

# Hahnemann Clinic for Heilkunst



## How to Care for a Cough

First, it is important to realize that a cough is the way the body expels unwanted material and viruses. While it can be annoying, even painful, it should not be suppressed. If a virus or bacteria enters your system through the mucous membranes, your body will work hard to expel it via the exact same route(s). If the cough is wet, then you've pretty much won the battle and are well on the road to recovery. For wet coughs you should only take measures to encourage them to keep moving things forward, such as steam, extra nutrition (extra rest, lots of good water, green powdered drinks or capsules, powdered Vitamin C - best with calcium, magnesium and potassium included, so that it fizzes up in water and is more absorbable).

It is also important to understand that a cough is very common when the weather shifts, since we are programmed to respond to such shifts by initiating a cleansing, such as when we go from summer to fall, and from winter to spring. These cleansings are usually not a "cold," but the body's attempts to clear the system of toxins for the new season, almost like a Spring and Fall tune-up.

Also, when we come into the house in the Fall, close the windows and start using the heating system or woodstove, the dryness can promote very fine breaks in the mucous membranes through which the tiny viruses or bacteria can enter the system. If you don't have enough sustenance energy to fight them, there is a chance you will find your mucous membranes working overtime and your symptoms will be harder to move forward.

We recommend:

1. **Humidity** – The old-fashioned warm steamy vaporizers (available in most pharmacies, or easily ordered from them) work much better than the newer cool mist vaporizers. They ought to run all night, the vapour ought to drip down the windows when you are fighting to make a cough wet.

Also, breathing steam in any form – in a steam room, in the hot showers, over a pot of water that has been boiled with a towel over your head, even sitting with the vaporizer with a blanket tenting you (and/or your child) can be an excellent way to moisten the mucous membranes. (Logically, be careful with hot steam since it can burn you if you get too close or if the hot water spills.)

2. **Fluids** – Making sure your system has the moisture internally is invaluable. The most useful are warm drinks, like herbal teas, or hot water with honey and fresh, organic lemon (hot lemonade). Water is important too, and your hydration levels ought to be kept high.

3. **Vitamin C** – Our particular favourite is Sisu's buffered Vitamin C powder, which is excellent and fizzes when it is added to water or juice (making juice taste more like soda pop!). It gets into the system quickly and you can adjust the dose for your own needs. In an acute situation you will use up more Vitamin C than in times of relative calm. The powdered C ought to be used about 3-4 times a day, in doses that you fine tune to suit your needs. When you have too much Vitamin C your bowels will be a bit softer or looser – so if you find that happening adjust the dose accordingly.

4. **Vitamin D** – Cod Liver Oil is equivalent to liquid sunshine, and the body is extremely happy to see it, especially once summer comes to a close.

5. **Nin Jiom** – The only herbal cough syrup we use, and recommend. Nin Jiom is available through our Clinic store and most pharmacies, although you may have to ask them to order it. [www.ninjiom.com](http://www.ninjiom.com) and click on Pei Pa Koa for details. This syrup exceptionally works to calm and soothe a cough when taken straight or when made with hot water and sipped as a tea.

6. **R&R** – The one thing we often neglect to allow ourselves is some gentleness in times of challenge. You will need more rest and more quiet time to allow your system to come back uphill from this challenge. *Do* take care of yourself.

7. **Remedies** – These actually come *last*, not first. Once you have taken care of all of the above, you may call the On-Call Practitioner to ask for some help in finding a remedy that can help with your cough. If it is a dry cough, it is more important to have the above-listed resources already in place. If it is a wet cough, you are halfway healed! Then a remedy will serve to remove the actual disease state and finalize the healing process.