

## Cold and flu health!

### Truth about the common cold:

The common cold is defined as an infection and/or inflammation of the mucus lining in (either); the sinuses, nose, throat and/or lungs. 99% of cases of the common cold/flu are caused by a virus. This being said, antibiotics do not work on viruses. Most doctors, who give antibiotics for a cold, do it mostly because the patient feels like they need something from the doctor and the doctor feels obligated to comply. However, there are a few cases where doctors will give antibiotics due to signs of an obvious bacterial infection. The patient may come out feeling better after taking the antibiotics temporarily, but end up causing a bigger problem. This is because the antibiotic has knocked out all other possible opportunistic bacterial infections that may cause a cold to linger longer. The problem here is that antibiotics will also knock out your good bacteria which make up two thirds of your immune system. This opens you up to more frequent infections as well as more colds and flus in the future.

The common cold usually lasts 3 to 7 days in a healthy individual without treatment. Anything longer it is possible your cold or flu has been complicated with an additional opportunistic bacterial infection or there is something else causing your cold. A good time to seek medical attention is if cold/flu last longer than 10 days. Also see heading below 'when to see your doctor'.

### Tips and tricks to eliminate symptoms of a cold or flu.

#### Prevention:

- 1) Sleep: 8 to 10 hours per night is the most important of all else. Your body heals during the night.
- 2) Get two hours or more of sun and fresh air daily.
- 3) Plenty of fluids: drink at least half your body weight in ounces of water plus juices high in vitamin C daily (e.g.: fresh squeezed orange juice, Tropicana orange juice not from concentrate with pulp).
- 4) Proper hygiene:
  - a. Wash hands often (before eating or putting your hand to your mouth, before and after shaking hands or touching anyone, before leaving rest room, after sneezing or coughing, touching money, etc.) Use liquid soap (bacteria live in soap dishes), wash at least 15 seconds, don't touch faucet use elbow or paper towel after drying to turn water off.
  - b. cover mouth/ nose: (when you or others sneeze or cough)
  - c. Don't share any fluids or food, utensils, dish ware or bottles with anyone that sick or during the flu season.
  - d. Don't prepare food/ drinks for anyone when you're sick unless you are wearing a mask and gloves.
  - e. Change air filter more often during cold and flu season. Consider filter that blocks bacteria and viruses.
  - f. Air house out often (open many windows and doors to get a cross breeze). Fact: Most indoor air in houses is more toxic than or equal to air pollution in traffic due to lack of lack of new fresh circulating air (most air systems don't let in needed fresh air). Get out of the house often if you work from home or are a house body.
  - g. No kissing it can wait.
  - h. Clean/sanitize and disinfect: Kitchen, bathroom, doorknobs, refrigerator handle, phone, keyboard and mouse weekly during flu season and daily if someone is sick in the house /work place. Consider spraying doorknobs and such just before leaving home with Lysol disinfectant spray. Don't spray multiple surfaces and house while anyone is inside. This can make your problem worse.
    - i. **Clean** means to make free of physical soil with pleasing appearance. Using proper clean washing techniques with soap, water and drying is essential in the prevention and spreading of disease.
    - ii. **Sanitize** mean to reduce or help remove disease causing organisms and other contaminants to a safer health level. Reduces bacteria down by 99%. (70% isopropyl alcohol will sanitize most surfaces. Consider sanitizing wipes.
    - iii. **Disinfect** means to kill the microscopic organisms from a surface. (Only disinfecting will kill viruses and fungi. (Bleach ½ cup/gal water kills most viruses, 1 to 1 ½ cups/gal water kills most fungus and spores). Leave on surface or soak item for at least 22 mins. To do the trick.
  - i. Dress appropriately: there is no time to style here. Consider if you don't dress warm enough or take a jacket/hat in case it gets cool or cold you can be out of commission for a week. Dress in layers when leaving home. You can strip layers or re-layer when needed.

## Cold and flu health!

- j. Always drink something hot before leaving home on cold/cool days even if you don't want to. (e.g.: ginger and/or lemon tea).

### Shorten or eliminate cold/flu time:

It is possible to reduce the time you experience symptoms of a cold/flu. The goal here is to build your immune system and your resistance quickly. All

- 1) Catch it before it begins or at first sign:
  - a. the minute you feel the sign or a scratchy throat, first drip **out** of nose or eye, headache, ache, fatigue:
    - i. Begin preventive measures (see above).
    - ii. Take Airborne as tea in hot water.
    - iii. Always dress like it's cool/cold outside, even if it's warm. Layering helps. This is to minimize heat loss which lowers resistance. Consider covering heat loss areas (head, neck, chest, wrists and ankles and feet.)

## Cold and flu health!

### I have a cold now what?

- 1) If you are already have a head or chest cold your goal here to try to shorten the duration and dealing with the symptoms. The truth is that there currently no known cure for the common cold. This is probably because the process to eradicate viruses still eludes us. The common cold generally last 3-7 days, depending on the current state of you immune system.
- 2) However, here are some things you can do to minimize your symptoms, boost you immune system and your general resistance. The following may also help you not to fell so miserable. Remember, it is a good idea to do as many of these things even though most people's bodies will fight off the cold without any help. This is because you can open yourself up to a second infection on top of the virus you have or even relapse into another more serve cold or flu is you don't take preventative measures.
  - a. Begin by following all the instructions of the preventative measures and 'at the first sign' listed above then (all are now a must do):
    - i. Rest: this is probably the number one reason people get sick. Now your body will force you too. You need more than the regular 8-9 hours your body needs. Rest in your bed during waking hours as much as possible. The best heals best when asleep.
    - ii. Fluids, Fluids, fluids (stay hydrated: force yourself if you have too, sip or drink often: Now you need more that the required ½ your weight in oz. of water plus fresh citrus juices, lots of soups and hot liquids (more hot you consume the better.
    - iii. Chicken soup (homemade is best) but any you can get will help. For vegetarians try Belier's broth instead.(find on my site or online)
    - iv. Absolutely avoid dairy and dairy product including milk, cheese and even eggs though not really dairy.
    - v. Stay wrapped up and warm or hot: the goal here is to heat your body up to kill the infection (same reason your body creates fevers). Burn it and sweat it out.
      1. Caution: remember to always remove wet clothes every chance you get in a non-draft (closed) room. Else you can lower your resistance even more and get pneumonia (fatal in some cases).
    - vi. Vitamin C as much as your body can tolerate (during illness your body can handle 2-4 times or more of your normal tolerance levels without giving you loose bowels). Bowel movement will greatly improve your immune system anyway, as it allows you immune system to focus on the flu instead of the food in your system.
    - vii. Lemon, ginger, honey Echinacea tea. .(find on my site or online)
    - viii. Suck on a wedge of lemon as often needed to help throat and chest colds.
    - ix. Wet sock treatment.(find on my site or online)
    - x. Multivitamins (also taking even when not sick is recommended too)
    - xi. Steam inhalation (find on my site or online) (face over hot steaming water, with towel tented over your head. This can relief clogged or congested sinuses. Can add ¼ squeezed lemon or single drop of eucalyptus oil to water. Caution: make sure face does not touch water or get too close to get burned.
    - xii. Neti pot. .(find on my site or online)
    - xiii. Probiotics. Remember no yogurt since its dairy. Caution: must take 3 hours away from antibiotics. If you can't, wait to take after you finish antibiotics.
    - xiv. Always spit out the mucus when it comes out of your head or chest. This is the best way to eliminate it out of your body. If you swallow what comes from your head (sinuses); you just give yourselves a chest cold (or reinforced it). If you swallow what your body brings up from your chest you just help to reinforce your chest cold. This mucus most likely contains millions of the virus or bacteria you are trying to get rid of.
    - xv. Consider: other tea's like Golden seal see your Natural practitioner before taking this and getting advise that can be specific for your issues. Every body is different and reacts different. The home remedies listed here are not meant to treat or replace care from a competent doctor or practitioner. The information here is meant for educational purposes only. It is advised you go see your doctor/practitioner for your specific condition and follow their instructions above any home remedy.