

HOME TREATMENTS FOR COLDS AND INFLUENZAS

It is the season of stuffy noses, aching muscles, coughs, and headaches. Common daily interactions, no matter how careful we are, lead to sharing viruses and bacteria. These invaders slow us down and even wipe us out. There are five steps that I recommend *for adults* to feel better quicker. ① Take time off, ② Initiate hot baths, ③ Rest and Relax, ④ Eat easily digested foods, and ⑤ Drink plenty of liquids.



Generally speaking, the above routine will shorten the length of a cold to three days. If you are still sick on the third day or your temperature is over 101 degrees, you should visit your primary caregiver, acupuncturist, or naturopath. This needs to be a health provider who can help you problem solve. Seven to ten days is too long and unnecessarily depleting for the average human body to combat viruses and bacteria.

I do think it is okay, and not particularly alarming, for an individual to experience an incident of influenza or cold every couple of years. Consider the event a way to exercise and check out the efficiency of your immune system.

TAKE TIME OFF

- Inform necessary folks that you are sick and will likely be out for three days: workmates, appoint folks, carpool group, nanny, etc. Clear your calendar, blocking out time for feeling better quicker.

INITIATE HOT BATHS

- Make bath water hot enough that you sweat a bit – approximately 104° Fahrenheit or as hot as you can stand it for **20 minutes**.
- Take 3 to 5 hot baths daily.

Rational: Viruses and bacteria thrive in a 98.6° human habitat. Your immune system functions better at just above normal body temperature. When you take a hot bath or shower, you are intentionally warming your body to make it more difficult for the germs to be happy, much less survive.

REST AND RELAX

- Nap frequently. Get loads of rest. Sleep.
- Wear fresh and comfortable leisure clothes.
- Watch television. Read a book for fun.

- Should you suddenly feel chilled, take another hot bath.

EAT EASILY DIGESTED FOODS

- Such as broths, soups with a few vegetables and a little rice, apple sauce (no sugar added) and cottage cheese.
- *Avoid raw vegetables and sugary foods*

DRINK PLENTY OF LIQUIDS

- Such as water and teas – warm drinks that sooth the throat and nasal passages.
- *Avoid milk products and excessive consumption of sugary fruit juices, including orange juice.*

LEMON GINGER TEA

Into a 2-3 cup tea pot, pour:

- Juice of one lemon
- 2 knuckle-sized pieces of ginger. (Using a juicer makes this very easy. However, the tea is delicious even when one dices the ginger.)
- 2 Boiling cups of water.

Stir and then steep for 10 minutes. Strain liquid, if necessary. Pour into mug, adding a small amount of maple syrup to taste. Enjoy!

USE THE BELOW FORM TO TAKE NOTES. Hopefully, at the end of three days you will be feeling better: You'll be ready, maybe eager, to return to your normal activities. If the symptoms linger longer than three days, please check with your medical professional of choice. Someone with whom you are able to problem solve is ideal. Take this Cold/Flu Handout with you for a record of the steps you have taken to feel better quicker

1. TAKE TIME OFF: Inform necessary folks of your being sick for three days: workmates, appoint folks, carpool group, nanny, etc. Clear your calendar, blocking out time for feeling better quicker.

Names

Numbers

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

2. INITIATE HOT BATHS: Make bath water hot enough that you sweat a bit—approximately 104° Fahrenheit, or as hot as you can stand it for 20 minutes. Take 3 to 5 hot baths daily.

Bath Times

Day One

- * _____
- * _____
- * _____
- * _____
- * _____

Day Two

- * _____
- * _____
- * _____
- * _____
- * _____

Day Three

- * _____
- * _____
- * _____
- * _____
- * _____

3. RELAX AND REST: Nap frequently. Get loads of rest. Wear fresh and comfortable leisure clothes. Watch television. Read a book for fun. Sleep. Should you suddenly feel chilled, take another hot bath.

Day One: Naps _____	Television _____	Reading _____	Other _____
Day Two: Naps _____	Television _____	Reading _____	Other _____
Day Three: Naps _____	Television _____	Reading _____	Other _____

4. EAT EASILY DIGESTED FOODS such as broths, soups with a few vegetables and a little rice, apple sauce (no sugar added), and cottage cheese. *Avoid raw vegetables and sugary foods.*

Food Notes:

5. DRINK PLENTY OF LIQUIDS such as water, teas— warm drinks that sooth the throat and nasal passages *Avoid excessive consumption of sugary fruit juices. Avoid milk products and excessive consumption of sugary fruit juices, including orange juice.*

Liquid Notes