

This is the transcript of the cold, flu and Covid Management Plan – Episode 5

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In the previous three episodes, we've discussed these very robust very strong prescriptions of three tinctures. Tinctures are designed in a very specific way with two primary objectives, the first one being to support the body's ability to clear out the infection, and secondly to protect the key organs of the body, the key cells of the body, from the structural damage that nasty viral infections like COVID, and to a lesser degree seasonal flu, can induce to the heart to the lungs etc etc. But none of those prescriptions have been designed to actually make us feel better, to actually alleviate any symptoms we're experiencing in terms of body aches, fevers, discomfort, because they're not designed to do that. So in the current episode where we're moving away from curative intent, and moving away from actually helping your body to clear the infection and protect against the damage caused by the infection into how we actually make ourselves feel better and reduce the symptom profile of an infection. and that's obviously really really important.

You know, when we've got these kinds of infections. The flu, seasonal flu is really really unpleasant. It comes with symptoms that can leave us feeling, absolutely wiped out. COVID is obviously got a very broad symptom profile and even just nasty winter cold, the discomfort that they can cause for many many days and sometimes weeks, and any form of medical intervention is about making ourselves feel better. So when we've got respiratory infections we do need to know how to intervene to make ourselves more comfortable, but just for the sake of clarity, I think it is important just to delineate/differentiate between the kinds of primary symptoms that we're likely to see between COVID, flu, and the common cold, because there are differences and knowing those is important because it gives us confidence on what it is we're actually managing, is it the flu. Is it a bad cold is it COVID. There's obviously lots of information about COVID symptoms on the internet.

This is a very helpful synopsis of that, which gives you a bit of a feel for you know what is my body's fighting off because the ones I've highlighted in red are the ones that give us very, very important diagnostic variables around what is likely to be causing us. REFERS TO SLIDE.

Symptoms	Coronavirus	Flu	Cold
 Fever	Common	Common	Rare
 Cough	Common	Common	Mild
 Loss of taste and smell	Sudden	Rare	Sometimes
 Fatigue	Sometimes	Common	Sometimes
 Headaches	Sometimes	Common	Rare
 Aches and pains	Sometimes	Common	Common
 Runny/stuffy nose	Rare	Sometimes	Common
 Sore throat	Sometimes	Sometimes	Common
 Sneezing	No	No	Common
 Shortness of breath	Sometimes	No	No
 Diarrhoea	Sometimes for children	Sometimes, especially for children	No

Source: WHO, CDC

BBC

But when, when we come down with a winter infection and respiratory infection. There are so many different symptoms. Everyone presents very differently, and everyone can have a worse, or a lesser degree of symptoms at any given area but the key things we want to, we want to be able to intervene to manage the kinds of symptoms that are going to make us feel most uncomfortable most unpleasant, that we really want to know, how do I manage those four there. If

we're running a fever. We want to control that, we want to regulate the fever. We want to really target the pain the muscle aches, body aches, stiffness, you know, the hallmark of seasonal flu the hallmark of COVID is aching painful body that just like it's been hit by a bus, and we want to treat coughing, we want to treat the, the really severe coughing episodes that come with those kinds of infections and if there is congestion. If there is lots of mucus and things like that. We want to help, decongest, and expectorated, clear that mucus out. And to do that, unlike the previous episodes tinctures herbal tinctures and herbal capsules aren't really the best way to go. They're not the best way of managing the symptoms of respiratory infections. Absolutely without exception, the best way of managing those kinds of symptoms, is through the use of strong hot herbal infusions herbal teas is absolutely the most effective way of alleviating these kinds of symptoms.

And we can simplify it just sipping on a couple of cups of herbal tea, a well designed herbal infusion. You know, two or three times a day an infusion is going to give us a noticeable benefit, but we can bring a bit more science to it, you can make it a little bit more effective or actually quite considerably more effective by using something called the flask method.

And the flask method is significantly more effective than just having three cups of herbal tea a day in much the same way you're why is it that if you have intravenous IV antibiotics, why are IV antibiotics more effective than oral.

The reason is, is that rather than having a big dose in the morning, a big dose in the afternoon, and a big dose in the evening, and nothing in between. When we have IV antibiotics, you get a small drip continuing into the bloodstream, which means that the level of antibiotics in the system never drops below a certain, point and that's much more effective way of treating infections, the flask method is almost the herbal equivalent of that, because if we have one strong cup of tea in the morning, and another strong cup of tea in the afternoon, third cup of tea in the evening, you get nothing for three four hours We haven't got anything going in the circulating levels of herbal compounds that make us feel better, drop significantly. Whereas with the flask method. What we're doing is rather than having one big cup, three times a day, having small sips, every 30 -40 minutes.... sip sip sip, all day long, and that continually keeps the body, topped up with the herbal constituents that helped to reduce the fevers reduce the body aches reduce the coughing reducing mucus, the levels never dropped below a certain point because we continue to topping them up.

And I think it's the be al and end all of managing the symptoms of respiratory infections, I've seen it here and you see again and virtually any form of

intervention and managing these kinds of infections is sacrosanct to make us feel better. Sam then goes onto talk about the FLASK METHOD.

1. Measure how many cups of water your thermos flask holds.
2. For each cup of water, add 1 tbsp of your herb blend (discussed next) into a large mixing bowl.
3. Fill your kettle with the same volume of water as your flask, boil and pour this into the bowl of herbs.
4. Give the herbs a really good stir to make sure they are all immersed in the boiling water.
5. Cover the bowl with a lid or plate and leave for 10-minutes.
6. Then strain this through a fine sieve into your flask, add raw honey to taste, seal and shake well.
7. Ideally then spend the day in bed and aim to take a few sips every half hour or so.

An rest is important in THE upcoming episode we'll talk about the importance of rest and staying in bed but as soon as you begin to feel unwell, getting into bed staying warm and using that philosophy to really support the body in reducing symptoms.

So now we know how to use. The next question is What should we actually be using. And there are so many herbs that can be used in this context, dozens of herbs that can easily be pressed into service to manage these kinds of problems but there's three that stand out.

The three that stand out in terms of their, their history of use, in terms of the evidence behind them, in terms of my experience, in terms of the general view on the herbal community is equal parts boneset, peppermint and elderflowers. So when it comes to managing fevers, the shivering and shaking you get with fevers, coughs, muscle aches, body aches, pains, those kinds of things. Those three herbs absolutely Excel.

Boneset is essential. If you look at the American research around managing seasonal flu and COVID. They're all emphasised the essential need to be using boneset, because it's, it's the most well known herbal infusion, herbal medicine for treating the flu. And the name boneset actually comes from some what was called bone breaker flu which is now dengue fever. In North America, boneset was the only remedy of its day that had any effects of alleviating the bone breaking like pain that came with the dengue fever, it was the number one

medicine of its time. And it's as effective today, you know. So whether it's you're modulating body temperature and fevers, clearing heat out of the body, reducing muscle aches, body aches, pain, cells of managing body aches, and the discomfort in the mucus and congestion, sinus pressure, virtually any symptom, you're going to experience as a result of a flu or cold or sinusitis or COVID. Boneset is going to make a significant impact.

Most people are aware of the decongesting benefits of peppermint but it's also very strong antibacterial also very strong antivirals. So it helps actually prevent and fight off infections, but it's also very good clearing congestion, it is cooling so it reduces the fever, or the temperatures. It helps alleviate body aches muscle aches and things like that. So peppermint is exceptional and elderflowers, are we using elderberry in the tinctures in the in the anti viral tincture, from episode two we talk about elderberry and the flowers are very very powerful, but in a much more symptom alleviating way. And they're essential in this capacity, they're a panacea for colds and flu, they clear congestion they reduce fevers again they reduce body aches, they're very good for managing throat infections tonsillitis. they clear mucus from the lungs from the sinuses, but they're also very very good immune stimulants it helps increase immune counts.

And also fresh ginger root. Because while seasonal flu and COVID don't typically present with lots of wet conditions, some people do. . Is it lots of mucus, lots of congestion. copious amounts of phlegm and mucus, you don't really get that so much with the flu. But if you get things like a bad winter cold. That's the hallmark of a winter cold lots of sinus fluid, runny nose, lots of congestion and sinus pressure, then you definitely want to add a good, good amount of fresh ginger root into your infusion so once you've made your flask method using the previous instructions with those three herbs, boneset peppermint and elderflower, take a good volume of fresh ginger pop that into the glass to just give you that added, decongestion, decongested, because when it comes to clearing excess mucus congestion ginger root really does excel.

The final remedy I want to talk about in this episode is that is a famous, famous, famous Vedic herbal formula called Sitopaladi. And, it's a classic Ayurvedic cold and flu remedy that's been used for 1000s of years in that capacity. If you think, are you made up, and you receive anything, respiratory infection framework for managing COVID sitopaladi always comes up, because it's a it's a proven remedy for treating shortness of breath, wheezing laboured breathing, which is a real primary symptom of COVID infections, it increases, oxygen exchange increases airflow through the lungs lung tonic, and it's brilliant for coughing, it helps reduce

the severity and prevalence of coughing fits his exceptional decongestion, it helps open up the airways. It helps expel mucus from the lungs and respiratory tract is brilliant for sinus congestion if you get things like sinus headaches sinus pressure sights his body's brilliant. And it also tastes great. It's a beautiful taste It's a lovely remedy, and we use it quite a lot when we've got colds.

So, Essential Ayurveda do a very top quality product which is here in the UK. Take it typically one to three times a day. Classically, it's mixed into raw honey to make a house so you get your warm honey and adding a teaspoon of powder, take it straight off the spoon, like a syrup. Or you can add it into a little bit of warm water to make a drink. Doesn't really matter because it tastes so nice. It's a very easy one to consume. Okay, so you ideally want that you're sipping on your glass of hot herbal infusion all through the day. And you having your sitpoladi three times a day as well, that's just going to help really support the body, managing those primary symptoms that we need to get a grip with.

So what are the contraindications for these. So, the key one to emphasise is that boneset is a very very strong is a potent herb is a herb that is designed for acute intervention. Okay, this is not to be used, long term, it is incredibly strong, and in long term use it can tax the liver, a little bit is fine for short term use, but no more than 14 days maximum.

So it's designed for this acute intervention but if you're pregnant or breastfeeding can't use any form of liver damage liver disease elevated liver enzymes, anything that suggests the liver was not working properly, you must not use boneset. Other than that, is a brilliant one to use in this context.

Peppermint is incredibly safe. It's just worth flagging up, and that it quite significantly reduces the absorption of iron, when you can take it around the same time is at, or the same time as taking iron supplements. So if your managing anaemia and suffer from anaemia, you want to wait at least two hours before taking supplements before eating. And elderflowers again very safe. You don't want to be using it long term with immune suppressant drugs like methotrexate. And sitopaladi, it's incredibly safe there's no side effects but as always, if you've got questions, you want to check them please do double check with us. Okay, before taking for taking those. S

So, that is that is the final prescription of the series in the coming episodes, we are talking about what we need to eat, you know, these kinds of infections can last 7, 10 14 days, you have to eat during that period.

But food can either be incredibly healing or incredibly harming in that capacity, depending on what we're eating, how much we're eating. And when we're eating = so what we want to be doing is we want to be fuelling the body with very very powerful immune stimulating antiviral strengthening things that are incredibly easy to digest. We don't want to be putting a load or burden on the digestive system. So into the next episode, we're looking at what we should be eating why what we should be avoiding and why cooking is the key ingredients that we need to be eating every.