

## Clearing that Lingering Cold

What a cold/flu season we've had this year! I have had many calls on how to clear the residual congestion/cough/ low energy that are leftovers from the nasty upper respiratory infections that have been circulating. Here's some ideas.

- Stay away from dairy, it's mucous forming. Stick to a whole foods diet with lots of colourful veggies to replenish nutrients.
- Herbal teas like burdock root, licorice, stinging nettle alone or in combination will gently cleanse and restore after sickness.
- Apply your castor oil pack to abdomen OR, to the chest to clear that lingering cough. Add a couple of Eucalyptus essential or oil or the Flu Fighter blend to enhance the effect.
- Ensure some essential nutrients are in place to support the immune system; probiotics, Vitamin D, ACES to name a few.
- Rest! You may be ready to roll but the body needs more time.
- Go swimming – the pressure of the water is ideal for moving your lymphatics.
- Remember your hydrotherapy! Warming socks, nasal lavage, steam inhalations foot baths work wonders! Links : [Warming Sock Treatment](#) , [Mustard Pack For Chest Congestion](#) , [Hydrotherapy Options for Congestion](#)



.....

.....