

# WHOOPING COUGH

HEAL Marketplace, 360 Carpenter Road, Rutherfordton NC 28139  
<http://www.healmarketplace.com> [healletters@aol.com](mailto:healletters@aol.com) 866-581-4390



## Definition

An infectious catarrhal inflammation of the air passage with violent convulsive coughs (paroxysms), consisting of several expirations followed by a loud, sonorous whooping inspiration.

This is generally a children's disease and begins with spasmodic coughing spells. The face reddens, and the eyes bulge. Sore throat, and often vomiting may occur.

**Advanced cases develop into bronchopneumonia.**



## Cause

Whooping cough is a rapid accumulation of mucus in the throat, which causes choking and will cause death if not cleared. **Eliminate the mucus as fast as possible.**

## Herbal Aids

### General Instructions:

Lobelia herb or tincture used in fomentation, as well as a few drops internally every few minute's works well.

To cut the phlegm, use a bayberry tea as a gargle (swallow after gargling).

Use crushed garlic with cayenne and honey every few minutes to help clear the throat.



**Garlic:** Inhale the vapors of the freshly expressed juice that has been diluted with equal quantities of water.

**Thyme:** Thyme is an old-time household remedy, with a very healing and antiseptic action. It is especially beneficial for respiratory, stomach, uterine and bowel problems, and it has a soothing sedative action on the nerves. It is powerful, yet harmless and non-poisonous, and it may be relied upon to eliminate all infection, to destroy worms, and take away all foul odors. It will restore health to children who are debilitated and exhausted by whooping cough. It forms the basis for the world-famous Listerine Antiseptic compound. There are over 60 varieties of thyme, but *Thymus vulgaris* is the best for both medicinal and culinary purposes.

**Thyme:** Mix 1 part of the infusion with 1 part honey (1 teaspoonful to 1 tablespoonful); give when the cough is troublesome.

**Onion Syrup:** Dr. Christopher's onion syrup is excellent syrup for coughs and colds, bronchitis, croup, whooping cough, etc.

**Here is the way you make the syrup.**

Dice up big dried onions, whatever amount you want, and put them into a stainless steel, unchipped enamel, or Pyrex pan. Don't use aluminum.

When you have about the amount you want, pour liquid honey over them until they are covered. Add nothing else.

The honey extracts the Onion power, which is the greatest antihistamine known. This goes into the honey solution and provides a wonderfully effective cough syrup.

**He recommended adding the following to the syrup**

- Licorice root powder
- Horehound
- Cherry bark
- Add 25% glycerin to the syrup if you plan to keep it.

Keep it in a cool place or it will sour.

**Garlic Juice:** Another instance of the remarkable penetrating power of garlic is the fact that the expressed juice of fresh garlic mixed with olive oil and rubbed on the chest, throat, and between the shoulder blades gives great relief in whooping cough, asthma, bronchitis and dyspnea, according to an English physician who has used it with success for many years.



## Breanne's GOO (Garlic Olive Oil) 😊

1. Warm 3 TBSP coconut oil on stove until melted
  2. Then add 3 TBSP olive oil.
  3. Remove from heat and add 3 TBSP fresh chopped garlic.
- Blend at slow speed, then at high for 2 minutes.
  - Pour mixture through screen to remove chunks of garlic that blender may have missed.
  - Put into glass jar.

Freshly made its milky color and runny. It turns into a soft paste after 1 hour. Rub on feet, ankles, and/or chest (even behind ears if ear infection). Put socks on feet.

It's oily and messy, and house will be smelly, but your body will be thankful!!

Keep in fridge.

## A Mother's Testimony

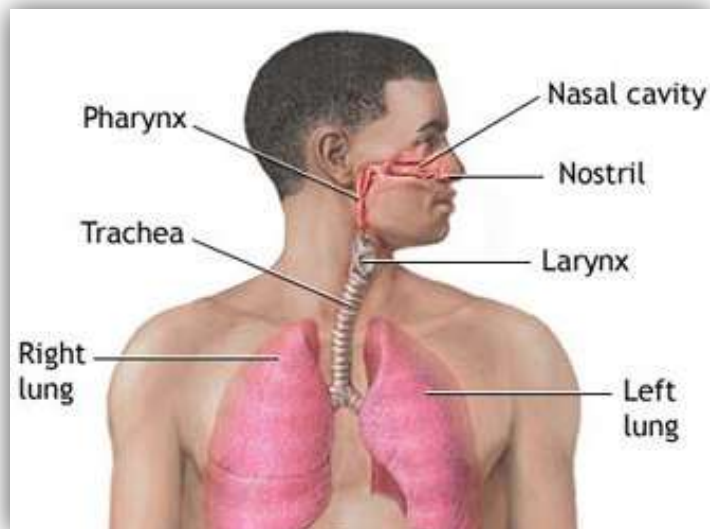
### Whooping Cough (Pertussis) by Breanne

Typically, this bacterial infection starts with harsh sounding cough lasting 1-2 weeks. The intense cough prevents sleep, exhausting the body further. It then intensifies to an extreme breath-taking cough for another week or two, then slowly subside over the next few weeks (or months in some cases). Once called the 100 Day Cough, it commonly takes six to ten weeks to clear the infection.

Typically one is contagious for three weeks, in rare cases up to 42 days.

The bacterium is spread when coughed into the air. When breathed in the bacteria lodges in the pharynx for 21 days causing damage before dying off. Occasionally it is accompanied by a low grade fever (under 102).

Due to the severity of the cough and amount of mucous involved one might choke or even vomit while coughing. A coughing episode will continue cough after cough, until there is no air left in the lungs. When the air is finally sucked back in it usually creates an air-



sucking “whoop” sound... hence the name. Infants under 6 months may not make the sound.

The following information is what I did to herbally support my children. It is exhausting for the mommy, but it makes it much easier for the kiddos as they ride it out:

## Stay Calm

Your calm demeanor will help the child stay calm during coughing fits. I had to remind my children (sometimes firmly to get their attention) to **open** their mouth (they would actually try to suck in air through closed lips). “Relax, breathe....” I would then encourage them, “you’re going to be fine”, “doing great”, “it’s almost over”, relax, breathe, “Open your mouth and take in that air...” that kind of conversation with them.

The panic would start to leave their eyes, hearing in my voice that they’re going to survive the cough. This actually made a big difference for my children. Even with the baby (4 months old), I just talked and cooed to him while briskly rubbing his chest or patting firmly on his back with a cupped hand. (His lips started to turn blue a few times, but he always took that breath.

## Daytime

My children seemed perfectly normal during the day... played and played ... but suddenly, one of them would start coughing, and we all stopped while they worked through it. I would just tell them they were “doing great, and the fit was almost over”. Finally they’d be done, and everyone would go back to their business until the next one had a coughing spell.

## Nighttime

Nighttime was another story... always more intense. I brought them all into our bedroom to sleep around us on the floor, so I could hear everyone, and get to them easily when the coughing began. As usual, they would panic. I just calmly talked them through it while maybe rubbing or patting their back.

## Keep the Mucous Moving Out

The most important thing is to **keep the mucous loose**, and moving through and out of the body. When coughing it up, encourage them to spit out what they cough up, rather than to swallow. Sometimes they may vomit, but as long as it does not happen too often, so that they lose nutrition and fluids, it’s alright. It is one way for the body to get the mucous out.

**Stay hydrated** -- lots of water and herbal teas -- so that the excessive mucous stays thinned out.

Try to take in **extra nutrition** to help the body recuperate faster. I gave my children **Superfood** (we actually do this every day, anyway) in their juice and shakes. Their favorite is frozen banana shakes with a spoonful of Superfood ...maybe with strawberries, blueberries, or grapes as well.

Make sure they are eating a **mucous-free diet** (or at least as close as possible). White flour and dairy and fried foods are big mucous producers, as well as too much soy. Fresh fruits, vegetables, juices, and whole grains are best to help reduce and push out mucous.



Make sure the **bowels are moving** very well every day. This keeps the mucous from backing up into the body, and potentially filling up the lungs, causing pneumonia. I heavily advise enemas every day, because mucous (as strange as it may sound) does constipate the bowels, which can create the more serious problems. Even if the child goes on their own every day, it still is not enough to keep the mucous from potentially backing up. Constipation doesn't have to mean "completely stopped", it just means that everything moving in to the colon is not moving out fast enough. The body won't send more mucous to the colon if it's not moving everything out, so it sits and thickens wherever it is, and eventually can cause infection.

I gave the kids an herbal tincture called Lobelia every 2 hours (or whenever the first one woke up coughing during the night) and maybe occasionally during the day. I did not give it as often during the day, unless they were miserable. I preferred for them to cough some, and loosen whatever was hanging out in their lungs. I also consistently gave them **Echinacea** and an **Herbal Infection formula**.

**Lobelia** is an antispasmodic, so it helps to keep them from coughing too much at night so that they will sleep well. (It only lasts in their system for about 2 hours) Lobelia also helps to loosen and eliminate mucous, so you do not have to be concerned about it stopping the body from getting rid of the excessive mucous. -- **The goal at night is to help them get as much rest as possible (which means mom is going to be wiped out, constantly giving them lobelia and sitting them back up on their pillows all night.)**



Several times a day, and right before bed, I cut open **cloves of garlic** and rubbed the juice of it on the bottom of their feet, and then put socks on them. At night, I would also rub it on their chests and behind their ears. Makes the house stink like garlic, but it is a very effective and natural antibiotic... especially when used along with the Echinacea they're taking. This helps keep their immune systems up, and helps to avoid secondary infection in the body (like in the lungs).



### Breanne's Goo

For a stronger garlic poultice, I would blend 3 TBS of Coconut oil and 3 TBS of olive oil (warmed/melted) with 3 TBS of minced garlic. Blend low and then high for 2 minutes. Strain well to remove chunks (which will burn the feet if left in there). Store in the fridge – When ready to use, rub all over feet and ankles and cover with socks. It is oily but effective!



Have them **prop up** as much as possible with pillows at night. During the baby's worst week or so, I slept with him sitting up with me in a chair, propped with pillows and blankets. When the baby had his coughing fits, I would talk calmly and pat firmly with a cupped hand on his back all the way to the bathroom. Then, I would turn on the hot shower and sink to fill up the bathroom with steam... I sprayed a **Eucalyptus spray** into the steam for him to breathe in. I would lay him on his side on a towel, still rubbing, talking, or singing, as he coughed up mucous.

I used a syringe to suction out his nose or side of his mouth carefully, if necessary. Then, with a bit of effort because he was so young, I gave him a concentrated form of Lobelia -- which only requires a few drops instead of dropperfuls (called Antispasmodic formula), either mixed in breast milk, juice, or I knew one mother that gave it to her 4 month old in Colic Calm. It all just depends on what your baby can tolerate. – After that episode, my baby would then would nurse and fall back to sleep ... until the next fit. I was always so happy to see the sun come up in the morning, because the daytime was so much easier!





Use **cool steam humidifiers** in the room and spray a little of the Eucalyptus into the air while they're sleeping. If it's cool outside at night (or day), and coughing is bad ...bundle up well with hat, blanket, and slippers, and sit out in the cool air for 5 or 10 minutes, breathing in calmly. *(My oldest girls learned some of the constellations during these middle of the night episodes.)* It cools the irritated bronchial tubes, and calms the spasmodic coughing.

AND remember to **PRAY!** I find sometimes, in the middle of the “busy-ness” of remedies and cleaning, that we occasionally forget the simple and greatest help for calming fear, and helping with sickness: To pray to God who created you, and Who is the Greatest Physician! You will find your peace and rest in Him, most of all.

I hope this has been helpful. Just remember, the above suggestions are geared to accomplish your main goals:

- 1- Keep the child (or adult) rested
- 2- Build the immune system
- 3- Eliminate the toxins and mucous regularly

If you accomplish these goals, there should be no concern for long term affects, or secondary infections that can cause serious repercussions.

Blessings,  
Breanne