



The remedy and suggestions on this resource page provide you with tools and strategies to heal from head and chest colds - great for anything involving your mucous membranes.

Oatmeal Water

- 4 heaping Tbsp. (or more - I use a large handful) oatmeal
- 4 quarts of water

Use organic rolled oats, (not instant; they lack the slippery smoothness that is so important here. (Oat water can also be used as a soup base) or in a smoothie.

Bring water to a boil, add oatmeal, reduce heat to simmer for 20 minutes, remove from heat and let sit until almost cool, whisk mixture and strain out the oatmeal; the cloudy water that's left is oatmeal water. Shake well before pouring into a glass. Continue indefinitely or until all symptoms have disappeared.

Drink as much of this water as possible throughout the day, keep yourself supplied with new batches until you are completely recovered and have no more symptoms.

My mother used to make us oatmeal soup when we were sick and my friend Glenn told me of this version, which is what I used this week to make myself well again. Thanks Glenn. He also told me that this remedy is listed in Jethro Kloss's 70's classic "Back to Eden".

Oats cooked this way are mucilaginous, this water offers a gentle slipperiness to our mucous membranes and aids greatly in cleansing mouth, nose, sinus cavities, throat and lungs to exchange the nasty, dry and sore making stuff that is over-acidic and loaded with toxins. Gone are the days of dry sore nostrils when you can't keep from sneezing and blowing your nose. No scratchy throat either - and even while my body didn't heal overnight, and I still coughed up copious amounts of mucous, and blew my nose, there was no discomfort around it whatsoever and I slept well right after drinking two or three glasses of the oat water the first evening.

What's Mucous For?

When the body needs to rid itself of bacteria, viruses or other intruders, white blood cells hunt them down and envelope them in mucous - just like the bees envelope all hive intruders in wax to keep them contained. This mucous is then expelled by the strong forced 'exhales' called coughs and sneezes to help the contaminated mucous leave the body. It's a very elegant self-sufficient system as long as we allow it its natural course.

To suppress this function is to counter the body's natural healing power.