



WILD ROSE
College of Natural Healing
SINCE • DEPUIS
1975

Learn the Art of Healing with Plant Medicine

info@wildrosecollege.com 1-888-WLD-ROSE (953-7673) wildrosecollege.com

Conditions: Pneumonia

This critical infection of the lungs is the fifth leading cause of death in North America, so it should be taken seriously. It can be caused by several types of infections including: viruses, bacteria, fungi, protozoa and mycoplasma. It is most common in the elderly, immune-compromised individuals, and drug or alcohol abusers. Pneumonia often follows a bad cold, influenza or measles, but can occur on its own.

Recommended Action

Consult a health care provider and take antibiotics if prescribed. Take probiotics during and for at least one month after stopping the antibiotics. Eat lots of raw foods and warm broth soups. Drink plenty of fluids including reverse osmosis water or steam distilled water, fresh juices, and green drinks. Exclude mucous forming foods such as dairy, excessive red meats, flour products, and sugar.

Use a mist humidifier with essential oils (eucalyptus, spruce, lavender). Place a hot water bottle or heating pad on the chest.

Single Herbs: Lobelia, Echinacea, Reishi, Cordyceps, Astragalus, Licorice Root, Marshmallow Root, Mullein, Comfrey (demulcent and expectorant), Goldenseal, Ginger root, Garlic, Echinacea, Ma Huang, Myrrh Gum (antiseptic).

Combinations: Reishi/Cordyceps, Reishi Extract, Goldenseal Plus Formula.

Nutritional Supplements: Vitamin A (50,000 IU daily), Beta-carotene (20,000 IU, twice daily), Vitamin C (1,000 mg, six times daily), Bioflavonoids (1,000mg daily), Vitamin E (200 IU), Zinc (30 mg daily), Multivitamins and minerals.

Drink Ginger root tea. Simmer 5 slices of the white part of green onions together with fresh sliced Ginger root for five minutes. Strain and serve with honey.

Follow a Mucusless diet.