

Blueprints for Change

SNIFFLES? SCRATCHY SORE THROAT? COUGH? **The following remedy may help!**

Colds are caused by any of the more than two hundred viruses that infect the upper respiratory tract. They are spread through the air by sneezing, coughing or by contact with a contaminated object.

At the first sign of a cold, try the following:

Cold Season "Potion"

- 1 tbsp freshly grated Ginger Root
- 1 tbsp minced Garlic
- 1 teaspoon Cayenne Pepper
- 1 tbsp Lemon Juice, freshly-squeezed
- 1 Cinnamon Stick
- 1 tbsp Honey

Steep the above in a large mug of boiling hot water or in an herbal cold remedy tea. And according to my husband, who is of Irish heritage, you should also add a shot of whiskey!!!

What is the "magic" in the potion?

- Ginger - ginger contains compounds which relieve colds, flu and strep throat. Ginger also stimulates circulation and is considered both a strong antioxidant and antimicrobial agent.

- Garlic – garlic, one of the most powerful and versatile healing herbs, has a reputation as an antimicrobial with the ability to kill bacteria (including the bacterial complications of colds and flu such as pneumonia, and middle ear and sinus infections), viruses, fungi, parasites and worms. It protects against infection by enhancing immune function.

- Cayenne - cayenne's active ingredient is capsaicin, which promotes circulation, (helps prevent cold hands, feet and possibly chilblains) and purification of the blood. It helps the body get rid of infectious conditions like colds, flu, congestion, and sore throat.

- Lemon - lemon is a good source of vitamin C and has long been thought to boost the immune system and shorten the duration and/or prevent the common cold. It helps acidify the body, stimulates digestion and elimination, and acts as a natural antiseptic.

- Honey – honey is an anti-bacterial, soothes the throat, and is a good source of antioxidants. Raw, unfiltered honey provides the most benefit.

- Cinnamon - cinnamon acts as a tonic to the whole system. It will stimulate circulation and cause sweating, preventing and relieving colds, flu and other infections.

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Foods to Avoid

Refined Sugar Products – sugar decreases the number of white blood cells and depresses the immune system. Be wary of fruit juices. They usually contain far more sugar than Vitamin C. If you do drink juice, dilute it first.

Milk and Dairy Products – they encourage the production of mucus and will only make you feel worse.

All material is provided for informational or educational purposes only. Consult a physician regarding the applicability of any opinions or recommendations with respect to your symptoms or condition.

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