



Head/Chest – Cold/Flu/Allergies

The Herbal Foot and Full Body Baths

By Dr. Donna Smith

INTRODUCTION

I have personally used this Herbal Foot and Full Body Bath since 1975, and recommended it professionally, since 1981. It provides quick relief from the symptoms of a Head and Chest Cold or Flu, Sinus Allergies, such as congestion, cough, sneezing, runny nose, nasal drip, sinusitis, etc., as well as when your body feels tired and achy all over, no matter what the reason.

The information in this article works! If you use the information as instructed as it does not work for you, do not dismiss the information. Call me for a free "Clarification Telephone Consultation!" Sharing the symptoms you are experiencing and how you implemented the instructions in this article will give me the information I need to determine what factors interfered, so I can advise you on exactly what to do to get results.

Each herb used in **the Herbal Foot/Body Bath** will cause the body to perspire and combined with hot water, creates a natural fever (elevation of body temperature) to assist in the removal of waste (excess mucus, biological waste, germs, and other poisons) from the body. Though this protocol is very safe and effective in moving waste, you still have to get to the cause of what is making the body produce the excess mucus.

Any time you body is experiencing the symptoms of detoxification, i.e., cold or flu, it is best to stay in bed, except for the time you need to follow these instructions, so that all your energy can be used for detoxification and not for mobility. Also, your diet should be cleansing too. For example, liquid broths or if you have an appetite, eat only raw fruits and vegetables.

If you are a client, you have the advantage of using your Therapeutic Dietary Plans, specifically, the Green listed foods on the "**Eating Guidelines for Elimination and Detoxification.**" Your beverage should be Reverse Osmosis Purified Water, the amount is according to your formula in the **Eating Guidelines – Addendum**, and herbal teas. Do not drink Green or Black Teas.



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GETTING TO THE CAUSE

Germ (Virus, Bacteria, Yeast, Staph, Strep, etc.), Worms, and Pollutants (Chemicals and Heavy Metals in our food, water, air, drug intake), and environmental allergens, such as hay, ragweed or other plants, irritate the body's mucus membranes stimulating the production of mucus. The purpose of the mucus is to surround the substance (germ, worm, pollutant or allergen) and move it to the nearest body opening – eyes, nose, ears, mouth, skin, colon or kidneys/bladder. These substances and organisms come into the body through body openings and that is the way they must leave also.

This is why there will never be a cure for the common cold, which this term is used for the various mucus-related symptoms people experience as listed above. The symptoms are signs of the body's innate detoxification process to remove these harmful substances and organisms. For brevity's sake, I will refer to germs, worms, chemicals, metals, waste, allergens – whatever the body is trying to detox, as "substances."

Since the formulation of pharmaceutical drugs in the 20th Century, physicians have prescribed drugs to suppress the excess mucus flow. However, this only traps the germs, worms, pollutants and allergens within the body, which causes these harmful substances to settle in the cells and tissue. Over time, this build-up of layers and layers of these substances leads to chronic infection and inflammation in the organs/glands where they have settled.

The **study and clinical practice of Homeopathy** has taught us that to truly heal the body (get to the cause), you must remove these substances safely and effectively with the use of homeopathics to prevent current and future illness and disease from allowing them to settle in the body. When a significant amount of the homeopathics have been ingested in the first 24 hours, these substances will be successfully moving to the colon and kidneys for removal and the mucus membranes will stop producing excess mucus.

The **study and clinical practice of Naturopathy** has taught us that in using the herbs listed below you can move the excess mucus from the



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body quickly and safely, thereby, receiving quick relief from their symptoms as the homeopaths get to the cause.

The **study and clinical practice of Clinical Nutrition** has taught us that excess mucus can also be dissolved and removed by taking a natural, nutrient-based anti-histamine that consists of whole foods and herbs. Think of this like a sponge that soaks up the excess mucus and moves it to the colon/kidneys. With this on-hand, the Herbal Foot and Body Bath may not be needed as our anti-histamine also works very quickly. If not on-hand, the Herbal Foot/Body Bath it is most definitely needed for fast relief when suffering.

Taking the appropriate Homeopaths and Natural Anti-Histamine gets to the cause of your symptoms and using the Herbal Foot and Body Bath will give you instant, though temporary, relief as the herbs in the foot or body bath moves the mucus from the head to the chest, where it is easier for the body to move the mucus to the colon (intestines) and kidneys for removal, thus giving your body the time it needs to respond to the Homeopaths and Natural Anti-Histamine, where permanent relief occurs.

Now You Have "A 2-Part Formula" For Fast Relief That Gets To The Cause, Too!

Our therapeutic Homeopaths and Natural Anti-Histamine, with/without using the Herbal Foot/Body Bath, is much more beneficial than its 20th Century alternative of taking drugs that suppress symptoms and nerve pain, manipulate biochemistry, and traps the harmful substances, as well as the chemical residues from the drugs, in the cells and tissue, which leads to a myriad of health challenges.

Please note that though the herbs in the Herbal Foot/Body Bath are also beneficial medicinally, the potency of over-the-counter or online herbs is not strong enough to get to the cause, i.e., digest a strong and active germ, worm, pollutant or allergen.

They are effective, however, in giving you instant relief by raising the body temperature so the body can burn up these harmful substances and remove as much of the mucus as it can. I say **as much as it can** because



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to completely burn up these substances would require a sustained fever (natural fever or herbal & heat (water)-induced fever) for a much longer period of time than a 30-minute foot or body bath. Therefore, the body still needs help from the therapeutic homeopathics and natural anti-histamine to successfully deal with the cause of **acute** symptoms.

Because the **Herbal Foot/Body Bath** is so instantly effective, some clients have asked, **“Why do I need the homeopathics and natural anti-histamine (NAH)?”** Though I have answered this question above, is also important to know is that until you get to the cause with the homeopathics and NAH, you would have to repeat the Herbal Foot/Body Bath every 3-4 hours indefinitely because you have not gotten to the cause of what keeps causing the body to produce more mucus, if you used the Herbal Foot/Body Bath alone. Why every 3-4 hours until you are no longer experiencing excess mucus flow from having gotten to the cause? Because that is the amount of time it takes for the body to surface through the body openings (eyes, ears, nose, etc.) the new mucus being formed until the cause is addressed satisfactorily.

Because you never know when you are going to be exposed to germs, worms, pollutants or allergens, we coach our clients to keep their Health Chest (vs. Medicine Chest) stocked at all times, so they have what they need to get to the cause at the onset of symptoms, i.e., stocked with our therapeutic homeopathics and natural anti-histamine.

Refer below to **“Be Coached in How To Update Your Medicine Chest to A Health Chest”** and **“Why Does The Onset of These Symptoms Occur More Often During Sleep Hours?”**

Until you have your **Health Chest** stocked, I have provided this **Herbal Foot/Body Bath formula** so you have an immediate remedy for symptom relief, if needed, until your homeopathics/anti-histamine arrives.



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HERBAL FOOT/BODY BATH

Supplies and Herb Purpose:

- Dish Tub or Foot Spa for Feet or Bath Tub for full body bath
- Very Hot Water (For Herbal Body Bath, get into the tub and then start with warm water and increase to hot water as quickly as possible to the point of toleration)
- Ginger Root Powder (neutralizes poisons and acidity)
- Cayenne Pepper Powder (improves circulation and is rich in Vitamin C)
- Garlic Powder (digests bacteria and other parasites)
- Mustard Seed Powder (antioxidant, diuretic and beneficial for inflammatory conditions)

When adding these herbs to a dish tub or foot spa or your bath tub, sprinkle the herbs all around the perimeter, so that you are layering each herb on top of the next one. Once layered, stir the herbs until they are mixed well with the water.

Where To Purchase Herbs In Bulk:

www.mountainroseherbs.com/bulkherb/g.html

Note: Mountain Rose Herbs has inexpensive, organic herbs and it is more cost effective for you to order the above herbs in bulk to use for a foot and body bath, vs. purchasing them from us in capsule form.

Also, if you have not purchased these herbs in bulk by the time you have your first onset of the above symptoms, you can purchase them in the Spice/Seasonings section at your local grocery store. However, grocery store culinary herbs are not organic (so they contain pesticides and herbicides) and they will cost more than ordering from Mountain Rose Herbs.

Still this is better than using over-the-counter drugs, which contain chemicals far worse than the herbicides/pesticides, and so I suggest this only if you need a back-up plan. Ideally, you want to be prepared by ordering your organic bulk herbs, which only takes a few days for delivery, so order now, as you never know when you are going to need them.



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HERBAL FOOT BATH PROTOCOL

1. With the hottest water you can stand in a tub or foot spa, stir in a 1/3th to 1/4 cup of each herbal powder (listed above). Purified Water is best, but not essential.
2. Soak your feet until the water cools, or at least 30 minutes.
3. When finished, do not wash or dry off the herbs from your feet. This will help the herbs continue to work for you after you have stopped soaking your feet.
4. Just dab your feet with a towel to remove the excess water and
5. Then slip on some cotton socks over both feet and go to bed, if possible.
6. Making a cup of Ginger Root tea to drink while soaking is also helpful. To make a tea, put 1 teaspoon to 1 Tablespoon of Ginger Root Powder stirred in hot Reverse Osmosis purified water. Do not cook or boil the herb in the water. Boil the water, remove it from the stove, add the herb, cover the pot with its lid and let is cool to lukewarm and then drink. Drinking this while in the tub will prevent nausea, which often occurs when exposed to germs, and may prevent diarrhea, which often occurs when exposed to a virus.
7. Within 30 minutes or so, you will start to feel better.
8. Repeat every 3-4 hours, or as often as needed, until symptoms subside.
9. If you don't feel better in 60 minutes, repeat the procedures again. It may take soaking for an hour or so, instead of 30 minute or until water is cool, if your congestion is really blocked.

Note: Cayenne Pepper is hot and can make the skin turn red, sting, with a warm to burning sensation. However, Cayenne Pepper will not injury the skin. Stir the herbs continually as you soak so they dissolve faster.



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HERBAL FULL BODY BATH PROTOCOL

To speed up this mucus excess and congestion, detoxification process you can make this an Herbal Full Body Bath, and soak your entire body in the tub, instead of just your feet in Foot Bath. An Herbal Body Bath is also recommended when you feel weak, tired and achy all over, which often occurs when you have been attacked by one or more germs (virus, bacteria, staph or steph).

1. For a Body Bath, you will need to increase the amount of herbal powder used.
2. Exact measurements are not important, ½ to 1 cup of each herb is sufficient for a bathtub.
3. Get in the tub before you turn the hot water on, so you can increase the temperature to as hot as possible. The body temperature must increase slowly as no one can handle getting into a tub filled with very hot water. Lie down so the water is up to your chin.
4. Soak until water is cool or at least 30 minutes.
5. When finished, do not dry off, just dab body with towel to remove excess water.
6. Wrap yourself in a Terry Cloth (or Cotton) Bathrobe and go to bed.
7. Cover yourself with lots of blankets so you will continue to perspire, and go to sleep for a nap or if bedtime, until morning.
8. Follow Steps #6 to #9 in the Herbal Foot Bath Procedures, also.

First Time Experience?

Lying in a tub of herbal water may seem strange or uncomfortable at first. However, the more often you use this protocol, the sooner you will get over this, and in time, enjoy the earthy, back to nature feeling of using herbs in a variety of ways. Remember that this was common practice of your ancestors before the 20th Century when drugs became the preferred treatment of our physicians.



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Upon first contact, you will feel the sting of the cayenne pepper. You will get use to this and in time, and it will truly not bother you so much. Believe it or not, this is a fact.

If you cannot handle the pepper on the sensitive parts of the body, like the breasts or genital area, or you think you might not be able to handle it, rub Vaseline, over them before you get into the tub.

This is the only time I will recommend Vaseline for anything because using it on the skin clogs the pores and prevents your skin from breathing, detoxifying and healing.

I used Vaseline my first time, too, but I did not like the feeling of the Vaseline on my skin, it was messy and sticky and it went against my principles of healing, so from then on, I never used it again.

At first most people can tolerate the Foot Bath, much easier than the full body bath and most people do not like the full body bath for the first 2-3 times. However, if you will just grin and bear it, at first, the relief it gives you soon outweighs the “newness” of the experience and, truly, you will come to enjoy the Full Body Bath even more than the Foot Bath.

I love the Full Body Bath and use it whenever I am tired or if I have been doing physical labor, using muscles that I don't normally use and at the end of the day, feel achy all over, nothing revives me better than a Full Body Bath.

So please do not let your first experiences prevent you from trying again. And hopefully, you have read this entire article before your first foot or body bath, because not following the instructions as written can add to a less than wonderful first experience.

Additional Reading:

Though you can be very effective in getting rid of all the parasites (germs and worms) in your body, you can be re-exposed at any time again in the future and have to repeat the protocol explained above.



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So another article I have written that would be beneficial to read is my article **“What Are Parasites”** in my web site. Click here www.AdvancedClinicalNutrition.com to go to my website. Then click the “Articles by Dr. Smith” button in the left column Table of Contents, and scroll down the web page until you locate this article. This article will help you understand that humans co-exist with Parasites (germs and worms), each having a divine purpose on earth.

Because of their divine purpose, you want these organisms to exist. You just want them to exist outside your body, not inside. This article will also help you understand how you attract them internally, so you can prevent future reoccurrences.

HERBAL THROAT SPRAY

Here is one more important Health Tip and it is a secret that has worked for me for decades, and that is, my therapeutic herbal throat spray. I recommend, at all times, keep one in your purse (if female), in your car or pocket, if a male who travels from job site to job site or if you work away from home in an office, keep one in your office desk.

Being among the public, you are exposed to people carrying germs all the time. When we had our physical clinic for 29 years (outside the home), being in the health care industry, I was exposed to people suffering from the symptoms of acute exposure to long-term germ infestation every day, Monday through Friday.

Because of this, I became so aware that I could feel the instance my throat was attacked by a germ when sitting at my desk consulting with a client. The moment this happened, i.e., when I would feel a scratch, tickle or pain hit the back of my throat, I would immediately reach for my herbal throat spray, and zap it on the back of my throat wherever I felt the attack and the herbs would instantly digest the germ; thus, not giving the little critter a chance to go any further into my cells and tissue.

The herbal throat spray I use, and dispense to my clients, is not an available over-the-counter (OTC), it is a therapeutic spray, only available through nutritional healthcare providers, like myself. My herbal throat spray



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comes from Australia and the herbs are of a quality and potency that is considered medicinal by the Australian medical pharmaceutical system.

Please note that when used as instructed above, you will not get a sore throat. However, let's say you did not have your herbal throat spray handy. For example, let's say, you are a female, switched purses, overlooked transferring your herbal spray to the purse you carried that day, got exposed to virus while running errands or at work, and by the time you came home, you had a sore throat. Using the herbal throat spray will definitely reduce the length of time/days that you suffer with the sore throat, however, it will not give the instant relief or prevent a sore throat if not used at the moment you were attacked. Now you know why I recommend keeping a bottle of throat spray, every place you frequent.

So if you actually have a sore throat, you will need to spray as frequently as possible, every 15 to 30 minutes, as often as you think of it during the day, the more frequent the faster you will heal. You can also gargle with warm water, with fresh squeezed lemon juice in it several times a day.

And of course, you will want to take the appropriate therapeutic homeopathic remedy for virus, bacteria, whatever germ you are exposed to in order to get to the cause of the sore throat.

Be Coached On

"How To Update Your Medicine Chest To a Health Chest"

In a 90-Minute Telephone Consultation I coach clients (and anyone one who is interested in scheduling this consultation) in the use of therapeutic supplements, homeopathic and herbs listed in my **"Updating Your Medicine Chest to A Health Chest"** pamphlet and **Natural First Aide** kits. A Free copy of this pamphlet is provided prior to the telephone consultation.

This consultation and pamphlet prepares you for any home emergency, from cuts, burns, insect/spider bites, bee stings, poison ivy/oak, whatever....even how and which herbs to use to stop a heart attack and manage a gunshot wound until Emergency Medical Assistance arrives, thus saving lives.



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Many of the supplements included in the Health Chest pamphlet are therapeutic supplements only available through nutritional healthcare providers, like myself, so, much like getting checked out by the Pilot before flying solo, once I know my clients can use our therapeutic supplements safely and correctly, because they have followed my instructions to the letter, they can order these items for their Health Chest, First Aide and Travel Kits, as needed.

For example, the nutrient-based, natural anti-histamine, I mentioned above, is wonderful when you have mucus running out every orifice, have a cough or congestion, which means it is having a hard time coming out.

However, to use it when there is no excessive mucus, can lower the blood pressure and cause a person to pass out.

So you can see why it is important to coach my clients on the proper use of therapeutic nutrients and the care of the human body. Therapeutic supplements work quickly and they are safe and effective, when used as directed.

After you have been coached on their proper use, review our Medicine Chest for drugs you have being stocking for first aide, home health and emergencies and replace them as soon as possible with our Health Chest products, they are available at the instance they are needed. Once you have your Health Chest stocked, you can confidently do as I did, toss all the toxic over-the-counter (OTC) drugs on hand and never have to go back to them.

I did that for myself in 1975 and have not taken a drug since, and have used the product in our Health Chest pamphlet when raising my son, Matt (born 1985), who is truly a drug-free American, and have been professionally recommending them to our clients since 1981.

Why Does The Onset of These Symptoms Occur More Often During Sleep Hours?

In conclusion, keep this in mind, when do you feel the symptoms of germ or allergen exposure the most? - in the wee hours of the morning? Why? Because the adrenalin in your body required for daily activity shuts down at rest, then the body is able to go into the healing and repair mode during sleep. Germs that have come in



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that day, the body then starts working on moving them out and that is when you feel the symptoms of their presence.

When they are severe, you are awoken from your sleep, coughing, achy, have a runny nose, etc.. Your body wakes you up because it needs your help, for example, to cough, otherwise your air passage would get blocked by the mucus and you'd die in your sleep for lack of oxygen.

My clients, who have stocked their Health Chest, are prepare to take the appropriate remedy and then they can go back to sleep, and feel better upon rising. Those who do not, suffer, can't sleep or usually end up falling back into the old habit of taking a cold/flu drug, which stops the body from getting rid of the germ, and/or take a sleeping pill--all of which only makes it worse.

Then if they do sleep, they wake up drowsy from the sleeping pill or if they did not sleep, feel tired from lack of rest, and symptoms are worse because the body has now had over eight hours for the germs to go deeper and the mucus to get thicker and excessive. And so the cycle repeats. That is unless you have your Health Chest stocked, so be prepared as you never know when you need your Health Chest remedies.

If you have not yet stocked your Health Chest or overlooked restocking, this Herbal Foot/Body Bath is a great home remedy to give you quick relief while waiting for your homeopathics and natural anti-histamine to arrive.

***Your greatest health challenge is
the proper management and detoxification
of allergens, germs, worms, chemicals and
heavy metals in the body.***

ABOUT DR. SMITH:

Dr. Donna Smith has a Ph.D. in Clinical Nutrition, is a Board Certified Clinical Nutritionist (C.C.N.), Certified Dietitian-Nutritionist (C.D.N.), and a Canadian Chartered Herbalist (C.H.).

Dr. Smith is also a Free Lance Nutritional Health Writer and has written over 100 articles for Internet and traditional magazines, such as the **American Chiropractic Magazine, the largest chiropractic magazine in the United States..**



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She is frequently invited to speak on NBC and ABC local networks, and at clubs, hospitals, universities and corporations on a variety of nutrition and health-related topics, such as, the national groups of scientists and biochemists at the **American Society of Clinical Laboratory Science (ASCLS)**, **International and American Associations of Clinical Nutritionists (IAACN)**, **Stephen F. Austin University**, **Midwestern State University**, Optimist Clubs, Toastmasters, Business and Professional Women's Club, Women Entrepreneurs, Worksite Wellness, American Heart Association, Parkinson's Group, and St Gobain Corporation, to name a few.

Dr. Smith owns **Advanced Clinical Nutrition (est. 1981)** in Wichita Falls, Texas, where she provides a **Clinical Nutrition Analysis or Interpretation of Laboratory Tests (blood, urine, saliva, stool and hair)** to identify and correct dietary, vitamin and mineral deficiencies, adversely affecting the healthy function of the human mind and body. From the findings of these scientific Laboratory Reports, Dr. Smith designs and dispenses therapeutic, whole food supplements, available only through nutritional health care providers, and a Dietary Plan, which is a list of foods selected for the food chemistry's positive effect on the individual's biochemistry. Dr. Smith's Clinical Nutrition Services are also provided to **Healthcare and Fitness Providers**, who want to offer clinical nutrition services to their patients/clients, yet do not have the time or training to do so.

The **Clinical Nutrition Testing, Therapy, and Personalized Dietary and Lifestyle Education Services** are provided by mail, e-mail and telephone consultations. A.C.N. clients save money as there are no in-office appointment fees, gas expense to/from appointments or time away from home or work for nutritional services. Lab Kits are mailed to the clients' homes, where they collect the samples and mails them directly to our Labs.

Dr. Smith has over 90% success in helping her clients improve their health, increase energy, balance hormones, improve mental function, strengthen joints, muscle, immune system, restore over-all organ/gland function, manage weight, prevent/reverse disease and enhance life and/or sports performance. Her clientele encompasses 35 U.S. States and five international countries.

For more information, to order a clinical nutrition analysis and laboratory tests, and to contact Dr. Smith, call (940) 761-4045 e-mail at Services@AdvancedClinicalNutrition.com. Meanwhile, please browse www.AdvancedClinicalNutrition.com to subscribe to Dr. Smith's FREE newsletter, articles view **Dr. Smith's Secrets To Healing** TV shows and more. You may also view Dr. Smith's TV Shows and videos on YouTube.com/DrDonnaFSmith, post questions on her blog at DrDonnaSmith.blogspot.com and follow her on Twitter.com/DrDonnaSmith and Facebook.com/DonnaFSmithPhD.

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