

natural healing

COLD + FLU PROTOCOL

The natural treatments listed here are meant to be used in conjunction with the treatment from a trained health care professional. Do not use these treatments in lieu of treatments prescribed by your health care professional—always follow doctor's orders. All treatments listed here are generally considered safe for most, but please confirm with your health care professional before attempting. When in doubt, always call your doctor.

Family Doctor: _____

Pediatrician: _____

24 Hour Nurse Line: _____

Closest Urgent Care: _____

WHEN YOU FIRST START TO FEEL YUCKY

◆ TRY THESE FIRST

- Call your health care professional ◆
- Remove sugar, dairy, and gluten from your diet ◆
- Take one dose of elderberry syrup every 2-3 hours ◆
- Focus on hydration ◆
Avoid drinks with added sugar or caffeine: try herbal teas, water, and natural juices.
- Do "magic socks" at night
- NetiPot 2x/day
- Rest as much as possible

WHEN YOU'RE FULLY SICK

◆ TRY THESE FIRST

- Follow your health care professional's orders ◆
- Keep sugar, dairy, and gluten out of your diet ◆
- Take one dose of elderberry syrup every 2-3 hours ◆
- Rest as much as possible ◆
- Focus on hydration ◆
Avoid drinks with added sugar or caffeine: try herbal teas, water, and natural juices.
- Do "magic socks" at night ◆
- NetiPot 2x/day ◆
If you can; depending on congestion levels
- Ginger tea 2x/day ◆
2 tablespoons sliced fresh ginger, 1 tablespoon raw honey in 16 ounces boiling water
- Other herbal teas frequently
Try yarrow tea to help induce a fever, peppermint tea can help soothe upset tummies, and chamomile tea is great to help promote a restful sleep
- Minced garlic clove in water 2x/day
Mince 1 garlic clove and float in 1/4 cup of water, take it like a shot so you don't have to taste it—one big gulp
- Focus on easy-to-digest foods
Examples: broths, smoothies, liquid soups, applesauce, soft fruits (don't eat if you don't feel like it)
- Cinnamon, honey, coconut oil tea 2x/day
1 tablespoon cinnamon, 1 tablespoon raw honey, 1 tablespoon coconut oil in 16 ounces boiling water
- Epsom salt baths (for body aches)
Warm bath with 1-2 cups Epsom salts, soak as long as needed

WHEN YOU'RE RECOVERING

- Continue to follow your health care professional's orders
- Keep sugar, dairy, and gluten from your diet until fully recovered, then reintroduce slowly
- Return to one dose of elderberry syrup daily
- Keep resting as needed

Wholefully®

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