



How To Self Manage a Cold or Flu

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Supportive Measures:

Humidifier, Steam Tent, **drink more water: at least a half gallon**

Nasal Saline Rinse: 8 oz warm water with ¼ t salt, 1/8 t baking soda OR Saline nasal spray every 2-3 hours. Increase exercise/movement and get good sleep.

Get soft tissues/tissues with lotion to prevent nose chaffing!

Supplements:

- Vitamin D 10,000IU daily until well (maximum 14 days)
- **High Dose Vitamin C : 2-4 grams a day in divided doses: Ester C is the best form!
- **Zinc glycinate 15-35mg until you're well!
- **Elderberry syrup 2 teaspoons 4x/day (amazingly positive medical evidence)
- Umcka Cold Care (aka *Pelargonium sidoides*): South African Geranium with good RCT showing significant shorten of duration, \$10 for 2-3 cold's worth
- Andrographis 400mg TID
- Echinacea (must be taken at first sign of URI, unfortunately not great evidence)
- Vitamin E 400IU mixed tocopherols
- Probiotic

Flu only:

Oscillococcum (Homeopathic)—helpful to treat, but not prevent flu.

Foods to Eat:

- Anti-Inflammatory Diet (fruit and veggies, whole grains, fiber, lean protein), Extra Garlic , Ginger, Citrus
- Mushrooms (immune support & zinc)
- Honey- better than over the counter cough suppressants in children

Food not to Eat: dairy, sugar, wheat, caffeine, alcohol

Chinese Chicken Soup (vegetarians can omit the chicken)

3 or 4 chicken thighs (with bone and skin)
4 spring **onions**, shredded
3cm length of **ginger**, julienned (cut into fine strips)
4 **garlic** cloves, finely chopped
1 Scotch bonnet **chili** (or 2 medium red chillies), finely chopped (the aim here is to make the soup as hot as you can stand it)
1 medium red chili cut into rings, to garnish

12 fresh (or dried and soaked) **shiitake mushrooms**, sliced
100g dried **goji** berries (wolfberries)
1 tsp freshly-ground **black pepper** (yes it's a lot, but you're after black pepper's healing effects)
1 tbsp soy sauce
1/2 green **bell pepper**, chopped
1 spring onion, finely shredded, to garnish

Method:

To start, place the goji berries in a bowl, cover with warm water and set aside to soak for 30 minutes.

After this time, combine the spring onions, ginger (reserve some for garnish), garlic, chillies, mushrooms, bell pepper, soy sauce and black pepper in a pan. Place the chicken on top then cover with water and bring to a boil. Reduce to a simmer, cover the pan and cook for about 20 minutes. Now add the goji berries (and their soaking liquid) and bring the mixture to a boil. Cook for 10 minutes then reduce to a simmer, cover and continue cooking for another 10 minutes.

At this point, remove the chicken. Shred the chicken meat and return to the pan. Stir all the pan contents together, season with salt then ladle into four warmed soup bowls. Garnish with the reserved ginger, shredded spring onion and 3 thin slices of chilli and serve hot.

<http://www.celt.net.org.uk/recipes/miscellaneous/fetch-recipe.php?rid=misc-chinese-chicken-soup-cold>