



COLD AND FLU SYMPTOM RELIEF

THE COMMON COLD – WHAT IT IS

It is mostly caused by two main viruses – coronaviruses or rhinoviruses – however there are so many more types, in fact over 200 types have been identified to date.

Coming down with the 'Common cold' is not necessarily a sign of weakened immune system. There are SO many types of 'viruses' that the body only builds up a resistance if exposed to them. In fact, research shows that the average person gets 2–3 colds per year, and children can get up to 12 a year.

And if you're boasting that it has been YEARS since having a cold, it doesn't necessarily mean you didn't have a cold. It's possible to have the common cold and be asymptomatic (i.e., produce or show no symptoms)

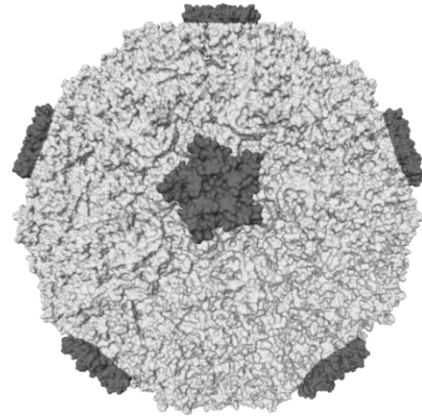
In some cases, the virus can lay dormant in a cell – lysogenic cycle – and can remain latent for many years until certain conditions cause the virus to become active. However, in most cases we get the symptoms of a common cold. But how does it start?

Over 80% of your Immune System is in your Gastrointestinal Tract and it's first line of defence is mucous which is produced by cells lining the nose, throat and gastrointestinal tract. The mucous traps the 'virus' that we inhale from sneezing and splattering sick co-workers, partners, kids, passer-byers.

With a healthy mucous lining the virus gets passed down to the stomach where it is killed by its acids. However, when the virus penetrates the mucous it starts to replicate, and you are infected with the common cold.

Reducing the chance of getting a cold or reducing the duration and severity if you have one, has a lot to do with having a healthy thriving Gut Microbiome as our beneficial bacteria keep our mucous lining in tip top shape.

We now understand that a wide variety of foods is required to feed our beneficial flora, so they can ferment these foods and produce short-chain fatty acids, principally butyrate, that can support healthy immune function and improve resistance to infections such as the common cold.



(2018) Wikipedia. A representation of the molecular surface of one variant of human rhinovirus.

RISK FACTORS / ANTIBIOTICS

Having the common cold does not necessarily mean that you will suffer with any symptoms, in fact some people unknowingly have a cold, and unfortunately pass on the virus. On the flip side, you may experience mild to severe symptoms.

There are certain risk factors that increase your susceptibility or the chance of secondary or more severe symptoms. That is... young children, the elderly, smokers, those with a weakened immune system, being stressed, being overweight, lack of regular exercise, lack of sleep, rest and relaxation, poor diet, nutritional deficiencies or if you suffer from a health condition.

If you are symptomatic you need to monitor your symptoms carefully as some viruses can develop into secondary infections. These are referred to as secondary bacterial infections and may need to be treated by antibiotics. Medical investigation is highly recommended.

Discuss with your doctor whether the infection is bacterial (get swabs done) and discuss treatment options. If **Antibiotics** are required – be prepared – as the Microbiome is significantly altered by exposure to antibiotics and cause a disruption in diversity of the intestinal microbiota, for four years following antibiotic use. *"Broad-spectrum antibiotics can affect the abundances of 30% of the bacteria in the gut community, causing rapid and significant drops in taxonomic richness, diversity and evenness"*^[1]

In addition... Research has shown... *"that, beyond altering the composition of taxa, antibiotics also affect the gene expression, protein activity and overall metabolism of the gut microbiota. These changes can occur at a much faster pace than those involving replacement of taxa in the community"*^[2]



COLD AND FLU SYMPTOM RELIEF

One of the most common side-effects of Antibiotic use is increased susceptibility to infections which can result from a sudden overgrowth of pathogenic behaviour of opportunistic organisms present in the microbiota.

Therefore, it is ESSENTIAL during antibiotic treatment that you take High-Strength Multi-Strain Probiotics in excess of 500 billion CFU **PLUS** a high-quality high-strength *Saccharomyces boulardii* strain is taken to decrease the expression of pro-inflammatory mediators and increases expression of anti-inflammatory mediators. SB also encourages the synthesis of Short Chain Fatty Acids – the miracle workers!

I often hear clients say... "But those High-strength probiotics are expensive, I'll just get a cheaper one from the pharmacy". I know, 50 billion or 100 billion probiotics may seem a lot, but after antibiotic use it is a drop in the ocean lacking numbers and lacking diversity in strains.

I ask you... "What is the cost of poor health?" - not only the financial cost of lost workdays but the emotional cost of poor health.

MILD AND SECONDARY SYMPTOMS

This list covers the most common symptoms however always seek medical advice if symptoms become more severe or mild symptoms are not resolving.

MILD COMMON SYMPTOMS

- ⊗ Sore dry throat
- ⊗ Loss of voice
- ⊗ Cough
- ⊗ Runny/blocked nose
- ⊗ Sneezing
- ⊗ Mild headache
- ⊗ Slight temperature
- ⊗ Loss of appetite
- ⊗ Tiredness

SECONDARY AND SEVERE SYMPTOMS

- ⊗ Muscle and Joint aches
- ⊗ Lethargy/Exhaustion
- ⊗ Eye complaints
- ⊗ High Temperature or Shivering
- ⊗ Weakness
- ⊗ Ear infection
- ⊗ Sinus infection
- ⊗ Lung infection
- ⊗ Bronchitis or Pneumonia

MEDICATIONS

There are countless over the counter medications that promise to relieve pain and symptoms. But they will NOT cure your cold. And in fact, most colds generally resolve themselves in ten days. With the right foods, rest and relaxation you can naturally support your body, and immune system, to fight it off naturally.

In fact, it is the health of your Gut Microbiome, the core of your immune system, that is going to assist you in providing a protective barrier against these infections. [3]

And, just so you know, over the counter cold and flu tablets can weaken the Gut Microbiome due to ingredients' metabolites* when broken down, which can result in enhanced toxicity. [4]

These chemicals work to disrupt the actions of brain chemicals and basically SUPPRESS and just MASK the symptoms. They have also been proven to cause inflammation of the small intestine, loss of microvilli structure and result in reduced nutrient absorption.

In addition, these ingredients can deplete the body's glutathione levels. Glutathione is required for your liver to break down medications and excrete them from your body. Not only that but glutathione, made in your body, helps to reduce inflammation. Reduce inflammation and you'll reduce pain.

**Paracetamol, Pseudoephedrine, Codeine phosphate and Triprolidine (antihistamines), Dextromethorphan, Pheniramine, Diphenhydramine)*

And lastly, don't take medications to reduce a temperature. A mild temperature is a sign that the body is raising its temperature to kill off infection. Don't make the mistake of trying to stop the temperature.

While a very high temperatures around 42°C (107.6°F) can be dangerous, if you have a mild temperature (feeling hot) it is better to let the body kill off the infection through this natural method. Of course, don't rug up and heat further - just wear light clothing and apply a cool compress to the forehead if really feeling overheated.

NUTRITIONAL SUPPORT

Whether it's just mild or more severe symptoms it is essential to continue with the GRP to strengthen, rebalance and restore the function, diversity, evenness and richness of your Gut Microbiome, which in turn over time will strengthen your Immune system.

In the meantime, work to support the body with nutritional foods that will assist in reducing the inflammatory response and reduce the severity of symptoms...

Synbiotics... A synergistic blend of various Prebiotics (fibre in fruits, veggies, grains etc) & Probiotics (Coconut Yoghurt/Sauerkraut/Kimchi etc) that exert antimicrobial activity, increases immune function and that may decrease the load of bacterial pathogens.



COLD AND FLU SYMPTOM RELIEF

Implement a daily dose of Coconut Yoghurt (1-2 tbsp) with breakfast meals (when complimentary) PLUS fruit, nuts & seeds.

And if part of your prescription add Kimchi or Sauerkraut on top of cooked and cooled (at least 24-hrs) rice for a boost of resistant starch.

Smoothies... provide an easily digestible meal that infuses the body with nutrients. Choose a smoothie that corresponds to the phase you're in.

Soups and Stews... also provide an easily digestible meal that infuses the body with nutrients. Choose a soup or stew that corresponds to the phase you're in. One of my favourites is Zuppa Magnifico (Growth Phase).

Vitamin C... in food, **NOT** supplements, help to reduce inflammation. It is a natural antioxidant and antihistamine. In eating a day's worth of meals in the GRP you will easily get over 150% of your daily Vitamin C requirements.

Vitamin C works in cooperation with other nutrients (vitamins, minerals, phytonutrients) to have effects on the cells at a metabolic level. E.g. it needs vitamins A, E, B3, B5, B6, Zinc, Iron, Copper, Manganese, Selenium, Magnesium and Phosphorous to effectively work.

These are NOT found in a supplement! These ARE found in the food you are eating. You can naturally boost Vitamin C levels by adding extras of these to your meals... Watercress, Leafy greens, Chilli, Orange, Lemon Blend, Raspberries, Lime and Fennel.

Parsley... reduces the secretion of histamines which can result in congestion. Use fresh in salads, add to smoothies or as a topping for stews and soups.

Rosemary... contains Rosmarinic acid which provides temporary relief of symptoms such as an itchy nose, watery and itchy eyes. Add to meals.

Omega 3 Fatty Acids... help to reduce inflammation in the respiratory tract. Flaxseeds, Chia seeds and Walnuts are good sources. Look at recipes in the GRP that use these ingredients and consume daily.

Quercetin... is a powerful anti-inflammatory and has anti-allergic properties that inhibit inflammatory enzymes and mast cell release of histamine. Found in Lemon blend, Apples, Chilli Peppers, Cherries, Blueberries, Blackberries, Broccoli, Cabbage and Leafy green veggies.

Bromelain... has mucolytic properties (dissolves thick mucus) and is a natural anti-inflammatory and is abundant in pineapples. Head to your Superb Smoothies e-book and choose smoothies with pineapple in them. Include the centre hard bit (core) as well as it is high in Bromelain.

Curcumin... is a natural anti-inflammatory. Head to your Superb Smoothies and Delicious Dinners e-books and do a search on TURMERIC and make the meals that appeal to you. Choose a recipe that corresponds to the phase you're in.

SORE THROAT AND COUGH RELIEF

Steam inhalation... can help to soothe a sore throat and help treat coughs, breaking up mucous.

Fill your hand-basin, or a large bowl, with boiling water. Drape a large towel over your head and breathe in the steam moisture. Your face should be about 20cm (8") away above the water line. Alternate with deep breathes through the nose, then through the mouth. Stop if it is painful or irritates your condition.

Rosemary or Eucalyptus essential oils can be added if for treating coughs caused by a cold or flu. Add 5 drops per 2 cups of water. Follow your steam inhalation session with a saltwater gargle.

Saltwater gargle... can assist in reducing swelling, may help kill harmful bacteria in the mouth and throat and thus ease discomfort. Ideal to do after a steam inhalation session. Add 1 tsp of ground pink Himalayan salt to 1 cup of hot water and stir well until salt dissolves. Let cool to room temperature and then gargle a few times, every hour or two, for approx. 30 seconds. *NOTE: Never use 'Apple cider vinegar' as a gargle, as the acidity can inflame mucous membranes, damage teeth, and cause digestive issues.*

Sage tea... has been shown to help relieve throat pain. Steep fresh 3-4 fresh sage leaves, or use 1 tsp dried leaves, in a cup of hot water. Let cool until room temperature and then gargle as often as required.

Honey* and ACV liquid lozenge... may help to reduce cough symptoms, ease throat discomfort. [7] Growth Phase and on... Combine 1 heaped tbsp of raw unprocessed honey with 1 tsp of unpasteurized Organic Apple Cider Vinegar (with the mother) and mix well to create a liquid lozenge. Sip 1 tsp. every 15 to 30-mins an hour to soothe throat.

**HONEY - Do NOT use regular supermarket honey as it is pasteurized, heated and processed leaving NO traces of pollen, vitamins, enzymes, amino acids and*



COLD AND FLU SYMPTOM RELIEF

medicinal properties. Raw honey has antiviral and antifungal properties, supports the immune system, contains natural antibiotics, powerful antioxidants, vitamins and amino acids.

Lemon Blend... is packed with vitamin C, calcium, potassium, bioflavonoids AND fibre. The pith and peel help to enhance Vitamin C absorption. It is also high in Rutin and Quercetin, antioxidants that have powerful anti-inflammatory benefits. Quercetin is a great antihistamine. Sip throughout the day with added raw honey if in Growth phase and on.

Super Elixir... helps to support the immune system with its anti-inflammatory, antiviral, antibacterial and antioxidant properties. Take 2-3 times a day when suffering from a cold or flu. Do NOT add honey if in Establishment Phase. Check out your recipe in Plant Based Essentials E-book.

Echinacea Tea... enhances and modulates the Immune response. It's also known as a sialagogue – promotes saliva – which is especially good to take any bacteria in the mouth to the stomach where it is killed by stomach acids. Buy loose leaf tea (not tea bags) and try and get Organic. *NOTE: If you are allergic to plants from the daisy family you may react to echinacea.*

Ginger Tea... is a powerful anti-inflammatory. Get fresh ginger and grate or cut into small pieces or use organic dried Ginger root. Add 1 tbsp to a 2-cup teapot and pour over hot water and steep for 10-mins. Sip throughout the day with added raw honey if in Growth phase and on.

Chamomile Tea... has anti-inflammatory and relaxant properties. Ideal when run down and tired. Sip throughout the day. Buy loose leaf tea (not tea bags) and buy Organic.

Turmeric Latte... a plethora of powerful anti-inflammatory ingredients. Check out your recipe in Plant Based Essentials E-book.

AVOID...

Dairy... stimulates mucus production (congestion) which you don't need when you have a cold and flu! When dairy is broken down in the intestines, an opioid food peptide - beta-casomorphin-7 (beta-CM-7) - is released and this stimulates mucus production from gut MUC5AC glands. Even a small amount can increase mucous production making symptoms worse.

Simple Carbohydrates... have an inflammatory action and can act as an immune depressant. Found in white foods such as bread, pasta and sugar. So, if you're in Growth phase, avoid these. If you're in Establishment Phase you don't have to worry as you are avoiding these.

Caffeine... reduces the absorption of nutrients in the body so drink only 1 cup a day, black and at least an hour away from eating food. Try suggested herbal teas.

Alcohol... is dehydrating and no matter what type of alcohol you drink you are putting unneeded pressure on your liver and other organs that are already under stress from a cold!

Additives and Preservatives... are highly inflammatory. But you're not having any while on the GRP so you're ok 😊

TOPICAL TREATMENTS

Saline Nasal Sprays... may help to keep nasal hairs moist so that bacteria are moved along the hairs and down into the stomach where it is killed by gastric acids.

You can make your own saline spray by combining one cup (250ml, 8.45 flo.oz) of distilled water with 1 teaspoon of pink Himalayan salt (ground) in a saucepan. Boil for 10-mins with the lid on and then let set aside until room temperature. Use a neti-pot or straw to gently irrigate your nasal passages. Do NOT do if sinuses are inflamed!

Natural Hand Sanitiser... to stop re-infecting yourself, or others! Regularly use on hands, wipe over mobile phone, computer keyboard etc to reduce bacteria and microbes without affecting your beneficial bacteria. I recommend [Voi Organic Hand Sanitiser](#) due to its antibacterial, anti-microbial, antifungal, anti-infectious, anti-inflammatory, anti-viral, antiparasitic and antiseptic properties. It also works as an effective nasal decongestant if you spray it onto a handkerchief and inhale it or spray inside your face mask. ^[6]

Essential oil, vapours... may help to ease clear sinuses and reduce inflammation. Add 10 drops of essential oils into a basin of hot water, put a towel over your head and breath in the vapour for 5-10 minutes. Best essential oils are eucalyptus, tea tree, rosemary and peppermint. Do not use if sinuses are infected.



COLD AND FLU SYMPTOM RELIEF

Essential oils, topically may provide symptomatic relief. Apply a drop or two to temples, forehead, behind ears and back of neck. *Please note which essential oils (below) require a carrier oil.* If mixing with a carrier oil use 12 drops of essential oil per 30 ml (1 fl. oz) of a cold pressed carrier oil or mix with a natural organic moisturizer. DO NOT ingest essential oils as they may disrupt beneficial bacteria and are too harsh on the oesophagus, stomach and small intestinal walls.

- **Lavender oil** may help to relieve headaches and migraines especially those triggered by stress. It may also help with sleep. One of the few oils that may be applied 'neat'.
- **Rosemary oil** is known to improve circulation which may assist in easing headaches. Helps to relieve insomnia. Dilute in a carrier oil.
- **Peppermint oil's** active ingredient is 'Menthol' which has been proven to be effective in treating headaches. Dilute in a carrier oil.
- **Chamomile oil** is known to relief stress and anxiety often associated with headaches and other cold and flu symptoms. Dilute in a carrier oil.

LIFESTYLE SUPPORT AND PROTECTIVE MEASURES

Rest... and stay away from work. This is an essential and non-negotiable part of your recovery. You can eat nutritionally rich foods, use topical treatments BUT if you do not rest and allow your body to fight the infection you are working against your body.

Avoid... Close contact with others. Do NOT go to work or out to shops, cinema etc. Help protect others!!

Wash... your hands often with good old soap and water. Once hands are clean, you should dry them thoroughly by using paper towels. Hand dryers are not effective in killing many viruses.

Cover... your mouth if sneezing or coughing to stop the spread of infection. Do not use a cloth handkerchief but use a disposable tissue ONCE and then discard.

Face Masks... are ONLY effective in conjunction with frequent hand-cleaning. Do NOT re-use single-use masks and discard once it becomes damp.

If you use a mask, put on with clean hands, remove from behind (don't touch front of mask) and discard immediately in a bin that has a lid. Immediately afterwards clean and dry hands.

Movement... Practice Yin Yoga which supports your immune system to fight infection and disease. Do 15-min before bed Yoga, and even a few smaller sessions throughout the day. Barefoot walking (grounding) provides numerous benefits to immune function. Read more in info in GHL by searching... *Can grounding help me?*

Open windows... at home (and work if you can). Of course, don't freeze yourself, but open up some windows to get fresh-air circulating.

Elevate... at night when sleeping. Lying flat in bed (even on a single pillow) can result in mucous pooling leading to increased congestion of the nasal lining resulting in congestion, stuffy nose, difficulty breathing and sinus headaches. Rather than elevating the head with a few pillows, that can result in neck pain, and rolling off causing a broken and restless sleep INSTEAD place a large (sofa) cushion under the mattress to elevate the top end of the mattress to create a natural incline that reduces blood flow to the head and improve gravity-dependent sinus drainage.

Humidifier/Vaporizer... night-time dry cold air, and/or heating appliances, can irritate the airways and result in an increase in night-time wheezing, stuffy nose, coughing, congestion and sore throat, resulting in a disrupted and restless sleep. Warm steam vaporizers/humidifiers release moisture into the air, basically making dry air 'moist'. An increase of 'moisture' in the air can provide symptomatic relief for cold and flu symptoms. Be careful of the 'heat' and keep out of reach of children. Cool-mist humidifiers are safe to use and may help ease coughing and congestion, however as the water doesn't boil it is more susceptible to bacterial growth so needs to be cleaned regularly and really well.

Diffuser... is used to diffuse essential oils into the room and may provide some symptomatic relief for respiratory issues and improve sleep. They do not humidify rooms. It also has an immediate effect in promoting relaxation. An ideal mix is ... 10 drops of Lavender with 3 drops each of Peppermint, Eucalyptus and Tea Tree oil. Tea Tree oil and Eucalyptus oil possess strong antiviral properties. ^[6]

Sun your Bum... What?? Yes, you heard correctly! Expose your bottom and stomach, even breasts to the sunlight for 10-mins. Not in the heat of the day but before 10am and after 3pm. Vitamin D has immune boosting properties. Absorption on 'non-sun areas of the body' is 10-mins unlike commonly exposed areas like your arms and legs that take up to 6 times longer to get the same absorption. Studies show that when



COLD AND FLU SYMPTOM RELIEF

Vitamin D levels are increased the duration and severity of colds are decreased.

Nuke your bedding... by stripping your bed of sheets and pillow slips and washing at high temperatures. Add in some water-soluble lavender or eucalyptus oil. Let dry naturally in the sun.

Beat your Quilt... What?? Yes, beat it like there is no tomorrow 😊 It's therapeutic too! It's a tradition in Japan for people to hang their quilt (and futon mattress) in the sun and beat with a special bamboo stick called a 'tataki' to shake the dust off and remove dust mites. And while you're at it beat your pillows too!!

The big wipe down... of doorknobs, fridge, dishwasher and cupboard handles, light switches etc. Bacteria and Viruses can live in these places, and you can end up re-infecting yourself. Often people remark they have a super-long cold, but it's more of case that they are re-infecting themselves. Use plane Eucalyptus essential oils (do not use chemical anti-bacterial sprays) or [VOI OCD spray](#).

Nuke your towels... and wash at high temperatures. Replace your handtowel daily so as not to re-infect yourself. Or consider using paper-towels after visits to the bathroom.

Shower or Bathe... in warm water (not hot). Close the bathroom door and turn off the exhaust fan. Let the room fill with steam to help ease congestion. Use Lavender essential oil in the shower/bath recess, to promote relaxation.

And finally, be PATIENT... don't try to get RID of a cold or virus -- Apart from being impossible, you're wasting valuable energy. Live with it, ease the symptoms with the strategies here within, and see it as an opportunity to relax 😊

In fact, a recent study showed that viruses, abundant in saliva, may play a role in weeding out harmful bacteria, so there can be some benefit to a virus 😊^[5] ... but hey, that doesn't mean you should try and catch one!

And of course, if symptoms persist or worsen, DO NOT DELAY and seek **immediate** medical attention.

Medical Disclaimer: Information provided is for information purposes only, it is NOT intended to diagnose, treat, cure, or prevent any disease. Neither is it intended as a substitute for the advice provided by your physician or other healthcare professional. Do not use the information provided here for diagnosing or treating a health problem or disease, or prescribing medication or other treatment. Always speak with your physician/healthcare professional before taking any medication or nutritional, herbal or homeopathic supplement, or using any treatment for a health problem. If you have or suspect that you have a medical problem, or need urgent care, contact emergency services promptly. Do not disregard professional medical advice or delay in seeking professional advice because of something you have read here.

REFERENCES

- [1] Dethlefsen, L., Relman, D. A. (2011). Incomplete recovery and individualized responses of the human distal gut microbiota to repeated antibiotic perturbation.
- [2] Perez-Cobas, A. E., Gosalbes, M. J., Friedrichs, A., Knecht, H., Artacho, A., Eismann, K., et al. (2012). Gut microbiota disturbance during antibiotic therapy: a multi-omic approach.
- [3] What are the organs of the immune system? (2006) Institute for Quality and Efficiency in Health Care.
- [4] Wilson, D., Nicholson, J., (2016) Gut Microbiome Interactions with Drug Metabolism, Efficacy and Toxicity.
- [5] Friendly Viruses Protect Us Against Bacteria. <https://www.sciencemag.org/news/2013/05/friendly-viruses-protect-us-against-bacteria>
- [6] Pyankov, O.V. (2012) Inactivation of Airborne Influenza Virus by Tea Tree and Eucalyptus Oils
- [7] Oduwale O, Udoh EE, Oyo-ita A, Meremikwu MM. (2018) Honey for acute cough in children.

Cold and Flu Symptom Relief Fact Sheet GRP
Seventeenth Edition 2022 | Copyright © Natalie Woodman

The moral right of the author has been asserted. All rights reserved.
Apart from any use permitted under the Copyright © Act 1968, no part of this book may be reproduced by any process whatsoever, stored in or introduced into a retrieval system, or transmitted, in any form or by any means including an electronic, mechanical, photocopying, recording, nor any other exclusive right be exercised without the written permission of both the copyright owner and the publisher.

Creator, Author, Publisher, Design Work: Natalie Woodman
Nutritional Medicine & Gut Health Practitioner | Naturopath
Creator of [VOI ORGANICS](#)

www.nataliewoodman.com
hello@nataliewoodman.com