(1/5) Keep a Cold Short & Sweet - Your Body's Innate Wisdom Transcript

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Introduction to Keeping a Cold Short

Hi everyone, I'm Dr. Emily Wolbers with QC Natural Health. Today I am so excited to talk to you about how to keep a cold short and sweet.

Listening to Your Body

We've all been there where we have a lingering cold for weeks or a lingering cough, a stuffy nose for a long time, and I have lots of tricks up my sleeve for how get rid of these symptoms and keep the cold very short and very sweet.

So I have a handout for you and you can download it on the video. The video link looks like this. We'll be going through it together today starting with the first piece is listening to your body.

This is so important and perhaps the most important piece for keeping in cold and flu short. Our body has innate wisdom, innate We've been doing this for centuries without the use of medications.

And it's important to tap into that when we're trying to keep the body healthy. So for example, if you are incredibly tired, be sure to rest. Take time off work if can, take time of school.

If you aren't hungry, don't eat. These are cues from your body to keep yourself healing well, keep the immune system working for you instead of against you.

So it's incredibly important to tap into these things.

Supporting Symptoms Instead of Suppressing Them

In our culture, it is easy to ignore our body's cues, especially when it comes to working more, going to work, go into school, continuing to take care of your family, and continuing take of everybody else.

And sometimes that's why we get sick in the first place. So if you can listen to those cues, especially the cue to rest, and we'll talk a little bit more about the queue to eat and what to drink as we got a bit further down the handout.

The first piece with the listening to your body is the idea about suppressing versus supporting symptoms. So oftentimes in conventional medicine, we are taught to suppress symptoms.

If you have a runny nose, it's annoying. And so you take a decongestant or an antihistamine. if you Have a fever, It's scary. and so we automatically jump into taking an anti-inflammatory or anti fever medication.

These are suppressing symptoms. So the symptoms that we get with a cold or a flu are often supportive. If we have a cough, that means there's something in our lungs that our body's trying to get rid of.

if we had a runny nose or stuffy sinuses, same thing. There's usually something is this cavity that your body is trying get out of with the run nose. Or a lot of gunk coming out the nose when we blow it.

Same with the fever. So this will be the second piece on the handout that we'll talk about.