

## **Taking Care of Yourself When You Have The Common Cold Or The Flu**

**Get plenty of rest.** Take the day off work or school at the very beginning of an illness to

help your body recover faster. It may save you from taking off more days later.

**Avoid cigarette smoke.**

**Drink plenty of fluids:** 8 – 10 glasses a day. Pure water, herbal teas, fresh vegetable juices,

Emergen-C and Airborne drinks are all good choices. Avoid fruit juices and sodas.

**Eat lightly.** Your appetite usually decreases anyway when you are sick. This is your body's way of redistributing resources and using energy to fight the infection instead of digesting food. Eat mostly vegetables, rice and broths. Avoid animal protein, sugar, refined grains and all milk products. It's ok not to eat at all if you don't feel like it but be sure to keep drinking. See my recipe below for Green Soup.

### **Take Immune Supporting supplements:**

For best results, begin taking the following at the very first signs of imbalances in your well-being. It would be good to already have these on hand so as not to delay treatment. The sooner you initiate treatment, the better your chances are of not getting sick or recovering quickly.

**Vitamin A** 100,000 IU daily for first three days, then 25,000 IU daily until feeling better, up to 7 days. Vitamin A helps maintain integrity of mucosal cells in the respiratory tract. It is also necessary for proper functioning of immune cells and generation of antibody response.

**Vitamin D3** 50,000 IU daily for first three days, then 20,000 IU daily until feeling better, up to 7 days. People with low levels of Vitamin D are at much higher risk of getting the flu. Vitamin D can lower inflammation and boost antimicrobial proteins in people who are sick.

**Vitamin C** 1,000 mg every 1-2 hours until you get loose stool. Repeat daily until well. Vitamin C is known for its potent antioxidant and immune enhancing effects. It has also been shown to kill influenza and other viruses.

**Zinc** 30 mg 4 times daily WITH FOOD. Zinc reduces the course of a viral infection.

**N-acetylcysteine** 1,500 mg three times daily - this is especially helpful for thinning out mucus, helping to drain sinuses and lungs. It can also inhibit viral replication and offset oxidation and inflammation from the viral illness.

**Vitamin B Complex** - B vitamins stimulate and support the activity of immune cells

Take one or more of the following antimicrobial herbal products. They are safe to take together for up to two weeks.

**Oregano Oil (ADP by Biotics Research)** 2 capsules three times daily until feeling well for a week. Has potent antiviral properties. This is available in our clinic, but not in stores or on [wellevate.com](http://wellevate.com).

**Biocidin** 2 capsules three times daily until feeling well for a week. A synergistic blend of herbs that have potent antiviral and antibacterial properties. This is available in our clinic or on [wellevate.com](http://wellevate.com).

**Lauricidin** 1 scoop three times daily. Safe to take preventively up to 6 months. This is available in our clinic or on [wellevate.com](http://wellevate.com).

**Source Naturals Wellness Formula** with immune supporting herbs (available online at [www.wellevate.com](http://www.wellevate.com) and other websites, also available at Fred Meyer, New Seasons, Whole Foods) this is another synergistic blend of herbs and vitamins. During imbalance, take 6 capsules every three hours. For wellness maintenance, take 2 to 4 capsules daily.

**Black elderberry syrup** 1 tsp 6 times a day (e.g. Sambucol which is readily available in pharmacies). Has been shown to reduce the course of a viral illness.

You can order many of the above supplements online at [wellevate.com](http://wellevate.com) which carries many of the professional grade supplements we recommend and have in clinic. If you do not already have an account

with [wellevate.com](http://wellevate.com), you can ask us for one. You will then receive an invitation by email from [wellevate.com](http://wellevate.com) to sign up so that you can access all the supplements on this website and receive my 20% discount.

### **Soothing a Sore Throat:**

Salt Water Gargles: Mix 1/4 teaspoon of salt into 8 oz of warm water. Gargle. Hot water with honey and lemon juice (no honey for children under 1 year old)

Herbal Teas: Traditional Medicinals' Throat Coat Tea. Yogi Tea's Throat Comfort. Make your own Sage Tea: 1 cup boiling water, 1 teaspoon sage leaves, 1/2 teaspoon honey (not for children less than 1 year old or pregnant women). Steep 15 minutes.

Lozenges with Zinc (for no more than 2 weeks), Slippery Elm, and/or Elderberry.

Lung and Throat Herbal Lozenges by Golden Lotus Herbs: with Chinese herbs to soothe the throat and open up the lungs. Available at New Seasons and Whole Foods and online at [wellevate.com](http://wellevate.com) and other websites.

### **Relieving nasal and sinus congestion:**

Steam inhalations: Boil a few inches of water in a pot. Remove it from the stove. With your head at approximately arm's length away over the pot, cover your head and the pot with a towel. Don't bring your face too close to the water. Close your eyes and breathe deeply. Continue for 10 minutes. You may add 2-3 drops of eucalyptus or tea tree oil to assist with opening the nasal passages. Taking hot showers or baths with essential oils is also helpful. Use a humidifier in your home to prevent mucus membranes from drying out. Respiratory viruses hate heat, so steam inhalations are a good way to help get rid of them.

Nasal saline flushes: Put 1/2 teaspoon of sea salt and 1/2 teaspoon baking soda into 2 cups of water. Use a bulb syringe, an enema bulb or a Neti pot (available at pharmacies and natural food stores) to flush 1 cup of salt water through each nostril. Repeat 2-3 times a day as needed. It is good to do the steam inhalation before the saline flush.

Warm Facial Packs: 3-4 times a day for 15 minutes. Very good for sinusitis pain.

Afrin Nasal Spray: an over the counter medication that constricts the blood vessels in your nose decreasing the swelling and facilitating breathing through the nose. This can allow you to breath better while you are sleeping and allow you to get more rest. However, you can get rebound congestion if you use it too long, so limit yourself to no more than 3 nights.

### **Calming a cough:**

Most often a cough is caused by the irritation from increased nasal mucus secretions, so doing the above measures to reduce nasal secretions will help with the cough.

Take N-acetylcysteine 1,500 mg three times daily

Drinking plenty of fluids, inhaling steam will help loosen phlegm and make it easier to cough it up.

Drink HerbaTussin tea by Traditional Medicinals (available in most markets).

Apply a warming salve such as Vick's Vapor Rub to your chest. Or make your own with: 1/4 cup olive oil, 1/4 tsp eucalyptus oil, 1/8 tsp each peppermint and thyme essential oils.

### **Super Green Soup (aka Magical Healing Soup)**

This is the food I crave when I am sick. My mother made it for me when I was a kid and not feeling well. The original recipe came from Dr Henry Bieler, author of Food is Your Best Medicine (1965). I've modified it some. My daughter renamed it in our family as "Green Soup." It's really more of a pureed vegetable soup than a broth. I like it pretty thick. I will fast on this soup when I am sick.

#### **INGREDIENTS:**

1. 1 lb. green beans, stemmed, cut into 1-2" pieces (or just use frozen to avoid the extra prep involved)
2. 4 stalks celery, cut into 1/4 inch pieces so soup isn't stringy
3. 6 medium zucchini squash, cut into 1/4" rounds
4. 1 bunch parsley, stems removed or cut up small so soup isn't stringy
5. 8 oz spinach, washed
6. 1 bunch cilantro (optional, if you like its flavor), stems ok.
7. 2 cloves garlic, peeled (or more if you like)
8. Purified water
9. Sea salt
10. Lemon

Fill porcelain or stainless steel pot with 1" water (Do not use aluminum or copper cookware). Put on stove on medium heat. When water is simmering, add garlic, green beans and celery, simmer covered for 3 minutes, add zucchini, simmer covered another 3 minutes, add parsley, spinach and cilantro, simmer covered another 3 minutes until well wilted. Don't worry that the veggies are not covered with water. They cook by steaming. Fill blender 1/2 full with the vegetables and some of the water used for steaming. Blend well to a consistency of creamy pea soup (or, as desired). Repeat until all vegetables are blended. Add water as needed for desired consistency (I usually have some water left over because I like my soup really thick). Squeeze fresh lemon juice and sprinkle sea salt on top of bowl of soup (or serve lemon wedges on the side).

Use organic vegetables when possible.

Makes about 10 cups.

#### **When should you come into see me?**

Colds and flus are mostly well managed with the above and it's best to stay home and rest and minimize transmission of infection to others. But if you have any of the following, you should come in:

Difficulty breathing or an asthma exacerbation.

Significant throat pain and difficulty swallowing in the absence of nasal congestion and cough

Sinus pain and pressure for more than ten days.

Ear pain for more than three days.

Neck pain and stiffness.

Symptoms lasting longer than three weeks (yes, I know, it can last a while in some folks).



### A word about fevers:

Fever is your friend. High heat is how your body kills viruses. A fever related to an infection will not get so high as to cause brain damage (fevers related to brain injury or medication side effect can). So try to let a fever run its course and resist the urge to suppress it with Tylenol or Ibuprofen. If you have a fever, make sure you drink plenty of fluids as you can easily get dehydrated. Keeping your urine pale yellow is a good indicator that you are well hydrated.

I hope these recommendations help to keep you all well this fall and winter.

All the best to you,

