

# Pneumonia

Pneumonia is an infection of the lungs, caused by bacteria, or viruses which penetrated the lungs through the upper airways; which, in turn, results in inflammation of the lung tissue. Pneumonia starts with irritation of the lung tissue. The little bags' called alveoli in the walls of the lungs becomes swollen due to the infection. Plasma, red and white blood cells fill the alveoli (small bags in the lungs). The affected area in the lung becomes solid and dysfunctional.

## Symptoms

Fast, shallow breathing; Severe chest pain; Headache and sore throat; Cough with slime - possibly with spots of blood Hot and cold fever and sweating

## Treatment

- A natural anti biotic: Swallow 6 - 8 whole garlic wedges 3 times daily. Drink ginger root tea. Boil 3 ginger slices in red bush tea for 5 minutes, add lemon and honey. It's delicious and it works.
- Mix finely pressed raw garlic and onion and swallow; it should help clear the infection and get the phlegm off your chest.
- Steam your lungs with eucalyptus oil and Tea Tree oil. You could also try Camphor oil to steam with.
- Rub a thick cover of "Vicks" on your chest cover with cotton wool, jump into bed and cover yourself with blankets. Don't get up until you're well.
- A mixture of Cayenne pepper, Turmeric, and ginger root powder, will surely help.

IF PNEUMONIA PERSIST CONSULT YOUR DOCTOR

*Source: God's Pharmacy by Herman Uys (Available in bookstores and online stores)*

# The Flu Virus Remedies

Flu is a virus that attacks and infects the breathing mechanisms as well as the rest of your body. The flu virus is spread when an infected person sneezes or coughs microscopic saliva particles into the air. There are also various other reasons why you would be susceptible to the flu bug.

## Symptoms

Cold fever, shaking, shivering, sore throat, coughing, body pains all over, weakness, headache, loss of appetite, shortness of breath, insomnia and even depression.

## Treatment

- Relatively large amounts of vitamin C (6 tablets every 3 hours) will build up your resistance straight away.
- Boil 4 peeled, finely chopped onions in 1 litre of water for 40 minutes. Press boiled onions through a sieve and make a juice. Drink 1 glass/cup every hour. Keep the rest in the refrigerator.
- Eat a raw onion together with a whole tomato – it's a natural anti-biotic.
- One freshly squeezed lemon (or a packet of Med-Lemon) in a glass of very hot water. Add 1 tablespoon of honey, 2 Disprins . Get into bed and cover yourself with extra blankets. You'll start sweating .
- Place one freshly chopped onion into a sock and fasten onto your vest on your chest. Also put pieces of onion into your socks at night.
- Boil finely cut ginger and garlic for a few minutes. Pour into a cup and add a tablespoon of honey and drink while it's still hot.

IF FLU PERSISTS CONSULT YOUR DOCTOR