

Dr. Smith **Live**

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Energy Medicine: The New Frontier

Topic: How to get ride of that nagging cough

- **Why am I coughing so much?**
- **Why hasn't my remedies worked?**
- **Is our benevolent government at it again with stealth viruses?**
- **How to select the correct remedy?**
- **What are the 18 most powerful natural cough remedies?**
- **What foods must I stay away from?**

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Why am I coughing so much?

The body in its infinite wisdom is trying to expel foreign irritants from the lung. A cough is your body's response when something irritates your throat or airways. An irritant stimulates nerves that send a message to your brain. The brain then tells muscles in your chest and abdomen to push air out of your lungs to force out the irritant.

Prolonged, vigorous coughing can irritate the lungs and cause even more coughing. It also can cause sleeplessness, dizziness or fainting, headaches, urinary incontinence, vomiting and even broken ribs.

A cough is considered "acute" if it lasts less than three weeks. Some of the causes of an acute cough include:

- [Common cold](#)
- Influenza
- Inhaling an irritant, such as smoke, dust, chemicals or a foreign body
- [Pneumonia](#), which is an infection in one or both lungs
- Whooping cough

Some common causes for a "chronic" cough include:

- [Allergies](#)
- [Asthma](#)
- Bronchitis
- [Chronic obstructive pulmonary disease \(COPD\)](#)
- [COVID-19](#)
- Croup
- Gastroesophageal reflux disease (GERD)
- Heart failure

- Lung cancer
- Respiratory syncytial virus (RSV)

Why hasn't my remedies worked?

The simple answer is that your remedies did not remove the root cause of the problem. Most over-the-counter remedies are designed to treat the symptom: the inflammation.

Is our benevolent government at it again with stealth viruses?

If I had to make an educated guess, I would say that our government has been spraying stealth viruses (SARS-CoV-2, a positive-strand RNA virus, which attacks the lungs) and chemicals amongst the population under the guise of geo-engineering. Unfortunately, we may never know the exact pathogens or chemicals being sprayed because of the



disinformation campaigns they keep spreading. If you want verifying information, just listen to Ted Gunderson's YouTube presentation:

How to get to the root cause?

Getting to the root cause involves use of energy medicine. There are basic testing procedures that can help define the root cause(s). For example, muscle testing techniques can be used by practitioners who have the skills. One can DIY (do it yourself) using a pendulum and asking the right questions. One can use divining rods and again asking the right questions. There are also sophisticated electronic systems like the CyberScan that can assess thousands of known electronic signatures to determine the root cause(s).

How to select the correct remedy?

The same energy testing techniques used to define the root cause(s) can be used to select the best remedies.

Once the root cause is determined, one has to test the best remedies.

The following list of remedies can be a good starting point:

1. **Hydroxychloroquine** (take two caplets initially- good for two weeks).
2. **Zinc orotate** (60 milligrams per day).
3. **Vitamin C** (food based: 1500 to 3,000 mg/day).
4. **Vitamin D₃** (6,000 to 9,000 ng/ml).
5. **Omega 6/omega 3 oils** (Clinician's Preference: one to three capsules per day with meals).
6. **Resveratrol**: (one capsule three times per day with meals).
7. **Immuntol**: (one capsule three times per day with meals).

8. **Ren Shen Bai Du San:** Powerful Chinese herb that is very effective in resolving coughing. Available from Nguistyle Integrative Medicine: (905) 597-5007.
9. **Orega Wild** (100% pure oregano from the Mediterranean: 9 to 12 drops in 2 ounces of juice; once or twice a day).
10. Chinese herb: Yu Ping Feng San (one teaspoon three times a day between meals). For respiratory and immune boosting issues.
11. Ozone via ear insufflation (50 micrograins/ml for 10 to 15 minutes a day)
12. **Raw honey, lemon, ginger, garlic in Holy Basil tea.**
13. **Glutathione** (one capsule three times a day with meals)
14. **NAC** (N-acetyl cysteine): one capsule three times a day; replenishes glutathione.
15. **C3 Curcumin:** one capsule three times a day with meals.
16. Holy Basil tea: used in Ayurvedic medicine; effective in reducing coughs.
17. Milk Thistle: one capsule three times a day with meals.
18. **Nicotine:** anecdotal observations, and, a relatively limited in scope, statistical surveys of COVID-19 positive patients in France and China suggest that the people who smoke are more often asymptomatic or exhibit less severe respiratory symptoms than the non-smokers who often develop an acute respiratory distress syndrome (ARDS). Recent studies showed that in the immune system, the nicotinic ACh receptors present in the immune cells, such as macrophages, regulate the neurotransmitter-mediated signaling in the inflammatory response. Studies of Lu et al. showed that the activation of ACh receptors in the macrophages inhibits the inflammasome that catalyzes pro-inflammatory cytokines and increases inflammation. Other studies showed that the stimulation of

macrophage ACh receptors by acetylcholine (normally released by the efferent vagus nerves) or nicotine (in smokers and nicotine products' users) inhibits pro-inflammatory cytokines production and the inflammatory response. This novel regulatory pathway was named the cholinergic anti-inflammatory pathway.

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How nicotine can inhibit cytokine storm in the lungs and prevent or lessen the severity of COVID-19 infection?

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What foods must I stay away from ?

1. You want to eliminate the mucous forming foods: dairy (cheeses, cream, milk)
2. High glycemic index foods: white breads, white sugars, salt.
3. High histamine foods:
 - Some types of fish, such as tuna, pike and mackerel
 - Spinach
 - Mayonnaise
 - Dairy products such as milk, cheese, butter and cream (for some people)
 - Processed meats
 - Fermented products like alcohol, yogurt and sauerkraut
4. Chocolate: causes mucus
5. Coffee can also exacerbate phlegm issues.
6. Alcohol: can weaken the esophageal sphincters, causing irritation and phlegm.

Foods That Break Up Mucus

1. Broth-Based Soups: hot chicken soup, clear soups.
2. Clear Liquids: Water, tea and other hydrating drinks (coconut water).
3. Fiber-Rich Foods: eating fiber-rich foods like fruits, veggies, legumes.
4. Spicy Foods: Capsaicin, the compound that brings the heat in chili peppers, can help relieve symptoms like a stuffy or runny nose.
5. Eat grated Japanese daikon; breaks up mucous.
6. Sinupret: is an herbal supplement made of European elder, cowslip and gentian that can help thin mucus. Sold over the counter. Buy from Vita cost.com - \$13.49