of Marshmallow
- 5 capsules of Mullein
- 5 capsules of Lobelia
- Mix the mark with a 350 mL 60 proof menstruum of organic flavored brandy
- After filtering, add 2 drops peppermint
- 1/2 - 1 tsp every 4 hours
- Serve in water, in tea or straight
Other Tinctures

- 1 tsp of 2c:1t Lobelia Tincture morning and night to relax the bronchial pathways
- 1 tsp of a 2c:1t Yarrow Tincture every 3 hours to reduce fever
- 1/2 tsp of Blue Cohosh & 1 tsp Catnip - 2c:1t tinctures for fever and calming nervousness
- 1 tsp of Echinacea & Goldenseal 2c:1t tincture, 3 times daily

Teas, Infusions & Decoctions
Why Teas

- Nothing is more traditional than a cup of tea when you’re sick
- Absorption through the oral mucosa
- Aroma and heat soothes the body
- Slowly taking in the remedy gives a stable dose
- Less preparation than other liquid remedies such as tinctures

Teas, Infusions & Decoctions

- Throat Tea - 4 Ginger, 2 Licorice, 2 Catnip, 2 Tbl Raw Honey & 1/2 Lemon, 32 ounces of water and steep for 15 min
- Fever Infusion - 2 Yarrow, 4 Catnip, 16 - 32 ounces of water, 5 min steep, strain and add 1 drop peppermint
- Fever Decoction - 3 Blue Cohosh, boil with 32 ounces water for 10 min
- Congestion Tea - 2 Red Clover, 2 Marshmallow, 1 Lobelia or 1 Mullein, 32 ounces of water, 15 min steep
- Congestion Drink - 1 Small Intestine Detox, 8 ounces cold water

Essential Oils
Why Essential Oils

- Stronger amplitude of electrical frequency
- Mobility throughout the body
- Lipophilic effect on the system
- Fastest acting remedy with tinctures coming in second

Aromatherapy

- Virus - Immune blends
- Virus - Bergamot, Lemon and Oregano
- Congestion - Eucalyptus and Peppermint
- Calming - Lavender, Geranium, Ylang Ylang, and Jasmine
- Fever - Lavender and Lemongrass

Video Diffuser
Topical Applications

- Virus - The Authentic Touch Revitalize spinal application of essential oils with 4-6 drop dose
- Earache Oil - Immune blend with Eucalyptus and carrier oil behind ear down the side of the throat
- Fever - 4 drops Lavender, 2 drops Lemongrass, 1 drop Peppermint w/ carrier oil on feet and spine
- Congestion - 4 drops Eucalyptus, 1 drop Peppermint and 3 drops of breathe blend with carrier oil

Baths & Fomentations

Why Baths & Fomentations

- Delivering nutrients through your largest organ, your skin
- Approximately 22 square feet of absorption
- Supplies the whole body with nutrients
- Skin is far more absorbent than most people think
- Like tea, it is a relaxing experience
Video Clip
Making a bath & fomentation

Baths & Fomentations
Make in 32 ounces of water for fomentation or add to bath water. Add optional Dead Sea bath salts.

- Fever - 15 caps Yarrow, 5 caps Catnip, 5 min tea, strain and then add 5 drops Eucalyptus, 3 drops Thyme, 2 drops Peppermint
- Fighting the virus - 20 caps Fenugreek and Thyme, 10 min tea
- Fighting the virus & calming the cough - 20 caps Ginger, 10 minute tea, then strain and a 5 drops Eucalyptus
- Congestion - 15 Mullein, 5 Lobelia, 5 min tea, strain and then add 3 drops Peppermint and 4 drops Eucalyptus

Washes & Gargles
Washes & Gargles
- Eye wash tea with 2-4 caps EW
- Eye Drops of Silver
- Sinus Sprays or flush with Silver
- Earache gargle 1/2 cap capsicum in a few ounces of cold water and gargle - WOW FEELING THAT
- Throat - 2 caps Echinacea and Goldenseal, 10 min tea, gargle every hour

Video
Goggle Eye Wash

Remedy Making Kit
- Catnip - Stock No. 180-4
- Ginger - Stock No. 300-6
- Licorice - Stock No. 420-6
- Lobelia - Stock No. 430-1
- Marshmallow - Stock No. 440-0
- Mullein - Stock No. 460-7
- Red Clover - Stock No. 550-9
- Yarrow - Stock No. 750-2
Must Haves

- Gallons of Silver
- Echinacea and Goldenseal
- Fenugreek and Thyme
- Powdered Vitamin C
- Peppermint and Eucalyptus oils

Tools

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