

1-2 sticks of each per quart of soup or tea is a good dose for prevention.

## SMUDGES

Incense and smudging have been used throughout history to treat or prevent the spread of respiratory route infections. Because the influenza viral infection is normally restricted to the upper respiratory mucous membranes, smoke from medicinal incense or smudge may deliver medicinal properties directly to the tissues involved. Note that incense typically delivers four to five times the amount of particulate matter to the air as tobacco (Mannix et al). In one clinical trial in China, a traditional incense was as effective at removing bacteria from the air as conventional allopathic disinfectants (Yan et al). Common disinfectant smudges used in the community of the North American Institute of Medical Herbalism include artemisia species, salvia species, frankincense, and myrrh. One method for the practitioner, family member, or coworker who thinks they have been exposed is to take a "smudge shower." Using an appropriate smudge, close the bathroom and take off the clothes, and make the room thick with smudge. Inhale deeply, and also rub the smoke all over the surface of the body. This might be enhanced by steaming the room with a hot shower first.

## SAUNA

Saunas, sweat lodges, and other methods of applying heat to the body and mucous membranes may be useful for prevention. The influenza virus normally cannot live above about 96 degrees, a condition that keeps it on the surface of the physiology, in the membranes, rather than penetrating into the hotter core. Applying hot air from without, and breathing deeply to heat the membranes, may effectively disinfect them.

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