

NATURAL REMEDIES

Common Cold/ Sinus Issues

- * Take 5,000mg (or until stool is loose) of Vitamin C throughout the day.
- * Increase water intake until urine is clear. (1/2 body weight in ounces per day)
- * Supplements (consult with the doctor for specific amounts)
 - * Vitamin D
 - * Garlic: fresh is best
 - * Zinc
 - * Echinacea
 - * Vitamin B, especially if under stress
- * Neti Pot (1/4 teaspoon baking soda and 3/4 teaspoon natural salt)
- * Tiger Balm - rub into skin on high cheek, forehead and bridge of the nose
- * Rest/Sleep

Natural Antibiotic/ Anti-Viral/Anti-Fungal

- * Garlic
- * Cayenne Pepper
- * Oregano Oil
- * Ginger
- * Echinacea
- UMF or "active" Manuka
- * honey
- * Turmeric
- * Cinnamon
- * Horseradish
- * Apple Cider Vinegar
- * Colloidal Silver
- * Eucalyptus Oil

Sore/Strep Throat

- * Eat something light before doing the following steps.
- * Gargle with warm salt water every hour or until soreness subsides.
- * Follow with one pressed garlic clove mixed with 1/2 tablespoon of Manuka honey, swallow. (Stomach will get "warm")
- * Standard Process Herbal throat spray (3-5 sprays per use, as often as needed)
- * Use either garlic halves or natural throat lozenges like Ricola or Relieve-OL.
- * Wear a bandana or scarf around the neck No heat packs!



320-864-8000

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