

Dr. Smith Live

Energy Medicine: The New Frontier

May 14, 2026

Topic: 10 Natural Remedies for Common Illnesses

- How to reverse N stage kidney failure
- How to reverse MERSA infections
- How to reverse upper respiratory infections
- Learn the best natural antibiotic in nature and more...

With our co-host

Patricia Sihlanick

Time: 07:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:

**[https://us06web.zoom.us/meeting/register/
Uxufz7VCSli9voGNyiCdpA](https://us06web.zoom.us/meeting/register/Uxufz7VCSli9voGNyiCdpA)**

After registering, you will receive a confirmation email containing information about joining the meeting.

1. Ginger for Nausea and Digestive Distress

Ginger has been used medicinally for hundreds of years, primarily for its stomach-settling properties. Research confirms that ginger acts as an effective non-pharmacological treatment for nausea by obstructing serotonin receptors in the gut that trigger this uncomfortable sensation. For acute relief, steep several slices of fresh ginger in boiling water to make a tea, sipping slowly throughout the day. Ginger is also valuable at the first sign of a cold, particularly when mucus congestion begins.

2. Fever Management Without Drugs

Contrary to widespread "fever phobia," elevated body temperature represents a vital defense mechanism against infection. Fever enhances interferon production, an important antiviral substance, while also boosting white blood cell mobility and activity. Historically, fever therapy was employed to treat ailments ranging from cancer to tuberculosis. The widespread use of fever-reducing drugs like aspirin and acetaminophen began only in the 1800s, and these medications carry serious risks including Reye's syndrome in children and acute liver failure from acetaminophen overdose. Unless a fever exceeds 104 degrees Fahrenheit for over six hours, allowing it to run its course is the wiser approach.

3. Vitamin C for Cold and Flu Prevention

Nobel Prize winner Linus Pauling established the connection between vitamin C and cold prevention, a finding repeatedly confirmed in clinical studies. Daily intake of 500 to 1,000 milligrams can prevent or shorten cold and flu symptoms, and during active illness, dosages up to 10,000 milligrams may be beneficial. Vitamin C concentrates in white blood cells that fight disease and acts as a free radical scavenger, protecting these crucial immune cells.

4. Zinc for Sore Throats and Viral Infections

Zinc lozenges provide remarkable relief for pharyngitis and can prevent progression of cold symptoms when taken at the first signs of throat discomfort. This mineral inhibits rhinovirus

reproduction and has been shown in double-blind studies to shorten cold duration significantly. Taking one lozenge every two to three hours, allowing it to dissolve slowly in the mouth, delivers optimal results.

5. Elderberry for Influenza

Elderberry has been used since the Fifth Century for treating flu and chills, with references found in the writings of Hippocrates. Modern studies demonstrate that elderberry inhibits human influenza virus replication in cell cultures and reduces the duration of flu by approximately four days. During a flu epidemic in Southern Israel, 20% of participants showed improvement within 24 hours of taking elderberry extract.

6. Garlic as a Broad-Spectrum Antimicrobial

Raw garlic possesses anti-fungal, antibacterial, and antiviral properties that make it valuable against everything from the common cold to systemic fungal infections. Garlic may destroy viruses associated with fever blisters, genital herpes, and influenza. For flu symptoms, two tablets taken three times daily until mucus production diminishes is a recommended protocol.

7. Echinacea for Immune Support

This herb offers powerful antiviral and immunity-boosting effects, particularly when used at the first sign of a cold. It works most effectively as a preventive measure, building immunity when taken daily during fall and winter months according to manufacturer instructions. 8.

Apis mellifica for reversing N-stage Kidney failure

The foundational principle for using *Apis mellifica* is the Law of Similars, which dictates that a substance capable of producing a set of symptoms in a healthy person can cure those same symptoms in a sick person. A bee sting, from which *Apis mellifica* is derived, causes localized swelling, redness, burning, and stinging pain that is typically relieved by cold applications. In the context of kidney failure, where the kidneys fail to filter waste and regulate fluids, the body often manifests edema (swelling) and inflammatory conditions. The homeopathic use of *Apis* is indicated precisely for this symptomatic picture: red, swollen tissues with burning, stinging pains that are ameliorated by cold. The remedy is also cited as being

useful for treating cystitis (bladder inflammation) and other urinary tract conditions, which are common complications in renal compromise.

9. Andrographics

Andrographis paniculata (sometimes called “king of bitters”) is a medicinal herb that has been studied for uncomplicated upper respiratory tract infections (URIs), including the common cold, sore throat, and acute cough.

Andrographis can reduce symptoms of uncomplicated upper respiratory infections:

- A 2017 meta-analysis of 33 randomized trials involving over 7,000 patients found improvements in:
 - cough
 - sore throat
 - overall symptom severity
 - time to symptom resolutioncompared with placebo or usual care.

Earlier reviews from 2004 also concluded that *andrographis* appeared superior to placebo for symptom relief in uncomplicated URIs.

A separate review focused on herbal medicines for cough found relatively strong evidence for *andrographis* in reducing cough severity and frequency.

10. Oregano Oil (100% pure Mediterranean

Oregano oil stands as one of nature's most potent and versatile antimicrobial agents, offering a powerful alternative to conventional pharmaceutical antibiotics that often cause more harm than good. Unlike prescription antibiotics that indiscriminately destroy both beneficial and harmful bacteria, natural alternatives like oregano oil are more selective in their action, preserving the delicate microbial balance essential for optimal health. The therapeutic power of wild oregano oil is derived from its complex phytochemical profile, with carvacrol being the primary compound responsible for its remarkable antimicrobial properties. This phenolic compound has been scientifically validated as effective against a wide range of dangerous

pathogens including *Candida albicans*, *Staphylococcus aureus*, *Escherichia coli*, *Salmonella*, *Listeria*, and *Pseudomonas aeruginosa*.

Research has demonstrated that oregano oil's antibacterial activity is not merely theoretical but clinically significant. A study published in *BMC Complementary and Alternative Medicine* found that the essential oil of plants containing high carvacrol content exhibited potent antimicrobial and anti-biofilm activity against multidrug-resistant *Staphylococcus aureus* strains isolated from food sources. This finding is particularly critical given the growing crisis of antibiotic-resistant superbugs, which have emerged directly from the medical industry's over-prescription of pharmaceutical antibiotics. The researchers concluded that both the whole essential oil and its isolated carvacrol component were effective against standard and antibiotic-resistant bacterial strains, with carvacrol isolates showing even higher biological action.

Beyond carvacrol, oregano oil contains thymol, a natural fungicide with potent antiseptic properties that boosts immune function and acts as a protective shield against toxins while encouraging tissue healing. Terpenes found in the oil provide additional antibacterial properties, while rosmarinic acid offers antioxidant protection stronger than vitamin E, preventing free radical damage and supporting cardiovascular health. The oil's therapeutic applications extend to treating conditions as diverse as colitis, where research in *Experimental and Toxicologic Pathology* showed it significantly reduced ulceration, inflammatory cell infiltration, and edema in animal models without the harmful side effects associated with prescription drugs. Additionally, carvacrol has been shown to increase liver regeneration and protect against hepatic damage .