

# HealthQuest

*A free and natural medicine newsletter providing the latest information, cutting edge resources and tools for vitality!*

A Quarterly Newsletter

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## Coughs & Chest Colds: The Best Home Therapy

Remember when you were a child with a chest cold or bad cough? What did mom do? Often it was rubbing the chest with a liniment or putting a humidifier in the room. Well, turns out they are some of the best therapies. Combining these traditional therapies - aromatherapy and humidification - are powerful & effective measures for nasty, stubborn coughs or chest colds.



Winter means more indoor time, forced air heating, and dry air. This makes dry, irritated mucus membranes in the sinuses and chest, leaving them vulnerable to bugs like cold viruses. Low vitamin D production (see newsletter #1) doesn't help matters. So how to treat a chest cold & cough? Besides rest, plenty of fluids, etc, etc....Use a cool mist humidifier with essential oils at night when you sleep. But there's a catch: make sure the humidifier has a 'medicine cup' to place the oils, otherwise you'll destroy the steam unit. The best oils are the following: **eucalyptus, pine and lavender**. For a wet & productive cough with yellow or green mucus, add thyme and oregano. Use 5 drops of each oil. Smells great and you continually inhale beneficial antimicrobial triterpenes and other compounds while you sleep! I recommend [Primavera](#) oils, but most 'therapeutic grade' brands are OK. Humidifier brands with medicine cups include Enviracaire and Honeywell. Always call your doctor if you have a fever over 102 degrees, cough blood, or coughing with shortness of breath.



## Meet our 'Healing Light' System

*\*Recent evidence is showing that various forms of light therapy can reduce pain, speed tissue healing & repair, improve skin appearance, and even support immunity.*

Light therapies have long been a part of my clinical practice. I've used many over 20 years with results ranging from average to very good. Some light systems work wonders for many conditions, while others are more limited. I use cold lasers (class 1,2, and 3b), as well as LED. The difference is coherent (all light waves traveling in the same phase/ motion) versus non-coherent (different phase/ motion of waves). Both argue why the other is best. Truth is they both are great. But for **chronic cases of pain and organ dysfunction**, I'm most impressed by the **APLightsource 2000** LED system we now have available. Why? It provides all the therapeutic wavelengths of light, from visible (red) to infrared (invisible). Other systems have just one or two wavelengths, and your cells may need more.



**The APLightsource 2000 device is possibly the most advanced LED system available.**

### Broad-spectrum light for our cells!

Cells have need for certain types of light. For example, skin absorbs light in the 630-660nm range, whereas bone uses infrared light in the 900nm range. The point is different glands, tissues, and cells use different light than others. Think of an orchestra and a conductor. If everything is playing perfectly except a few notes, the conductor (our brain) will know, and no amount of music without those notes will satisfy. Same with light therapy. This is why our new system excels....it runs through

the entire beneficial spectrum of healing light! What we notice is **reduced pain, faster healing, and balanced organ function**. Treatments last about 20 minutes, and are totally pain-free. Experience it for yourself. For more info, see [www.aperfectlight.com](http://www.aperfectlight.com), or go to our website under Services, then to Lasers & Light Therapy. \* These statements have not been evaluated by the FDA and are not intended to diagnose, treat, cure or prevent any disease.

## Easy, Nourishing Soup Recipe



This cheap and fast veggie-avocado soup is a crowd favorite. You need a good blender and a pot.

Steam veggies (asparagus, broccoli, cauliflower, etc), then place veggies PLUS the steamed water into a blender. Add 1 avocado, plus 1/2 teaspoon Himalayan pink salt, plus any spice you like. Option: steam in organic veggie broth instead of water. Blend on high for 2 minutes and enjoy! Healthy, fast, cheap and hardly any clean-up. Even kids love it!!! *Best of health, Dr. Greg*