



Disclaimer: I am not a qualified health practitioner. Please consult your doctor if you are sick. Opinions expressed on this website are my own or come from my own experience or research

How I Deal with Coughs and Colds

For quite a few years now, Steve and I have not suffered with coughs and colds. In fact, I do not remember the last time we went to the doctor or bought over the counter medication for coughs and colds.

I have put these 2 common ailments together because the way I treat them when they threaten is very similar. My adult children and my brother now also understand how to treat them and subsequently, if they get a cold, which is not often, it rarely goes to their chests and if they get a cough, they no longer need anti-biotics, are not as sick and the duration of illness is shorter.

The very first thing to do is to listen to your body. The first indication of infection generally presents earlier than you think. In my case, there are 3 things to look out for: feeling unusually tired for no good reason, loss of appetite and sneezing. I never sneeze except when slicing onions or when there is an irritant in the air eg chilli etc.

I know that if I sneeze out of the blue, even if I feel fine, I need to take action. Some people, on the other hand, sneeze daily so clearly sneezing is not always a good indicator. However, another sign that you may be coming down with something may be that your legs feel restless.

We are all different and you need to look out for the signs that your body is fighting something off.

Basic Advice:-

1. Get plenty of rest
2. Drink at least 1.5 to 2 litres of water per day, 2-3 litres in hot weather
3. Cut out dairy (mucus forming Ref:10),
4. Cut out orange juice (mucus forming Ref:10)
5. Cut out processed food (its rubbish and makes your body work too hard)
6. Cut out sugar and sweet carbonated drinks (so bad for you for so many reasons Ref.11)
7. Cut out alcohol
8. One or 2 cups of coffee in the morning is ok but not within 8 hours of bedtime as sleep is essential to recovery. (Ref: 12)
9. Increase fruit and veg intake to about $\frac{3}{4}$ of your diet.



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10. Warming, light, easy digestible foods are better.
11. Drink hot, eg herbal teas, rather than cold drinks -

Here is a link to mucus forming and mucus clearing food – useful to be aware of.

<https://lunginstitute.com/blog/21-foods-trigger-mucus-production-21-foods-reduce/>

Treatment:-

1. Take 2g of Vitamin C, 3 or 4 times per day.

Do this for at least 3 days, or longer, and then reduce the dose slowly. Don't stop it suddenly. You can take it more often – when my husband had shingles, I gave him 2g of Vitamin C every 2 hours. But I will write about shingles in another post. You know when you have reached your tolerance as you will experience loose stool or diarrhoea - then reduce the dose. (Ref.1)

For children, follow these vitamin C dosage guidelines - at the first sign of a cold: children weighing 20–29 pounds, give 125 mg three times a day; 250 mg three times a day for children weighing 30–59 pounds; and 500 mg three times a day for those weighing more than 60 pounds. (Ref: 1) Avoid products that contain artificial flavors, colours, or sweeteners.

Vitamin C is not stored in your body; the body takes what it needs and then excretes the rest. This is why you need to take it regularly throughout the day during an infection or use a time release preparation. If you have a sensitive stomach, use buffered vitamin C but generally this preparation will not be time release so you would need to take it several times a day.

As a prophylactic, especially during the winter and change of season, I would recommend taking 1g of vitamin C per day. It is a good idea to take a time release vitamin C, so the dose is released slowly over the course of 24 hrs. My friend's Dad used to get a bad cold every winter which inevitably went to his chest and he ended up on anti-biotics. He told me that once he started to take time release Vitamin C, he stopped getting sick every winter.

I use Powdered Vitamin C by Higher Nature in UK but there are plenty of good brands.

https://www.highernature.com/everyday-essentials/vitamins/vitamin-c-powder?agentid=115&gclid=CjwKCAiAgJWABhArEiwAmNVTBxnChVgWdBm4kNFqd3sKsA4OXhxdMHYsvJSJIE25kfHpTbaBduFZThoCcpEQAvD_BwE



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2. Steam with Essential oil of Lavender and/or Eucalyptus 3 times per day but whatever you can manage.

This is extremely helpful and in my experience, although I make no medical claims, I have found that it prevents mucus from becoming infected. Phlegm remains clear/white.

Put 1 drop (not more than one drop as essential oils are strong) of high quality, preferably organic essential oil, in a bowl of steaming water. Put a towel over your head and the bowl and do yoga breathing. Choose either lavender or eucalyptus or alternate between the two.

Yoga breathing: Breathe in through your nose as best you can. As you breath in, first allow your stomach to expand, then allow your ribs to expand and finally allow your chest to rise. This gets the steam and oil through your sinuses and deep into your lungs. Breath out through your mouth. Do this for 5 minutes 3 times per day.

As long as the mucus is clear, you should be fine. If mucus is green or yellow, then there is infection. If the situation worsens, then it is time to go to a professional health practitioner. (Ref.2)

I will write a separate post on what essential that I find very helpful for coughs and colds.

3. Ninxia Red by Young Living

With a very high ORAC score (oxygen radical absorbence capacity) of 1,500 per oz, Ninxia Red is a powerful antioxidant.

I find Ninxia Red gives a huge boost to the immune system. At the first sign of infection, we take 1 sachet of Ninxia Red in the morning and 1 sachet at night for about 3 or 4 days. Very often, this is all we need – we find it amazing stuff. It is quite expensive, so I buy the box of 30 sachets and just use them when we need them which is not very often these days. But there are alternatives – see below.

Ninxia Red captures the full power of the whole wolfberry fruit in puree form. The Ninxia wolfberry also contains the highest levels of immune-stimulating polysaccharides and with an ultra-low glycemic index score of 10.6, it won't spike blood sugar levels.

It also contains blueberry juice, pomegranate juice, apricot juice, organic blue agave, dark grape (seed, skin and stem – water extracted), ascorbic acid (vitamin C) as well as pure therapeutic grade essential oils of lemon, yuzu and orange.

You can only buy Ninxia Red from a Young Living distributor. I joined years ago so I could buy the oils and Ninxia Red for my family. I believe their products to be high



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quality as I have always found them to have a powerful beneficial effect and neither I nor my family have ever experienced any kind of side effect or contra indication. If you are interested in purchasing Ninxia Red, please contact me.

4. Raw Organic Honey, Lemon and Ginger Warm Drink

Honey - A recent study by Oxford University showed that honey is better for coughs, colds and sore throats than the usual treatments, including antibiotics. Use raw, organic honey as commercial honey has been heat treated which destroys all the beneficial ingredients – essentially, it's just a form of sugar. (Ref.3)

Ginger - contains phytonutrients that are beneficial for health. It has anti-oxidant, anti-inflammatory and anti-microbial properties. (Ref. 4)

Lemons and Limes - contain vitamin C, are both anti-viral and anti-bacterial and may reduce phlegm. (Ref. 5)

To make a Tea

It is best to chew fresh ginger but if that does not appeal..... you can make a tea with lemon and honey.

1. Thinly slice ginger. Pour boiling water over it and wait 5 minutes.
2. Strain ginger and add the juice of a lemon.
3. Add raw organic honey when the liquid is lukewarm (or you can add cold water/ice to bring the temperature down). Hot water destroys the beneficial ingredients in honey.

Warning: Do not give raw, organic, honey to children under the age of 1 due to the risk of botulism.

5. Zinc

Zinc is a key mineral. Zinc is found in cells throughout the body. It helps the immune system fight off invading bacteria and viruses. The body also needs zinc to make proteins and DNA. However, you should not take Zinc on a daily basis without consulting a health professional to ascertain if you are deficient although a lot of people are.

A high dose of zinc (over 50mg) over an extended period can cause problems eg deplete copper. But the time to take it is when you are sick as it is only for a short period – 3-5 days is fine. It helps stop viruses replicating and boosts the immune system. (Ref: 6)



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Take:

EITHER 100mg of zinc citrate during infection plus quercetin 500mg (which helps transport zinc into the cells – it also helps with absorption of vitamin C and is anti-viral).

OR 30mg of ionic zinc (you absorb 100% of ionic zinc but much less from capsule/pill form). Take with vitamin C for better absorption. Some ionic zinc will already contain vitamin C. Also take with 500mg quercetin. Here are some suggestions for ionic zinc.

<https://lifeminerals.co.uk/product/ultra-potent-nano-ionic-liquid-zinc/>

<https://www.amazon.co.uk/Good-State-Concentrate-Supplement-Servings/dp/B00D0VI0A8>

Or take Zinc Acetate Lozenges every 2 hours at the first sign of infection. Take only for a short time – no more than a week or 2. Allow the lozenge to dissolve in your mouth for 20 minutes.

You should not take with any citrus and ensure that the product does not include citrus as this binds to the zinc and prevents it fighting the virus. The Life Extension Enhanced Lozenges seems to be an effective brand as it is zinc acetate and ionic. Read the reviews. Dr Eby's research refers.

https://www.amazon.co.uk/Life-Extension-Enhanced-Lozenges-Vegetarian/dp/B00PYX2SVM/ref=sr_1_5?dchild=1&keywords=zinc+acetate+lozenges&qid=1603277220&sr=8-5

6. Double your Vitamin D intake – The Wiseman Clinic recommends taking between 5,000 – 10,000 IU daily while sick. Ensure you take Vitamin D3 with K2. I use the Nutri brand but there are plenty of other brands around. (Ref.7)

<https://www.nutriadvanced.co.uk/catalogsearch/result/?q=vitamin+d+with+K2&cat=15>

7. Elderberry Extract

A cheaper option to Ninxia Red is Elderberry Extract. Elderberries are packed full of vitamin C, anti-oxidants, flavanols and anthocyanins. Studies have shown it to reduce the length and severity of colds and flu. You could take syrup, lozenges or elderberry extract.

In one study, 15ml of syrup was taken 4 times a day. In another study, 175mg lozenges were used and in a further study 300mg of elderberry extract was taken 3 times a day. In all studies, participants experienced benefit in reduced severity of symptoms and length of illness.(Ref.8)



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Benefits are best when taken 24hrs– 48hrs after symptoms begin, so keep some in the cupboard!

Dr Gerhard Rechkemmer is the President of Germany’s Federal Research Institute for Nutrition and Food. His research has shown that the anthocyanins in elderberries boost the production of cytokines – proteins that act as messengers within the immune system – thereby enhancing the body’s immune response.

Cytokines play a crucial role in the immune system’s response to disease and work in ways very similar to hormones. They can be both inflammatory or anti-inflammatory depending on what is needed and are released by immune cells either directly into the blood stream or locally into body tissue during an immune response.

These tiny berries are also believed to contain antiviral agents– compounds so potent they are thought to deactivate viruses. Viruses are unable to multiply on their own and need to get inside a healthy cell to do so.

They are cleverly coated with something called “haemagglutinin spikes” to help them pierce the cell wall. These viral spikes are also covered with enzymes which the virus uses to break down the cell wall.

Elderberries have high concentrations of bioflavonoids which appear to inhibit the action of this enzyme, thus deactivating viruses and rendering them unable to pierce the cell wall and replicate.

The Elderflower is also packed with bio-flavonoids that help to boost the immune system. Research has shown that Elderflowers are also effective in killing common pathogens.

I have not used Elderberry Extract myself but as my naturopath also recommends it, I do now have it in the cupboard.

I buy Elderberry Tincture from Napiers The Herbalists in UK – Sambuca Nigra Fructus

<https://napiers.net/search.html?search=elderberry+>

8. Probiotics

I don’t take probiotics all the time (I took them for about a year when I needed to heal my gut) but I take them for 3 or 4 weeks a few times a year. My family also does the same. If you are not taking probiotics, it is a good idea to take a course.

The Wiseman Clinic recommends taking a double dose when you are sick. Your gut is absolutely key to your immune system. If you are on antibiotics, definitely take



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probiotics and continue for several weeks afterwards. (Ref 9.) My naturopath recommends Bio-Kult, which we take, but there are many good brands on the market.

When I took probiotics for a year, I took Symprove which was recommended by the health practitioner I was consulting. There is a longer list of probiotics in my article on Healing the Gut on the page Staying Healthy and Resisting Infection.

https://www.amazon.co.uk/s?k=biocult&i=drugstore&ref=nb_sb_noss_2

https://www.symprove.com/pages/learn-microbiome?gclid=CjwKCAiAgJWABhArEiwAmNVTB36yytHsB_79F5zOjZhmwXM1i9lshrt3YvHw2sGaBXDuJARDb_NtPRoCAtUQAvD_BwE

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<https://www.wisemanfamilypractice.com/cold-remedies-2/>

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Book: Reference guide for Essential Oils by Connie and Alan Higley

Ref 3: Honey

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Ref 4: Ginger

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<https://www.healthline.com/health/ginger-for-sore-throat#medicinal-properties>

https://www.researchgate.net/publication/232812417_Fresh_ginger_Zingiber_officinale_has_anti-viral_activity_against_human_respiratory_syncytial_virus_in_human_respiratory_tract_cell_lines

Ref 5: Lemon

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Ref: 6: Zinc Lozenges

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<https://www.ppt-health.com/sambucol-and-sambucus/early-clinical-results/>
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<https://helenabarker.com/2013/08/18/dampness-how-to-resolve-it/>
<https://www.acupuncture.cc/5-dampening-foods/>

Ref 11: Coca Cola and Sugar

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<https://www.health.harvard.edu/heart-health/the-sweet-danger-of-sugar>

Ref 12: Coffee

<https://www.theraflu.com/amp/can-you-drink-coffee-when-sick.html>



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