

RECOMMENDATIONS FOR PREVENTING COLDS AND FLUS

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Since the flu season is just about to start in full swing, I thought it would be good to send out some tips to everyone on what you can do to prevent getting any colds or flus this winter, as well as treating them at home if you do get infected. These are my favourite, tried and true remedies that I have used and recommended for years.

PREVENTION:

As we all know, prevention is the best medicine - so here are my favourite tips on prevention strategies against colds and flus.

1. Keep your immune system strong:

- a. **Vitamin D** - make sure your Vitamin D levels are high. Most of us are Vitamin D deficient, even if we go outside a lot. Optimal Vitamin D levels are between 50-70 ng/mL (based on the 25-hydroxyvitamin D test). If you fall below 50 you need to supplement with Vitamin D3 + Vitamin K2. It is important to have your levels checked, and if you are low in it, and take about 4,000 - 5,000 Units of Vitamin D3 per day. You will almost certainly be low in the winter time if you live in a northern climate. Always buy a supplement that includes Vitamin K2 (very important!). Vitamin K2 is essential to ensure that the calcium in your blood ends up in your bones and teeth and not in your arteries where it can clog them up. *The best way to build up Vitamin D is to go out in the sun, especially in the middle of the day (without burning yourself), and not to shower with soap afterwards as the vitamin D made in your skin is deactivated by soap.*



MY FAVOURITE VITAMIN D3/K2 SUPPLEMENT:

<https://www.cebanatural.com/en/vitamin-and-drops-p-1414-5.html>

4 drops under your tongue equals 4000 Units of Vitamin D3 & 80 micrograms K2.

For more details on the importance of Vitamin D:

<https://www.mercola.com/article/vitamin-d-resources.htm>



- b. **Immune Tonics** - my favourite immune strengthening herb is **Astragalus Root**. You can cook with it or take it in capsule form. If you have a tendency to get colds easily, I recommend taking about 1 g/ day. If you buy the powder you can put it into smoothies if you wish. It has a sweet taste.

HERE IS AN ASTRAGALUS ROOT POWDER YOU CAN GET AT ALMOST ANY HEALTH FOOD SHOP IN TENERIFE:

<https://www.naturitas.es/p/suplementos/fitoterapia/astragalus-membranaceus-250-g-salud-viva>

Caution: those with autoimmunity or high blood pressure should use Astragalus with caution.

Vitamin C is great for immune strengthening. Take 1000 mg Vitamin C daily as a preventative dose during cold and flu season.

c. **Sleep** - good quality sleep is the best immune tonic! If you are having trouble sleeping properly, use good sleep practices (avoiding blue light from TVs, computers and phones in the evenings or wearing blue light blocking glasses in the evening if you do use them, going to bed around 10 pm, exercising during the day, reduce stress), and/or use natural sleep aids like melatonin or CBD oil before bed.

d. **Moxa your Immune Points** - one of my favourites for building immunity is to use moxibustion over points like Stomach 36 and Large Intestine 10 until they are nice and warm. This increases your virus combating army in your body!



To moxa immune points, light your Moxa stick until the tip is glowing and then circle a few centimetres above the points for a few minutes until the area is nice and warm. If the smoke bothers you, there are smokeless Moxa sticks available.

To buy Moxa: <https://www.naturitas.es/p/hogar-y-huerto/hogar-y-cocina/accesorios-y-libros/moxa-tradicional-mp1-10-unidades-propos-nature> or ask me to get you a moxa stick when you next come in. Some herb shops also stock it.

e. **Earthing, sunshine, exercise and rest:** in order to enhance immunity, spend some time every day in the fresh air, with your bare feet on the ground or in the sea. This helps to recharge your energy, discharge build up electromagnetic charges, and exposes you to infrared light which charges up your mitochondria (your body's energy production). Exercise to your own tolerance level to keep your body in balance and rest when you are tired! Simple but very powerful!

f. **Avoid sugar and junk food** - besides poor sleep and stress, sugar and junk food weaken your immune system. Try to eat fresh, healthy food as much as possible.

g. **Gratitude practice** - meditating or just spending time cultivating gratitude by thinking about the things you are feeling blessed by is one of the best ways to enhance your natural immunity. Even 5 minutes a day go a long way!

2. Avoid getting infected:

a. **Gargling and nose hygiene** - if you have been exposed to someone with a cold or have been in crowded spaces (public transport, crowded restaurants or supermarkets for



example) you can gargle for 30 seconds with **oral Betadine** and put some 1% nose drops in each nostril to keep any viral counts low that may have entered your respiratory system.

To gargle, just put a small squirt of the Betadine Bucal in a glass with a little bit of water and gargle for 30 seconds. Spit it out and rinse your mouth.

To use as nose drops, dilute 1:10 of the Betadine Bucal with boiled or sterilised water to which you add a tiny amount of sea salt and baking soda. You can mix this in a small, clean dropper bottle and just place a few drops in each nostril while you hold your head back.

CAUTION: please do not give to children or if you have a hyperactive thyroid. If you do have any of these, you can gargle with diluted colloidal silver in much the same way as with the oral Betadine.

b. **Hand washing** - hand washing after being out in public spaces or handling things like money is a great prevention measure for any infection. As soon as you come home wash your hands thoroughly. Avoid touching your face and rubbing your eyes when out in the public.

c. **Breath holding** - if someone in your vicinity sneezes or coughs, hold your breath immediately and walk away before you inhale again. That way you can avoid inhaling the highly infected water droplets that come out of people who have a cold.

TREATMENT:

Take immediate Action if Symptoms start:

1. Home Remedy: If in spite of everything, you suddenly have a scratchy throat or a runny nose, or you just feel a cold coming on, use the following home remedy immediately:

KICK A JOY GERM JUICE

1 lemon, juiced

1 clove of garlic

Chili pepper

Honey

1 tablespoon of freshly ground ginger

1 cup of hot water

Mix the above ingredients and simmer for a few minutes. Drink while hot and go to bed or rest under a cover. You will start to sweat which is exactly what you want to have happen. If you do not have all the ingredients, at least have some strong fresh ginger tea or a hot and spicy chicken soup, like Tom Yum.

2. Gargling - start gargling and doing the nose drops mentioned above 3 x /day to keep any viral load down. This lower the viral load, the easier the symptoms you will have.

3. Other Remedies that really work

- Oscillococcinum - available in most pharmacies. This homeopathic remedy works well if taken immediately. Dissolve a small amount of the tiny white pearls under your tongue or in a glass of water and take every hour until symptoms go away.



- Gan Mao Ling - a great antiviral formula from the Chinese material medica. It literally means “Cold Away Formula” and works amazingly well if taken as soon as symptoms begin. If you would like to have some on hand please let me know and I can have some ordered for you. I don't know a source where you can buy it yourself on the island unfortunately.

4. Moxa your immune points - start doing Moxa on the above mentioned immune points twice a day.

FINAL NOTE:

If in spite of all your efforts you still get sick, there are some wonderful Chinese herbal formulas that can be used depending on the symptoms. If you are concerned about getting ill, please let me know and we can put together a home care package for you so that you know what to do for yourself at home.

And remember - if you do have symptoms, protect others by avoiding close contact with them and changing your appointments and habits. Consider wearing a mask if you must go out in public as this can help keep others safe.