

Tuberculosis(TB)

What is TB?

TB is an infectious disease caused by a bacteria, *Mycobacterium tuberculosis*. It affects many areas of the body, especially the lungs, but also the lymphatic glands, bones, bladder, and spine.

Signs and Symptoms

Cough; fever; night sweats; loss of appetite; loss of weight; and weakness.

Complications

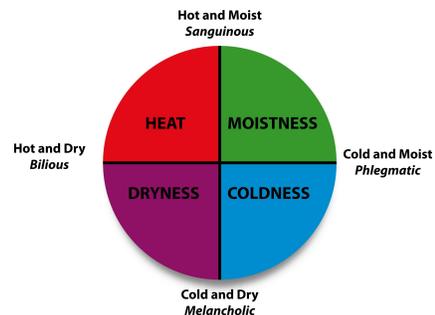
TB is often fatal without the proper treatment. Untreated TB of the lungs may spread through the blood stream to infect other areas of the body.

What Causes TB?

TB is commonly spread from person to person through the air. When an infected person coughs, sneezes or spits, germs are propelled far into the air. If another person inhales these germs they will most likely become infected with TB also. TB bacteria are present in about one third of the world's population, but not all show symptoms of the disease. People who have a weak immune system, such as those who are malnourished, diabetic or chronic smokers, or who are affected by HIV, are at a greater risk of becoming ill with this disease.

Tibb Perspective of TB

TB is associated with qualities of **heat with dryness**. The symptoms of TB, such as night sweats, high fever and loss of weight are linked to heat. TB is most frequently associated with inflammation of the lung tissue, resulting in the airways of the lungs becoming dry and hard from fibrosis. People with a dominant or sub-dominant bilious temperament are more predisposed to developing TB due to their innate qualities of heat and dryness.



Treatment and Management of TB

Treatment and management is aimed at **reducing excess heat with dryness** associated with TB, by implementing Tibb Lifestyle Factors that will **increase the qualities of moistness**. This assists Pheysis in addressing both the symptoms and causes of TB. The Tibb approach, together with TB medication, helps in the recovery of the TB patient.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Cold & Moist foods** - such as rice, cucumber, watermelon and pears, **followed by Cold & Dry foods** - like yogurt, potato, citrus fruit and coconut oil.
- Eat **less of Hot and Moist foods** - such as mutton, ginger, spinach and sugar, and the **least amount of Hot and Dry foods** - like chicken, eggs, garlic and onions.
- Avoid heavily spiced, fried or grilled foods.
- Avoid sugary and refined foods.
- Drink plenty of fluids, such as herbal teas and soups.
- Avoid mucous forming foods, such as dairy products, processed foods, sugar, sweet fruits and white flour.

Other Lifestyle Factors

- Do not smoke, and avoid second hand smoke. Cigarette smoke is very harmful;
- Increase the moisture in the air by using a humidifier, a vapourizer or even a water-filled pan placed in front of a radiator.
- Clean everything frequently to prevent bacterial overgrowth.
- Avoid strenuous physical exercise until recovery;
- Rest in bed in the early stages, when the fever is present. Once the fever subsides and the condition improves, take alternate periods of rest with periods of moderate activity to prevent mucous secretions settling in the airways.
- Do not swallow mucous; rather spit it out into a disposable receptacle.

Medication

Herbal Remedies

- Make an infusion with 1 tsp of sage and 3tsp of chamomile tea in a cup of boiling water. Drink this daily.

Tibb Medication

Livotibb tablets - This product acts as a tonic to the liver which enhances the immune system. Livotibb is associated with qualities with moistness which dampens the heat linked to TB.

Septogard tablets or syrup - This product boosts the immune system to prevent and fight infection.

Chest-eeze - This product dampens down coughing, and improves breathing by thinning excess mucous. Chest-eeze increase **heat** with moistness which decreases the viscosity of phlegm and dilates the bronchi.

Kofcare syrup - This syrup reduces cough and soothes irritation and inflammation associated with dry coughs as it contains honey. Kofcare is associated with qualities of **heat** with moistness.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament

<http://www.tibb.co.za/principles/>; diet charts: <http://www.tibb.co.za/food-drink/> For recipes:

"**Cooking for your body type**" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>

COLD & DRY FOODS

MEATS	beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal
VEGETABLES	brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes
FRUITS	(all sour fruits), apples, cherries, coconut, grenadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas
NUTS	peanuts
GRAINS & SEEDS	barley, beans (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp, sesame seeds
DAIRY PRODUCTS	egg white, sour milk, yogurt
OILS	coconut oil, corn oil, sesame oil
SPICES, HERBS & SEASONING	basil, prunes, poppy seeds, tamarind
DRINKS	sour fruit juices, tea (black), coffee, ice, sour milk
FLAVOURANTS	
CONDIMENTS & SPREADS	balsamic vinegar, peanut butter, pickles, tomato sauce, worcestershire sauce, vinegar
CONFECTIONARY & DESSERTS	
CEREALS	cornflakes, mielie meal, millet

COLD & MOIST FOODS

MEATS	Duck, rabbit
VEGETABLES	Bean curd, beetroot, baby marrow, butternut, broccoli, carrots, cucumber, gem squash, Indian ghourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini,
FRUITS	Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon
NUTS	Macadamia nuts
GRAINS & SEEDS	Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed
DAIRY PRODUCTS	Coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk, Butter, margarine
OILS	
SPICES, HERBS & SEASONING	Cardamom, coriander, cumin, vanilla
BEVERAGES	Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos
SWEETENERS	Fructose, glucose, rose syrup
CONDIMENTS & SPREADS	
CONFECTIONARY & DESSERTS	Custard, ice cream, rose syrup, sago
CEREALS	Pronutro, rice crispies

HOT & DRY FOODS

MEATS	Chicken, lobsters, prawns, all small bird meat, Oily fish
VEGETABLES	Bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper
FRUITS	Avocado, Grapes
NUTS	Cashews, hazel nuts, pecan nut, walnuts
GRAINS & SEEDS	Chickpeas, fenugreek seeds, gram flour, mustard, seeds, papad
DAIRY PRODUCTS	Eggs
OILS	Mustard Oil
SPICES, HERBS & SEASONING	Aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley, peri-peri, red chilli, rocket, saffron, tarragon,
BEVERAGES	Alcohol, Grape juice, Herbal teas
FLAVOURANTS	Pungent and bitter flavourants
CONDIMENTS & SPREADS	Chili sauce, mustard sauce, peri-peri sauce
CONFECTIONARY & DESSERTS	
CEREALS	

HOT & MOIST FOODS

MEATS	Buck, goat, goose, lamb, liver, mutton, turkey,
VEGETABLES	Artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onions, sweet potato, turnips
FRUITS	Bananas, dates, guavas, mangoes, peaches, papaya,
NUTS	Almonds, brazil nuts, pistachios, apricot kernels
GRAINS & SEEDS	Bread, bu'gar wheat, flour, pasta, rye bread, sunflower seeds, wheat
DAIRY PRODUCTS	Condensed milk, cheese, cream cheese, mothers milk (for babies), clarified butter, lecithin,
OILS	Castor oil, olive oil, sunflower oil
SPICES, HERBS & SEASONING	Bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper
BEVERAGES	Green tea, hot water, juices (see fruit), Herbal Teas
FLAVOURANTS	Honey, molasses, sugar, salt
CONDIMENTS & SPREADS	Mayonnaise,
CONFECTIONARY & DESSERTS	Biscuits, cakes, chocolate, liquorice, vermicelli
CEREALS	All bran flakes, bran, honey smaks, muesli, nutri-k, nutritic, oats, puffed wheat, taystee wheat, weetbix