

***Kitchen as Medicine Cabinet:
Using Food for Acute
Illnesses***



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Naturopathic doctors (NDs)

- Believe that your body has the innate potential
 - to heal and repair itself
 - to keep itself in balance
- Provide guidance for *your* process
- Value your need to be heard & respected
- Allow the body to do the healing, as it's *designed* to do

Food as a Healing Tool

- *Vis medicatrix naturae*: healing power of nature
 - not only body's ability to heal itself,
 - but also earth's ability to provide resources to guide that healing
- Can find eating “right” & food's role in chronic disease prevention in many mainstream & alternative sources, BUT...

**Do you know
how to use food
as a healing tool
when you're not
feeling well?**

Why we get sick when we do

- ‘Symptoms’ are indicators of the body’s work to renew: break down & rebuild
- Mucous: escorts toxins, waste, etc. out of the body to minimize damage
- Naturopathic therapies help to ***promote*** this cleansing, eliminating process
- Fever is an active process!

Foods That Don't Work Well When You're Sick

- Excess sugar suppresses immunity
 - Starts at 30 min → peaks at 2 hrs → lasts up to 5 hrs
 - Simple sugar (glucose, table sugar, fructose, honey); 2 cans of soda (20 tsp sugar)
 - Reduces ability of white blood cells to kill germs by 40%
 - Causes 50% drop in ability of white blood cells to engulf bacteria
 - PMID: 4748178

Foods That Don't Work Well When You're Sick

- Dairy
 - *May* increase stickiness, irritation of mucous
 - <http://www.mayoclinic.org/diseases-conditions/common-cold/expert-answers/phlegm/faq-20058015>
 - Probably does not increase mucous production
 - PMID: 2154182, 2154152

*Let food be thy medicine, thy
medicine shall be thy food.*

Hippocrates

Respiratory

- Drink ginger **decoction** when ill with upper respiratory symptoms to
 - enhance warmth
 - induce fever *if needed*
 - increase sweating

Ginger 'root'

- Rhizome of *Zingiber officinale*
- Thousands of yrs in China to treat:
 - Stomach ache, diarrhea, nausea
 - Cholera, bleeding, rheumatism, toothache
- Eclectic physicians in US, late 1800's used ginger to:
 - Prevent or help to relieve GI gas (carminative)
 - Increase perspiration (diaphoretic), stimulate appetite
 - Act as antioxidant, anti-inflammatory
 - Inhibit platelet aggregation
 - Stimulate bile production by LV to flush fat (choleretic)
 - Support and tone heart (cardiotonic)



Respiratory (cont.)

- Drink garlic **infusion** (pressed/ minced cloves in boiled water; tea)
- Eating a clove/ winter day for a bronchitis-prone person for prevention &/ or treatment
- Press a clove of garlic into hot water & drink for an acute asthma attack (IF NOTHING ELSE IS AVAILABLE!)

Garlic



- *Allium sativum*
- Use predates written history
 - Sanskrit over 5000 yrs ago, Chinese 3000+ yrs, Egyptians around 1550 BCE
 - Hypertension, headaches, bites, worms, tumors
 - Coughs, toothache, earache, dandruff, atherosclerosis, hysteria, diarrhea, dysentery, diphtheria, vaginitis, ...
- Current use:
 - Antimicrobial
 - Flushes liquid waste, increases heat production and sweating, loosens phlegm for coughing
 - Useful in flatulence, nausea, vomiting, colic, indigestion

Garlic inhibits...

- Bacteria

- Alpha- and beta-hemolytic *Streptococcus*
- *Citrobacter* spp.
- *Escherichia coli*
- *Helicobacter pylori*
- *Klebsiella pneumoniae*
- *Mycobacteria*
- *Proteus vulgaris*
- *Salmonella enteritidis*
- *Staphylococcus aureus*

- Fungi

- *Candida albicans*
- *Cryptococcus neoformans*

- Helminths

- *Ascaris lumbricoides*
- Hookworms

- Viruses

- Herpes simplex types 1 and 2
- Human rhinovirus type 2
- Parainfluenza virus type 3
- *Vaccinia virus*
- *Vesicular stomatitis virus*

Respiratory (cont.)

- Onion Honey
 - Place a thinly sliced whole, organic onion in glass jar
 - Add raw honey to cover the sliced onion
 - Let sit overnight
 - Take 1 tsp onion honey every 2-4 hrs., or as needed



Onion



- *Allium cepa*
- Sulfur-containing volatile oils, quercetin
- Historical use:
 - Internally: relaxes GI spasms, relieves gas, increases water elimination, loosens phlegm for coughing, anti-worm agent
 - Externally: incr. blood flow, treat skin disease, insect bites
- Antioxidant
- Antimicrobial
 - Weaker than garlic
 - Can be taken in larger quantities, typically

Respiratory (cont.)

- **Hay Fever:** during birch pollen season, compared to the control group, the patients using birch pollen honey experienced:
 - 60 percent reduction in symptoms
 - Twice as many asymptomatic days
 - 70 percent fewer days with severe symptoms
 - 50 percent decrease in usage of antihistamines
 - PMID: 21196761

Respiratory (cont.)

- Eating local honey (within 50 miles), raw honey to prevent pollen allergies
 - 1 Tbsp./ day
 - Notice improvement after about 2 wks; best if used pre-seasonally
 - *Caution: anaphylaxis may occur with extreme allergic people*
 - **PMID: 11868925 and National Honey Board (nhb.org) say NO**

Respiratory (cont.)

- Pneumonia
 - Mustard poultice
 - Mix 1 part ground mustard seed, 3 parts flour, oil, water.
 - Spread ¼” thick on cotton muslin
 - Apply to chest for 20 min. (checking every 5 min). Remove when skin reddens. Wait 2 hrs., then apply to back
- Croup
 - Onion poultice to neck, chest

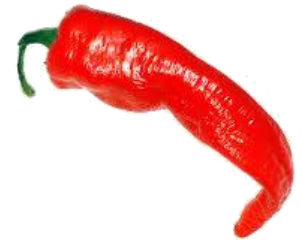
Ear ache



- Onion poultice
 - Sautéed onion w/ oil + 1 c. flaxseed; add vinegar to cover, stir, cook for 3 min
 - Place mixture on cotton muslin, apply over ear 2 x/ day
 - Cover w/ warm wet towel x 1 hr.
- Marjoram poultice
 - ½ c. boiling water & 1 c. ground flaxseed + 1 c. marjoram leaf
 - Put hot paste in cotton muslin, apply quickly over affected ear
- Grated ginger & carrot poultice
 - Rub liberally over lymphatic chains in neck

Sore Throat, Cough

- Cascade Anderson Geller's Throat Gargle
 - 1 tsp *Capsicum spp* (cayenne) + 1 pressed garlic clove in ½ c vinegar + ½ tsp honey
 - Add all to ¼ c hot water
 - Gargle 2-3 x/ day with warm gargle
- Salt water gargle
 - 1 Tbsp sea salt in 1 pint warm water
 - Gargle
- Apple Cider Vinegar Gargle
 - 4 tsp apple cider vinegar in 1 pint warm water
 - Gargle 2 – 3 x/ day



Sore Throat, Cough (cont.)

- Sage Gargle
 - Boil 1 c water; add 2 tsp fresh or dried sage – steep x 10 minutes; Add ¼ tsp salt and gargle
 - PMID: 19748859 with Echinacea
- Thyme syrup
 - Pour 1 c. nearly boiling water over 4 Tbsp. fresh or dried thyme; Steep 15 min., strain. Add juice of 1 lemon and ¼ c. raw local honey. Take 1-2 Tbsp. every 3-4 hrs as needed to soothe a cough.
- Carrot (vitamin A, beta-carotene) poultice at bedtime

Sore Throat, Cough (cont.)

- Apple juice and clove tea
 - Start with 8 whole cloves (topical painkiller)
+ 1 qt. fresh organic apple juice
 - Simmer slowly for 15 min
 - Drink $\frac{1}{2}$ c, 3 x/ day
- Onion Honey (see Respiratory)
- Honey better than cough suppressant
 - PMID: 18056558, 18056559



Skin



- Chicken Pox, itchy rash of any kind
 - Oatmeal Bath
 - Put 1 c. oatmeal in stocking; place into a tepid bath for 10 – 15 minutes
 - Bathe for 15 min., pat dry
 - PMID: 22777219
- Dry, irritated skin
 - Honey, olive oil, coconut oil topically
 - Eat plenty of good fat (avocado, olive oil, fish, flax)

Skin (cont.)

- Splinters, abscesses, ulcers
 - Potato, carrot, honey
- Skin blisters
 - Warm, black tea bags (astringent) 15 min, 3 x/ day
 - Cucumber, potato poultice to soothe
- Burns
 - Coat gauze with castor/ olive oil to prevent sticking
 - Apply honey or crushed aloe leaf



Honey



- antibacterial, antifungal due to:
 - low moisture draws water from cells of bacteria, fungi; killing them
 - Low, acidic pH of 4 (inhibits most bacterial growth)
 - Production of hydrogen peroxide (glucose + glucose oxidase in higher pH and presence of sodium → gluconic acid + hydrogen peroxide)
“Could man devise a more perfect, slow-release antimicrobial product for treating wounds?”
 - Floral nectar component: antioxidants, anti-bacterial compounds, enzymes, etc.

Skin (cont.)

- Insect stings
 - Baking soda paste for bee stings
 - Vinegar for wasp stings
 - Slices of onion to soothe
- Crude Onion Juice as Hair tonic
 - Alopecia areata - patchy, non-scarring hair loss condition
 - Re-growth 2⁺ wks. post-treatment
 - PMID: 12126069

Headaches

- Hot rosemary foot bath
 - 1-2 tsp rosemary/ foot bath that covers ankles
- Lemon foot bath
 - juice of lemon / foot bath that covers ankles
- Bitter (dandelion, etc.) or peppermint tea
- Liver support to detox
 - Dandelion leaf , parsley tea, greens salad
 - Beets, endive, garlic, artichokes

Toothache

- Capsicum
 - rub cayenne on tooth, gum area
- Peppermint oil
- Clove oil (soak cloves in olive oil overnight)
 - place clove oil directly on gum nearest tooth
 - use soaked cotton near tooth
 - suck on clove as near tooth as possible



Indigestion, stomach ache, nausea, gas

- Chew food well
- Review diet for sensitivities, excess sugar
- Eat parsley!
- Fennel, chamomile, peppermint, ginger tea
- Chamomile poultice
- Fennel seeds, garlic encourage digestion
- Spearmint, peppermint, cinnamon, cloves

Indigestion, stomach ache, nausea, gas (cont.)

- Ginger decoction (tea) to reduce nausea of early pregnancy
 - Simmer root for 10 minutes; with honey, if needed
- Eat crystallized (real!) ginger to alleviate motion sickness, nausea
- Eat fermented foods to encourage healthy GI bacteria



Diarrhea, vomiting

- Mild peppermint, chamomile tea; fennel tea for vomiting
- Broth fast until symptoms resolve, then reintroduce oat broth x 1 day; rice, grated apple, cream of rice, vegetable broth x 1 day, soft cooked foods on day 3



Diarrhea, vomiting (cont.)

- Electrolyte rehydration formula *options*:
 - 1 liter of water with $\frac{3}{4}$ tsp. salt, $\frac{1}{2}$ tsp. baking soda, 4 tsp cream of tartar, 1 Tbsp. honey
 - $\frac{1}{2}$ liter water, $\frac{1}{2}$ liter juice, $\frac{1}{2}$ tsp salt, $\frac{1}{2}$ tsp baking soda
 - Make brown rice with excess water, drain off water to drink

Constipation

- Address food sensitivities, dietary causes
- Encourage parasympathetic nervous system
- Move your body!
- Drink lots of fluids, between meals

Constipation (cont.)

- Lightly steamed fruits, vegetables (fresh, frozen)
- Stewed prunes
- **Gradual** introduction of ground flax/ chia seed (≤ 1 Tbsp./ day)
- Juice of $\frac{1}{2}$ lemon in 8 oz warm water 1st thing in morning

The doctor of the future will give no medicine, but will interest his [her] patients in the care of the human frame, in diet and in the cause and prevention of disease.

Thomas Edison

Resources

- PMID = PubMed ID. <http://www.ncbi.nlm.nih.gov/pubmed>
- *Ginger, Common Spice & Wonder Drug*, Paul Schulick. Hohn Press Prescott AZ 1996.
- *Honey, The Gourmet Medicine*, Joe Traynor. Kovak Books. Bakersfield CA. 2002.
- *Naturopathic Pediatric Essentials*, Susan M. Roberts, ND. Healing Mountain Publishing, Inc. Wenatchee, WA. 2003.
- *Textbook of Natural Medicine - online*, Pizzorno and Murray. Elsevier, Inc. 2011.
- *Nourishing Traditions*, Sally Fallon. New Trends Publishing. 1999.
- *Feeding the Whole Family*. Cynthia Lair. Sasquatch Books. 2008.

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