



Tools and Strategies to speed up healing when you have colds and the flu.

- * Remove wastebaskets with soiled tissues as often as possible
- * Daily air out your sick room for at least 5 minutes to bring in fresh oxygen
- * Change your night-clothes often, especially if you have night sweats
- * Air out your bedclothes and keep the pillows fluffed and the room neat.
- * Shower or bathe every day to remove bacteria. Do this in a warmed bathroom and keep warm and covered until you're back in bed.
- * To get into a freshly made bed, after both you and the room are clean, is heavenly.
- * Keep your sick room neat and tidy – surround yourself with order and beauty
- * Use either a humidifier or keep a pot of clean water simmering on the stove; cooking soup and a hot shower also increase air humidity.
- * For children with breathing difficulties, a 15-20 min. stay in the humid bathroom with a shower running is restorative. Read them a story, make it an adventure in steam.
- * Wear natural fibers to bed, they are much kinder to our body than synthetics
- * Wear wool or cotton socks to bed, even while you sleep – heat from the feet rises through the body, keeping your feet warm and your head cooler is best.
- * If you tend to chills around ears, neck and head, wear a woolen or silk scarf while you sleep and make sure you cover your mouth and nose when you have to go outside.
- * Take your time healing – we keep playing ping pong with colds, it's a bore to have them last longer than need be. With just a couple of days of much needed home rest your body will be able to restore its balance and heal.
- * Remember that your body's immune system has a library that remembers every intruder you ever had and is able to make antibodies against it. This only works when we allow our bodies to do its natural course of healing. Suppressing symptoms with synthetic medication destroys that function.
- * Holistic health is looking to heal cause not suppress symptoms. When we're feeling poorly, there is a good reason. By listening to our bodies we learn to heal naturally and to live healthier without chronic illness or disease.
- * When you're ready to entertain yourself, choose things that are uplifting and funny, stay away from news and dread. Quietude can lead to new insights.
- * Avoid boiling hot or ice cold drinks and foods; they are too extreme for a body already challenged.
- * Add Cayenne to your soups, it adds a heating and purifying element
- * Add Ginger to your boiling teas, a few slices simmered for 5 minutes provide toning for the entire body, especially the mucous challenged digestive tract.
- * Stay away from sugar, dairy, breads and refined carbs.
- * Use diluted fruit and vegetable juices, take small amounts of Apple Cider Vinegar diluted in water throughout the day.
- * If there is fever involved, consider what Hippocrates said: *"If you feed a cold, you will have to starve a fever."*