



What to do when you catch a cold:

Thymus Thump:

The thymus gland is behind the top of your breastbone (sternum) and is responsible for producing mature white blood cells which fight the common cold as well as infections and serious diseases; it has a major impact on your immune system. It's recommended to perform the thymus thump 1-3 times daily. Make a fist and rapidly but gently tap your sternum from 60 – 100 times in about 30 seconds



Nutrition

Garlic: 2-3 times a day. 1 clove each time. Crush the garlic and let it sit for 10-15 minutes. This will activate the antibiotic effect of the garlic.

Turmeric: Combine with fresh ground black pepper and a “good fat” like coconut oil. This will increase absorption by up to 700%

Ginger: About the size of the tip of your thumb to the first joint (1” or 2.5cm). Peel it and cut into small pieces. Put in hot water with organic local Manuka honey

Tea tree oil or oil of Oregano: Fill a large pot with 1-2 inches of water, put 4-5 drops of oil in it. When it begins to boil, either reduce the heat, or if you are sensitive, you can remove the heat. Place a bath towel over your head and the pot (be careful not to burn the towel on the stove). Take deep breathes to inhale the vapors

Vitamin C Flush: Take 1000mg of vitamin C, mixing into half a glass of water (or diluted fruit juice) and drink/sip it over the course of a few minutes. Repeat this every hour, on the hour, recording each time you take a dose, and continue until you need to use the bathroom. You are looking for the bowel to pass a watery stool. Once this occurs, the flush is finished and you can stop drinking the vitamin C.

Organic Apple Cider Vinegar: 1-2 Tablespoons mixed with water. Add Manuka honey for taste

Water: Drink as much water as possible. 8 glasses minimum

Other cold fighting nutrition:

Echinacea, colloidal silver, goldenseal, Elderberry, zinc

Detox

Neti pot: Mix warm distilled water with non-iodize, non-floridated salt (use pink sea salt). To use the neti pot, tilt your head sideways over the sink and place the spout of the neti pot in the upper nostril. Breathing through your open mouth, gently pour the saltwater solution into your upper nostril so that the liquid drains through the lower nostril. Repeat on the other side.

Epsom salt bath (magnesium sulfate): Rub half a lemon over the skin to dilate the pores. Add 2 cups of Epsom salt to a hot water bath. Soak for 20-30 minutes

Eliminate sugar, grains, processed foods and dairy during your health crisis