

The Common COLD



Tips to Maintain a Healthy Immune System and Speed up Recovery.

Suffering from fatigue, nasal drainage, congestion and sneezing? Do you have a dry and sore throat and just feeling terrible? You likely have the common cold, most people will get 1-2 a year, any more than that you could have a weakened immune system call your doctor.

So you have a cold- now what? Over-the-counter medications can suppress your symptoms. Remember that natural treatments help with speeding up recovery, not necessarily treating your symptoms. What can you do to prevent colds or speed up the recovery?

1. **REST**- Improves immune system function
2. **Hydrate**- Drink plenty of water and unsweetened herbal teas such as echinacea. There are some studies that support the use of this herb to help boost immunity.
3. **Vitamin C**- Many studies show that this Improves immune function and also has antiviral properties.
4. **Vitamin D**- Despite all of the sunshine in Colorado, many of us are low in vitamin D. This is one of the most important nutrients to support our immune system and this can prevent colds and the flu.
5. **No Sugar**- Sugar, even from natural sources can lower immune function. How is this so? Vitamin C and glucose (sugar) will compete to get into your white blood cells (the cells that help fight infection).
6. **Zinc**- Studies have shown that zinc lozenges can help ease the discomfort of a sore throat, boost immunity and like vitamin C, works as an antiviral. Sugar also increases inflammation which also lowers your immune system.
7. **Garlic**- Garlic both fresh and aged extract may lessen the severity of colds. This is great to add in with a hot tea and fresh lemon juice.
8. **Minimize Stress**- We know that stress can negatively impact the immune system. Self-care is important.

Remember to wash your hands, cover your mouth when you cough or sneeze and stay home when you are feeling sick. If your symptoms persist after a few days or worsen call your doctor.

