

Natural Remedy Protocol

- Begin protocol immediately upon symptom onset.
- This can be used as a full regimen or partial, depending on your needs.
- The point of herbal remedies is to support the body's natural healing functions. It is not a "take once and you're good" remedy. Continued herbal support nourishes the body, eases symptoms, and shortens the duration of virus.

| Remedy | Main Benefit |
|---|--|
| Hot Ginger Lemonade - thermos full, sip constantly | hydration, probiotics, antimicrobial, Vitamin C, calories |
| Vitamin C - 500mg, 4x daily, taken with food | antioxidant and immune support |
| Zicam - 1 tablet every 3 hours, dissolve in mouth, take with food | zinc, shortens duration |
| Oscillococcinum - dissolve entire tube in mouth every 6 hours, up to 3x per day | homeopathic - body aches, headache, fever, chills, fatigue |
| Fire Cider - 1 tbsp, 3x daily, mixed in water if needed | immune system support, antiviral, antimicrobial, probiotics |
| Yarrow Tincture - 10 drops in water (or hot ginger lemonade), 3x daily | fever management, antibacterial, antimicrobial, all around first aid |
| Immune Zoom: Elderberry & Echinacea - 1 tsp up to 6x daily | support immune system & maintain healthy immune response |
| Oregano Essential Oil - roll onto bottom of feet 3x daily, do not use if pregnant | antimicrobial, immune supporting |
| Silver Hydrosol - 30 sprays, hold under tongue for 30 seconds, then swallow, 3x daily | antibacterial, antimicrobial, antiviral, anti-inflammatory |
| Green Mountain Oxymel - 1 tsp, 3x daily | high in Vitamin C, bronchial health, seasonal allergies, |
| Menthol Lozenges - as needed | soothes throat, menthol supports lungs, decreases congestion |
| Ginger Brew - sip ice cold as desired | soothes stomach, provides simple calories |
| Spruce Tip & Elecampane Cough Syrup - 1-2 tsp, hourly as needed | cough suppressant, cough expectorant, lung support |
| Gin-Gins - take as needed | eases nausea |
| Herbal Facial Steam - 2 tbsp mixture in a bowl with boiling water, towel tent over head | clear nasal passages, lung support, may ease headache |
| Onion Poultice - apply for 30 minutes, repeat with fresh poultice every 3 hours | expectorant - breaks up cough |

Allopathic Remedy Protocol

- Recommended to use only one at a time, with the exception of Motrin/Advil, which you can use in conjunction with others. It is not always unsafe to combine OTC meds, it's just good to avoid if possible as they tend to come with side effects; no need to compound those.
- The idea is not to start with several of them as with the natural protocol, it is just a good idea to have an assortment in the house.
- Always trust when you think it is time to seek medical care beyond your home protocols.

| Remedy | Main Benefit |
|--|---|
| Advil, Motrin, or something similar - as package directs | fever, headache, body aches, inflammation |
| Dayquil/Nyquil - as package directs | aches, fever, sore throat, cough, sneezing, runny nose, congestion , sinus pressure |
| Theraflu/Tamiflu - as package directs | pain reliever, fever reducer, cough suppressant, nasal decongestant |
| Mucinex - as package directs | expectorant and cough suppressant |

Patient Comfort

- Consider keeping the patient in a central spot so you can keep an eye on them.
- You might make arrangements in a more secluded spot if patient is highly contagious.
- Wherever patient is resting, provide comfort and calm. Keep multiple clean flat sheets on hand, they can be used to cover the couch and make a comfy bed with added quilts and pillows. Flat sheets are great because they can be changed easily and often, especially when patient is feverish and sweating. It feels so nice to have fresh bedding at least once a day when sick.
- Place a small table that can easily be reached within arm's length from a prone position. If a table is too far away, a dining chair or a small child's chair scooted up close are great. Keep drinks fresh, tissues plentiful, lozenges stocked, a trash can below, a small bell to ring if help is needed, and any other supplies the person might need.
- Keep the area fresh and tidy, this truly does a lot for morale. Maybe a couple of flowers in summer or a sprig of evergreen in winter. It is also a nice time to surprise the patient with a couple magazines of their interest.