

Cold and Flu Protocol

A holistic approach to managing cold and flu involves addressing the symptoms while supporting the body's natural healing and defense mechanisms through various natural remedies and lifestyle practices. Here's a comprehensive protocol that combines dietary, lifestyle, and complementary therapies:

1. Diet and Hydration

- **Stay Hydrated:** Drink plenty of fluids such as water, herbal teas (e.g., ginger, peppermint, chamomile), and broths. Hydration helps thin mucus and keeps your throat moist. For a sore throat, marshmallow root, raw Manuka honey and ginger work wonders – make a warm tea concoction!
- **Eat Nutrient-Rich Foods:** When the fever is high, drink only fluids such as coconut water and broths. Overall, focus on consuming fruits and vegetables high in vitamins and minerals. Vitamin C (found in citrus fruits, strawberries, and bell peppers) and zinc (found in nuts, seeds, and legumes) are particularly beneficial for immune support.
- **Bone Broth:** Rich in minerals and amino acids, bone broth can help soothe the throat and provide nourishment.
- **Garlic and Ginger:** Both have antiviral and anti-inflammatory properties. Add them to your meals or teas.

2. Rest and Relaxation

- **Get Plenty of Sleep:** Your body needs extra rest to fight off infection. Aim for 7-9 hours of quality sleep per night.
- **Reduce Stress:** Practice relaxation techniques such as deep breathing, meditation, or gentle yoga to support overall well-being and immune function.

3. Supplements and Herbs

Check with your doctor before supplementing and follow bottle dosing guidelines.

- **Astragalus:** Incredible Immune regulator and builder to help strengthen immune defenses.
- **Echinacea (avoid if you have autoimmune):** May help reduce the duration and severity of cold symptoms.
- **Elderberry (avoid if you have autoimmune):** Known for its antiviral properties and can help ease flu symptoms.
- **Raw Manuka Honey:** Soothes a sore throat and may have antimicrobial properties. Make sure to use raw, organic honey.
- **Vitamin D:** Supports immune function. Consider a supplement, especially if you have low levels or limited sun exposure.
- **N-Acetyl-Cysteine (cough/congestion):** helps break apart mucous and expel it to help ease congestion
- **UNDA Gammadyn cu-au-ag:** helps fight viruses and bacteria

- **Olive leaf capsules or Oregano oil:** incredible antibacterial/antiviral
- **Liposomal vitamin C:** 500-1000mg daily can help rapidly overcome colds and flus

4. Natural Therapies

- **Steam Inhalation:** Inhale steam from a bowl of hot water or take a warm shower to help ease congestion. Add a drop or 2 of eucalyptus to open airways
- **Saline Nasal Rinse:** Use a saline solution to flush out mucus and allergens from the nasal passages.
- **Warm Salt Water Gargle:** Can soothe a sore throat and reduce inflammation.
- **Transcutaneous vagal nerve stimulation:** Many studies have shown profound effects with this therapy and fighting COVID and other viruses.

5. Avoid

- **Processed Foods and Sugars:** These can suppress immune function and exacerbate symptoms.
- **Caffeine and Alcohol:** These can dehydrate you and may interfere with rest.

6. When to Seek Medical Attention

- **Persistent or Severe Symptoms:** If symptoms last more than 10 days, are severe, or if you experience high fever, difficulty breathing, or chest pain, seek medical advice.

This protocol supports overall health and aids in recovery but remember to listen to your body and consult with a healthcare provider, especially if you have underlying health conditions or if symptoms are severe.