Cold Coming On? Do This Immediately Transcript

(Transcripts are generated by AI and may contain errors)

Feeling Sick and Opening Remedies

Hey there. I'm feeling a little bit sick today. Not so bad. Just a bit of something in my throat. Also very tired. But I feel well enough to put on earrings.

So, it's not so that. And I want to show you what I do when I fell sick. Let's come into my kitchen. Like any good naturopath, I've got some things on hand.

Throat spray is the first thing that I go to, especially for sore throat stuff. This is a good one. It's from Whole Foods. But honestly, any herbal throat spray that has echinacea, osha, licorice, thyme, these are all going to be really, really helpful for any type of bacterial and a little bit of viral things going on.

So I did that first. Then, came to my fire cider, which I will put the link in the comments for how to make your own. But this is such a great fan. My friend and I make it every year around October, November, so that you can have it for cold and flu season.

Throat Spray and Fire Cider

You need to really like that because it takes about four to six weeks to sit and ferment and get ready and then you strain it and you've got it on hand.

It's really good for sore throats for congestion. Um, so definitely think like upper respiratory. That one's really good. Not so much lungs, but like up in the face.

So that is really Good. And here's how I recommend taking it. You don't need much, I would recommend just a cute little shot glass worth to take as needed.

I've taken it twice today and it's two o'clock. um I'd recommend it before meals. The formula is in apple cider vinegar. And apple cider vinegar, as we know, stimulates digestion.

So I find that if I'm hungry enough, if i have an appetite, taking it 10 minutes before meals, helping it to coat the throat, get all of these good medicinal herbs into the system, and then you can eat afterwards.

Then it might help stimulate an apetite too. Definitely have that in hand. Check the comments so that you make your own. And then three nutrients that are always great to have in the cupboard for if you feel sick can be good maintenance as well.

So first one going to the refrigerator is vitamin C. I really like the quick silver liposomal vitamin c. Liposome means that it's not completely water soluble.

Most vitamin C is water-soluble, so if you take too much, you pee it out or you have loose bowel movements. But the liposomal gets more into the cellular level.

So it's really good for skin and connective tissue as well, but very good to the immune system.

Immune Support Supplements

So that one's great and you also don't need as much of it with the liposomal version. So vitamin C. Number two is zinc and I really like this zinc brand, the Zinc Plus by Claire Labs.

They're wonderful, but any zinc is good. The piece to be mindful of was zinc. Dosing wise, about 15 to 30

milligrams is for if you're sick. And the piece to look for, just why I really like Clare Labs, is because they include copper.

So if you're taking zinc every day, it's good for immune health, its good men's health. There's a lot of benefits to having good zinc. It's also very good acne.

but if you take zinc without copper, that can lead to toxicity. So having a zinc and copper blend is super, super important. It doesn't need to be much copper either.

This one by Clair Labs has 15 milligrams of zinc, and one milligram of copper. I usually take this as a maintenance dose, I'm just going to take a little extra today.

And the third thing, hopefully you're taking this already, is vitamin D, vitamin B plus K2. Vitamin D is great for overall immune health, it's the conductor of the immune system, so vitamin E tells everybody what to do in the system.

So having vitamin is so good for winter time, especially those of you that live in a latitude where you are not getting a lot of sunlight, but almost anywhere it is really helpful to have.

increases its absorption and it's good for bone health, good heart health as well. Now this is by Thorn, I like this one, but I am going to try another one once that one's empty by DaVinci Labs and this ones A, D and K.

All of these vitamins are fat soluble. So vitamin A, vitamin D, and vitamin K are fast soluable. Vitamin E is as well. But why I'm going to try this one is because the vitamin d and the Vitamin K super important, but vitamin a is also good for the immune system.

It does have a little bit of liver considerations that you need to watch out for. If you're taking high doses of vitamin, a, it can lead to liver toxicity.

We don't want that. Be mindful. Always consult with your physician. But it's really good to have if you have autoimmune as well.

Wet Sock Therapy for Congestion

We're seeing that 30,000 IUs of vitamin A per month is great for auto immune. So I'm going to give that one a try. Okay. The next thing I want to share with you, and I'm going to do it, is the weirdest, the most naturopathic thing, but it is so effective for congestion and sore throat and head congestion.

So come with me and we'll show you the next steps. This, you'll need a couple of things. Your thinnest pair of socks. your thickest pair of socks and a bathtub.

I want to bring you into the bathtub with me. You can also do it on a hot shower if you don't have access to a tub. So take a super warm bath, super hot, shower, get yourself all super cozy.

And then when you get out of the shower or out of the bath. Grab your tiny thin pair of socks, run them under cold water. The coldest water that you can.

Just tap water is fine. You don't need to do an ice bath or anything like that. Cold water, put these wet socks on your feet. I know it sounds so strange, but it is so helpful.

Then once the cold wet socks are on your feet, put on, your thick socks, thick, socks right on top of it and then get into bed. So go rest and let yourself sleep with those socks on.

Honestly, it is one of the best things and why it works is because the body temperature that you just created artificially with the warm bath and the worm shower.

helps to bring blood flow to the surface. And you put on these cold wet socks at the bottom of your body and the bloodflow and lymphatic flow starts to move the flow and congestion down towards your feet.

So this is especially helpful if you have congestion in the face or like head congestion, sore throat can also be helpful too. You wear the wet sox and all the body works to get the flood flow down to your foot and it takes the pressure and condition out of the head.

you'll wake up with dry socks and less congestion. Now, one extra bonus for sore throat specifically, you can do this same patterning with like a cold, wet washcloth, but don't sleep with it overnight.

Just take a super hot shower or a warm bath, get your neck nice and warm, and then place a wet, cold wash cloth over your back, cover it with a dry, warm thick towel, and then let it sit there for about 20 minutes.

That will bring fresh blood flow to the throat and it will help with the congestion as well. So be well, stay healthy this season. Let me know in the comments if you have any other tips that you want to share or any questions you may have.

See you soon.