

## **Treating Your Cold Naturally**

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It is basic knowledge that antibiotics cannot cure the common cold and should be avoided unless there is a true source of infection. Most illnesses that you or your child may get are likely viral illnesses. Many over the counter medications are not approved for children and many people are seeking a natural remedies instead of putting foreign chemicals into their bodies. Working at an integrative practice, we have come to know and understand the power of homeopathy and would like to share that with you so that you can battle your next cold naturally. Below are supplements and herbs that may be used at the first sign of viral illness to help shorten the duration of the illness. You don't have to use all of them at once, pick and choose which remedies are right for you. For dosing instructions, please contact your health care provider.

Zinc is a mineral that is essential for a healthy immune system, synthesizing DNA, healing wounds and proper growth during childhood. Zinc help to regulate T cells in our body; T cells help to regulate our immune response and attack infected or cancerous cells. Zinc lozenges or syrup help to shorten the duration of the common cold when taken within 24 hours of symptoms. Zinc only needs to be taken in small dosages to see the effects, be sure to use only under the supervision of your health care provider for proper dosage and duration of treatment.

Vitamin C is a highly effective antioxidant and lessens oxidative stress in the body. It is found in high concentrations in our immune cells. Extra vitamin C may be taken during a viral illness in powder or chewable form.

Elderberry extract or sambucus is an herb with powerful antiviral properties. This herb may be used to treat the flu, colds, yeast infections, nasal and chest congestion. This may be found in liquid form or lozenges at your local health food store.

Echinacea is an herb that is used to fight infections including the common cold and other upper respiratory symptoms. Echinacea helps to shorten the duration of illness when taken at the first sign of illness. Echinacea comes in many forms such as tablets, juice and tea.

Raw unfiltered apple cider vinegar has many uses. The nature of this article can only briefly describe it's benefits. It has natural antiviral, antibacterial and antifungal properties. It also helps to thin mucus. It may be used to make a tea with honey and lemon or may be taken diluted with water alone.

Tumeric or curcumin is a plant that has many healing properties. It may be used to treat bronchitis, colds and upset stomach and fever. Tumeric is a powerful anti-inflammatory. Tumeric may be taken in capsule form or made into a tea.

Probiotics help to put the good bacteria in your gut. 70% of your immune system lives in your gut and by taking probiotics, you can help to ensure that your gut is healthy enough to battle the current infection. Probiotics may be taken in powder or capsule form. Probiotics may be found in good quality yogurt or kefir.

Honey can be used as a natural cough syrup. It helps to coat the throat and decrease the "tickle" that causes the cough. It may be added to tea also to aid in cough and sore throat.

We hope that next time you can battle your cold naturally!