

# Tis The Season: 6 Ways To Get Rid of Cold and Flu



Getting a cold or flu can be no joke. It can cause you to feel weak, tired like you can't do anything right, and like you just want to sleep the sickness away. It stops you from living your normal everyday life the way you want, whether it's going out with your friends, making meals at home, or going to work. Needless to say, no one would welcome colds or flus if they could help it.

The reality is that a cold is comprised of many viruses, meaning it cannot be cured. But there sure are ways to help get rid of it and doing things to prevent it.

## **3-Ingredient Classic Cure**

It's amazing how nature provides us with foods that not only nourish our bodies but help heal it. This classic home remedy will keep you from questioning the chemicals in the product, but instead, give you the straight-forward knowledge that it will work. All you need are three ingredients:

- 1 medium clove garlic
- Warm water
- 1 lemon
- 1 tsp honey

All you need to do it crush up the garlic, combine it with the other ingredients, and stir!

## **Make a Medicinal Simple Syrup**

This isn't your water and sugar combo, instead, it contains natural ingredients to help fight off your cough and sore throat. You will need:

- 1 tablespoon licorice root
- 4 cups of water
- 1 tablespoon marshmallow root
- 1 tablespoon ground cinnamon
- Strainer
- 1 tablespoon chopped ginger
- 1 cup of organic raw honey

Mix together the herbs, cinnamon, and ginger and then add it to a saucepan along with 4 cups of cold water. Over low heat simmer the mixture until it has been reduced by half. Strain the herbs and then pour the liquid back into the pot. Over the lowest level of heat stir in the honey and let it sit, bubbling gently, for 10 minutes.

Remove from the heat and bottle, being sure to label the date you made the batch on. Take a maximum of 1-2 tablespoons three times daily for relief from coughing, sore throat, and congestion. In the refrigerator, this will last for 3-4 weeks.

## **Chest Salve**

No need for store-bought vapor rubs. This simple DIY blend can be whipped up in a short amount of time, and help you breathe easier even when you're all stuffed up. You will need:

- ½ cup coconut oil
- 15 drops peppermint essential oil
- An airtight container

Over a double boiler, melt the coconut oil. Remove from the heat and pour it into a heat safe airtight container. Add the essential oils, stir, and seal off while it cools. Once it has completely cooled, simply rub a little on your chest or under your nose. Be careful not to go near your eyes, because they can sting like crazy! This will last up to three years in an airtight container in a cool, dark place.

## Loosen Up With a Little Heat

All you need is a bottle, some hot water, and a piece of cloth or thin towel for this magic to work. It helps with the phlegm and deep congestion by loosening up your muscles and allowing your phlegm to soften and come up. Lay it on your back between your shoulder blades or your chest and start feeling better!



# Sinus Clearing Bath Salt

We all know the steam from taking hot showers can help with your sinuses. Here is a way you can relax in your bathtub with a bath salt recipe. You will need:

- 3 drops of eucalyptus essential oil
- 1 cup Epsom salt
- 3 drops of peppermint essential oil
- 3 drops of lavender essential oil
- Small dish for blending
- Airtight container

Pour the salt into your container and, in a different dish, blend the essential oils. Add the oils to the salt and stir thoroughly with a spoon. When taking a bath fill the tub halfway, add 2-3 tablespoons of salt, and fill it up the rest of the way. Breathe deeply and relax!

# Sore Throat Gargle

We all know that annoying, lingering soreness that likes to bother us throughout our cold. This concoction with just a few ingredients can help draw excess liquid out of tissues. Here's what you'll need:

- 1 cup apple cider vinegar
- 4 tablespoons dried sage or 8 tablespoons fresh
- 1 teaspoon salt
- 1 cup water
- Airtight container

Place sage leaves at the bottom of a mug and cover with 1 cup of boiling water. Steep for 15 minutes, covered. While the sage steeps, pour 1 cup of apple cider vinegar into your jar and sprinkle in the salt. When fully infused, strain the sage tea and add into the apple cider vinegar. Gargle a mouthful at least 3 times daily for pain relief. Keep in the refrigerator for up to one week.