

Herb/Remedy	Purpose	Use
Apple Cider Vinegar Drink	Assists to neutralize the body which turns alkaline when sick and it helps thin mucus.	Add two tablespoons apple cider vinegar, two tablespoons of honey, 2 tablespoons of lemon juice to hot water and top with a sprinkle of cinnamon.
Ashwagandha	To boost energy, it is said to bestow its user the vitality and strength of a horse.	Take in tablet form or use the oil on your feet before bed.
Cinnamon	Assists with moving blood and is very warming.	Cinnamon is the perfect spice to add to just about any warm drink, to bake with and use in smoothies.
Elderberry*	Prevention measure at the onset of a cold or flu.	<p>1 cup dried black elderberries 2 cups water 1 cup local honey 1 empty bottle 1 strainer Optional: 4 cloves, 2 cinnamon sticks, a wedge of lemon, 2 tablespoons echinacea or a spoonful of ginger.</p> <p>How-to 1. Place all the dry ingredients in a pot. 2. Put the 2 cups of water over your dry ingredients. 3. Turn on stove and leave the mixture with lid on for approximately 20 minutes, stirring occasionally. 4. Turn off stove and strain mixture into dark bottle—be careful, syrup is hot! 5. Add 1 cup honey to strained syrup. Stir well,</p> <p>Take a tablespoon of elderberry syrup everyday as prevention. At the first sign of a cold or flu, you can take up to three times a day or as needed with plenty of fluids.</p>
Fire Cider**	Take a shot each morning (or multiple times per day if you are feeling sick) to ward of potential illness and to warm your body on these cold winter mornings. It can also be added to your favorite vegetable juice or	<p>Fill a quart size mason jar 3/4 of the way full with: Crushed cloves of garlic Chopped white onion Fresh grated ginger root Fresh grated turmeric 1/4-1/2 teaspoon of cayenne pepper (start with a 1/4 tsp.) Zest and juice from a lemon Fill the jar with apple cider vinegar. Cover the jar with wax or parchment paper (to keep the acv from touching the metal lid) before screwing on the lid. Store in a dark place where you will not forget about it. Let the goodness infuse into the vinegar for four to</p>

Note: Do consult with your health care professional to ensure proper use and dosage.

Compilation of Cold Remedies

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	salad dressing!	six weeks, giving it a good shake it every few days. At the end of the four to six weeks, strain the vinegar, add your desired amount of organic local honey (try 2 tablespoons then give it a taste) and store it in a clean jar.
Garlic**	Improves immune function by activating our germ eating cells called macrophages, and it increases the number of antioxidants that fight free radicals in your blood.	Garlic can be eaten raw and also cooked with in many dishes, especially soups when fighting a cold.
Ginger	Helps to fight a cold when taken at the onset of a cold as acts as a warming agent.	Add ginger to your hot water or find recipes that call for ginger. It can also be added grated to salad dressings or smoothies.
Hydrogen Peroxide	Kills bacteria in ear drums since sinuses are all connected	Put one cap full in one ear at a time and let sit for 10-15 minutes and then do on the other side. Be sure to lay down.
Hot Water***	Hydrate the mucus membranes and dilate and flush toxins	Sip on hot water when the feeling of a cold starts and during to stay well hydrated. Other add-ins to try honey and lemon to hot water.
Nasya Oil	Lubricates, soothes and protects the nasal passages and helps relieve sinus congestion.	Apply oil in nose each morning; this is best to do all winter to keep nasal passages lubricated.
Netipot	A neti pot is a container designed to rinse your nasal cavity.	You might use a neti pot to treat nasal allergies, sinus problems or colds.
Rest	Allows the body, mind and spirit to heal.	Rest is common sense, yet many of us are so busy, we do not allow the time needed to heal properly.
Salt Water	Reduces the swelling of a sore throat, loosens mucus and releases toxins.	Mix desired amount of salt with either cold or warm water. This is an age old remedy.
Sitopladi***	Opens airways and heals and decongests mucus membranes of the sinuses, bronchioles and lungs	The five ingredients of sitopaladi churna are cinnamon, cardamom, long pepper, bamboo shoots and powdered sugar. This churna would be good to season when baking apples or putting in tea.
Trikatu***	Thins mucus, stimulates circulation to the respiratory tract and cervical lymph**	Trikatu can be taken as a tincture or in powder form. Given its pepper base, use as seasoning in your favorite soup. Combine trikatu with turmeric for more impact as it enhances the absorption of the tumeric.

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Tumeric	Thins mucus, moves lymph, boosts immunity and heals the mucus membranes**	Tumeric can be used to season food directly or taken in tablet form.
Vitamin D3	Boosts immunity	Take in a pill format.
Zinc	May shorten the length of time the symptoms persist for.	Take zinc syrup or lozenges during the first few days of a cold.

References:

*<http://www.elephantjournal.com/2013/11/how-to-make-elderberry-syrup-isabelle-rizo/>

**<http://www.elephantjournal.com/2014/11/enhance-your-wellness-through-winter-with-fire-cider-recipe/>

***<http://www.elephantjournal.com/2012/01/stop-a-cold-in-its-tracks/>

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