

10 Tips & Tricks for Cold & Flu Prevention

From the Middle Path Medicine Supplement Shop

It's that time of year when the flu and the dastardly common cold is running rampant and we all cringe at the thought of a week in bed battling a fever, sore throat and chills. However, we need not live in fear of contagion in public spaces if we do our part to fuel our bodies with the proper reserves.

Here are a handful of tips to protect yourself and your family:

1. First and foremost is always a **whole food diet** – avoid sugar and processed goods. Great foods to include this time of year are antioxidant-rich dark leafy greens and hearty broth-based soups. Raw garlic is also an excellent way to stimulate the immune system.
2. Be sure to take the [Basic Nutritional Protocol Supplements](#) every day. Your body needs to have its bases covered during cold and flu season. This includes a high quality multi-vitamin, vitamin D₃ and a combined EPA/DHA fish oil supplement.
3. Continuously flush your system of toxins by **hydrating**. Divide your body weight in half and drink that much of purified water in ounces. An easy-open water bottle (without a screw top) will make it more likely that you'll take sips throughout the day.
4. Get **8-10 hours of sleep** nightly. Our bodies need time to reset and rejuvenate. Keep electronic devices away from your bed and invest in black-out curtains to eliminate all light and dampen outside sound.
5. **Wash your hands!** Intuitive, but important. Be extra adamant about cleanliness this time of year. Carry around a small tube of hand sanitizer if you don't have access to a sink/soap to use before meals or snacking.
6. **Boost gut-friendly bacteria.** Many of us are unaware that the state of our digestive system plays an incredibly large part in our ability to fight off infection. Antibiotics, birth control pills, trans-fats and processed foods all deplete our beneficial bacteria stores. When our gut flora becomes imbalanced, so do we. We are then much more susceptible to a whole host of illnesses, not just the flu. Take a daily probiotic and include fermented foods in your diet. Your whole body will thank you!
7. Add an **immune-boosting herbal supplement** to your daily pill box. An extra 1,000mg (at least) of Vitamin C daily is great start. We also like Astragalus Jade Screen, WholeMune and Strawets-7 for daily immune support. They are useful as prevention as well as possibly reducing the duration and severity of colds.

8. **Sip on a cup of tea.** Hot liquid is soothing and herbs such as chamomile, elderflower, goldenseal, slippery elm, peppermint and ginger are very nourishing. A dollop of raw honey can also help soothe a scratchy throat.

9. **Nasal Irrigation** can help to reduce symptoms such as a sore throat, cough and nasal obstruction. A neti pot can be used with plain saline solution or with Nasya oil to lubricate the throat and nasal passages.

10. At the start of ANY symptoms (such as a throat tingle or sniffles), start Dr. Foresman's

Immune Boost Cocktail:

Vitamin D₃ 50,000 IU (1 cap 3 x daily for 3 days only)

Viracid (1 cap every 2 hours for up to 7 days)

Vitamin C 1,000mg (1 tab every 2 hours for up to 7 days)

The bottom line: Boost your immune system!

Avoiding colds and the flu in the first place is much better than having to treat them. Stop by the Middle Path Supplement Shop and pick up one of the preventative herbal remedies and stock up on the Immune Boost Cocktail supplements so you can nip any symptoms in the bud before they get out of hand. We have delicious Yogi® Teas here too! Honey Lavender Stress Relief, Egyptian Licorice and Green Tea Kombucha are a few of our staff & patient favorites.