

Cold & Flu Care

*May rest be abundant, hydration constant, and healing swift.
Here are some basic tips, protocols, and guidelines to facilitate these things.*

IS IT A COLD OR FLU?

The following chart was created by the CDC to help decipher between the two.

Signs & Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly Common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

- For the most part, treatment protocol is the same for both, with the possible need to use bigger guns if it's the flu. Learn to gauge the severity of your symptoms and intervene accordingly.
- It is often most beneficial to begin with deep herbal support, plenty of rest and hydration, some Motrin or Advil, and intervene further as needed.
- Fevers are not inherently a bad thing. They can be good for a patient who is stable otherwise, meaning not prone to seizures or has other life threatening issues. In cases of an otherwise healthy patient, it is best to support and manage a fever, not suppress. How to support a fever? Hydration and sweating. When the body is spiking a fever it is doing exactly what it is designed to do. It's telling you this person is probably contagious. It's saying *okay, I've got to ratchet up the thermostat because I need to get circulation moving and inflammatory products need to get distributed as well as immune soldiers sent to all corners of the body.* Fever is how our bodies accomplish these functions. Just be cautious and use judgment. If you feel a fever is too high and you want/need to suppress it, go ahead, just don't think it has to be your first step in treatment protocol.

Recipes

Hot Ginger Lemonade

juice of two lemons
3 tbsp honey
5 tbsp apple cider vinegar (good quality)
1" piece of fresh ginger, peeled and grated
boiling water
thermos

Instructions

As your kettle comes to a boil, add first four ingredients to your thermos. Once water is boiled, fill thermos, put the cap on, and give it a good shake. Shake again each time you pour a serving. Enjoy the little bits of ginger! No need to strain them out.

Spruce Tip & Elecampane Cough Syrup

1. Combine 1 oz dried elecampane root, 1/2 oz dried spruce tips, and 2 cups water.
2. Bring to a boil in small saucepan, continue to simmer until liquid is reduced by half.
3. Strain. Press the herbs to extract as much medicine as possible.
4. Allow to cool until just warm.
5. Measure your decoction. How much do you have? Divide this amount by two, and add this much honey. (If you measure 1 cup decoction, add 1/2 cup honey). Stir to combine.
6. Place in glass bottle and store in the refrigerator for up to six months.

Recommended dosage: 1/2 tsp for children and 1-2 tsp for adults, hourly as needed. Avoid during pregnancy. Check with your herbalist or health practitioner before deciding if this medicine is for you.

Herbal Facial Steam

Combine 2 tbsp of aromatic herb mixture in a bowl of boiling water. A combination of pine, thyme, rosemary, and lavender is nice, but this is very flexible. Sit with your face over the bowl, draping a bath towel over your head to capture steam. Breathe deeply over the steam bath for ten minutes.

Onion Poultice

Onions work like an expectorant. They help break up mucus and congestion in the chest and reduce spasmodic coughs. Onions work best for a chest poultice if they're heated first. To break up chest congestion and soothe a spastic cough, apply a poultice externally.

Instructions

1. Slice or dice an onion, add onion and 2 tbsp of water, to skillet, cook until water evaporates.
2. Allow the onion to cool to a comfortable temperature, then wrap the onion in a small towel, like a tea towel. Could also use an old t-shirt. Gather the ends of the towel together and secure with a rubber band.
3. Place the poultice on the chest or back and leave it for 30 minutes, repeating the process every 3 hours or until the symptoms are gone.

An onion poultice is smelly for sure. To help with this, some people apply the poultice to the feet, wrap them in cloth or plastic, and cover with socks.