

**General Topics :: Biblical Remedies?****Biblical Remedies? - posted by mguldner (), on: 2011/11/11 7:21**

I have had the start of a nasty cold and it is no fun thus far. But I was suggested to drink Ginger Tea and found that I really enjoy the theopetic affects hot tea has made. For one it has made this cold more bearable in terms of symptoms. It also has been a great comfort thing and actually has helped me sleep more restfully. My question is, Is there any natural remedy type things they did in the bible I could look to that would simple improve my overall health and/or would be good habits to pick up?

I ask this with sincerity as we are to take care of our bodies, plus I want to live as long as I can for my children and in service to the Lord (and yes I know the Lord already has the day and hour for which I will kick the perverbial bucket) :) Just thought this would be an interesting topic to discuss.

**Re: Biblical Remedies?, on: 2011/11/11 8:00**

I am quite sick with a cold this week too... perhaps you gave it to me? A computer virus perhaps?? This thing started on Sunday and is still going full tilt today (Friday). Let's pray for one another... I am MORE than ready to be rid of this cold!! I need some relief.

I do not know of any Biblical remedies for such a thing, but for overall health the Levitical Laws concerning food are always a healthier way to live. No pork products, red meat, shell fish, etc... you will live healthier than most Americans if you follow that diet.

Do so for the health of it, not the spiritual. There is nothing in the Law for us now spiritually speaking other than the principles found within.

As for your cold, the old timers around here would suggest a shot of moonshine. I'm sticking to TheroFlu.

Krispy

**Re: - posted by mguldner (), on: 2011/11/11 8:02**

How is the Theraflu working for you? I about bought some the other day but my wife told me I didn't need it :)

**Re: , on: 2011/11/11 8:53**

It does better than most, I think. It goes down pretty nasty. It says "Berry Infused Flavor with Green Tea"... I disagree with this. I dont know how to describe the flavor without being vulgar... but within 10 mins you can feel it start to kick in, so it's worth it.

Krispy

**Re: - posted by MaryJane, on: 2011/11/11 9:15**

Thought I would chime in here. For a sore throat you can sip warm water with lemon and honey. It does help sooth the throat. For a stuffy head one treatment that helps me is to put on a kettle of water get it boiling and then place it on a towel on the table, cover your head and the kettle with another towel and just breath in the steam through your nose. You will be breathing better in no time but make sure you have a box of tissue near by because this will help clear the passages. Also don't hold your face right down in the steam because you don't want to burn yourself, just over the steam works best. I use a product called emergen C vitamin supplement every time someone in my house gets the stuffy head. Its a powder drink that you add to water and its got tons of vitamins in it. It helps your immune system and gives you a boost of energy to keep going through out the day. I think its because of the vitamin B that is in it.

I also find that prayer and lots of time resting as you can helps too.

Will be praying for you both.  
God Bless

## General Topics :: Biblical Remedies?

maryjane

**Re: - posted by passerby, on: 2011/11/11 9:26**

For allergic rhinitis, those once a day antihistamines like loratadine or cetirizine will work better, but for common colds combination drugs like Theraflu can be more helpful.

Relief of minor illnesses maybe is a sleep or few cents away, but it is another story to have a chronic debilitating or a fatal illness.

Some were seemingly so well and healthy and yet they die suddenly even for a disease, and some are sick and weak for years and yet they are still alive.

Medical science is an amazing gift to human beings but those in Christ may....and it is there for the asking.

**Re: Biblical Remedies? - posted by dietolive, on: 2011/11/11 9:43**

Good points so far. Avoid toxic meats, take antioxidants, like Vitamin C, steam bath to clear air passages, all Good.

One more biblical remedy: SUNLIGHT. Specifically, the thing that sunlight produces: Vitamin D. The problem however for those of us who live at higher latitudes, is that the autumn and wintertime sun doesn't rise high enough in the sky for enough of the ultraviolet "B" rays to get through the earth's atmosphere and to our skin, where "vitamin" D is produced.

THIS is the answer to the great mystery of why we tend to get more "colds" when it is "cold", by the way.

So, we need to supplement by eating foods rich in Vitamin D, or by taking it in pill form:

Vitamin D, vitamin D, and vitamin D - 5,000 IU per day. More when one is ill.

But it isn't a vitamin. Recent research (within the last 10 years or so), has discovered that Vitamin D is really not a vitamin at all, but a steroid hormone.

Below is quick paste from mercola.com. Go there to read more:

"Vitamin D is a steroid hormone that influences virtually every cell in your body, and is easily one of nature's most potent cancer fighters. Receptors that respond to vitamin D have been found in nearly every type of human cell, from your bones to your brain.

Your organs can convert the vitamin D in your bloodstream into calcitriol, which is the hormonal or activated version of vitamin D. Your organs then use it to repair damage, including damage from cancer cells and tumors. Vitamin D's protective effect against cancer works in multiple ways, including:

- Increasing the self-destruction of mutated cells (which, if allowed to replicate, could lead to cancer)
- Reducing the spread and reproduction of cancer cells
- Causing cells to become differentiated (cancer cells often lack differentiation)
- Reducing the growth of new blood vessels from pre-existing ones, which is a step in the transition of dormant tumors to turning cancerous"

Be "well" Brothers and Sisters :O)

Doug

**General Topics :: Biblical Remedies?**

**Re: , on: 2011/11/11 9:44**

Quote:

-----and lots of time resting as you can helps too  
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Yea, thats my biggest problem. No rest. I'm running 90mph all the time. I overdid it last night at an event my wife and I had to go to. Was feeling better yesterday afternoon, but after last night I feel worse this morning again. Gonna take some Nyquil later this afternoon and sleep in in the morning.

Krispy

**Re: Krispy - posted by dietolive, on: 2011/11/11 9:50**

Right Brother. Lack of Sleep. This is one of the biggest contributors to sickness and eventual early-death.

We need to shut down all the electronics and just go to bed...

**Re: Biblical Remedies? - posted by Lysa (), on: 2011/11/11 10:03**

CHICKEN SOUP!! The heat and steam help so much!

Almost every person that I know that has had the their Vit D level checked, it is notoriously low, it was for me as well.

I used to get sick every year a couple of times a year and could almost set the calendar to it but to God be all the glory since I've been taking Vit D3 (3-4 years), I might have had some sniffles but praise God I've not been sick. I take 5000 iu's a day and the Vit D council says....

...these are only estimated amounts.

Healthy children under the age of 1 years Â– 1,000 IU.

Healthy children over the age of 1 years Â– 1,000 IU per every 25 lbs of body weight.

Healthy adults and adolescents Â– at least 5,000 IU.

Pregnant and lactating mothers - at least 6,000 IU.

Hope this helps, God bless,

Lisa

**Re: , on: 2011/11/11 10:12**

I'm blessed in that I usually average 1 cold a year... so if I gotta get this cold I'd rather just get it now and get it over with. Especially with Thanksgiving and (shhh!!...) Christmas coming.

Krispy

**Re: - posted by ginnyrose (), on: 2011/11/11 11:37**

QUOTE:

"CHICKEN SOUP!! The heat and steam help so much!"

This is what I first thought of when I saw the original question.

The experts are beginning to agree with this remedy! They are saying that grandma knew what she was talking about when she used this remedy!

QUOTE:

"Sunlight.."

## General Topics :: Biblical Remedies?

I agree with this. And here is why.

It has been years since I have had a cold. Now the experts say that the cold virus mutates so a person gets this particular cold only once. Once you get older you would have had most of the common colds and therefore are immune to it. So, there are a few benefits to accumulating a lot of birthdays! lol

Anyhow, got off on a rabbit trail: the reason I believe sunlight is so helpful is because in the recent nine years I have had very few colds, the crud, once I think, but very few. I give credit to sunlight because of my exposure to it when I work in the greenhouses a lot during the day. In fact, I will have a suntan all winter long!

EDIT: Actually, I cannot remember the last time I had a cold! :-)

My two cents...

ginnyrose

**Re: , on: 2011/11/11 11:44**

I'm a few birthdays behind you... which explains why I'm enduring this one. I'd love to give it away to someone who can give it a nice home and lots of love. I'm done with it.

Krispy

**Re: - posted by ginnyrose (), on: 2011/11/11 19:14**

QUOTE:

"I'm a few birthdays behind you... which explains why I'm enduring this one. I'd love to give it away to someone who can give it a nice home and lots of love. I'm done with it."

LOL

**Re: Biblical Remedies? - posted by JB1968 (), on: 2011/11/11 21:28**

Hang in there my friend... trust you get to feeling better soon. God is good to us all. By the way... I hope you get to feeling better for all the holidays coming up. Keep looking up.

**Re: Biblical Remedies? - posted by SolaVeritas, on: 2011/11/12 19:58**

One of the best health recipes in the Bible is the example to fast regularly. The health benefits of fasting are so great it is hard not to get distracted from the spiritual reason for doing so. Not sure it will help with your cold though... :) (Don't fast when you're sick)

**Re: - posted by mguldner (), on: 2011/11/14 1:23**

Wow lots of helpful tips :) I am planning on taking Vit D now for sure! You all made me a believer, is there some kind of baptism that I must go through now to join the club?

I met one guy that would drink all sorts of oils and said they were drank in the bible and he said that's why they lived so long, that guy always had a huge bottle of this oil stuff.

Fasting is great as well I love to fast, I always feel cleansed afterwards which is quite a relief I guess fast food and healthy living don't really intersect. lol Daniel gave us a pretty good diet to follow with his competition at the beginning of his book.

Im kind of curious if honey and locust have significant health benefit but dont' really want to try it out :P

Also I have the same Theraflu and I concur on the taste definitely NOT mixed berry with Green tea. LOL

**Re: - posted by brothagary, on: 2011/11/14 1:57**

lol

**Re: - posted by passerby, on: 2011/11/14 5:56**

That's it, Pro 17:22 "A merry heart doeth good like a medicine: but a broken spirit drieth the bones".

**Re: , on: 2011/11/14 8:13**

The best remedy is time, I guess. No matter what I took I felt horrible for the entirety of last week and this weekend.

Finally this morning I feel better, tho I still sound like a bad imitation of Joe Cocker.

Krispy

**Re: - posted by mguldner (), on: 2011/11/14 8:16**

LOL! I sound like a cheesy low voiced radio disc jockey! I cracked my wife up yesterday telling her that. Funny thing is, i s I work with the Police, EMS, and Fire departments and have to talk on a radio.

**Re: , on: 2011/11/14 8:55**

I heard you have a face for radio!

Krispy

**Re: - posted by ginnyrose (), on: 2011/11/14 9:09**

QUOTE:

"The best remedy is time,"

This is true...

Back in the 1970s I had gone to the school to pick up Lyn because he was sick. Enroute home I stopped at the hardware store to get something. While there the owner asked a customer, who was our doctor, whether they were seeing very many sick folks these days. He said, "Yes. Many have the virus and there is nothing we can do for them. It has to run its course." OK. Glad to know that! He did I not know I had a sick child out in the car fixing to go to his office that afternoon. And he was right. We went home, gave the child a lot of liquids, kept him quiet and he recovered quite nicely. Since we earned this principle, we have saved ourselves a lot of money on doctor bills. (With five children that will catch every bug that invades our space this could get expensive.)

Time - we want to take it in capsules, one every four hours to speed up the process...