

15 Tips On How To Prevent Or Get Rid Of A Cold Quickly

by Lady Carla Davis, MPH

Specializing in Nutrition

1. **Warm the body, especially the feet.** Have a sauna if possible. Sweating helps to eliminate viruses. To avoid re-infection, shower or bathe in hot water and avoid becoming chilled. When exposed to cold weather, keep the whole body warm, especially the head and feet. Avoid wearing synthetic materials, which hinder the skin's ability to function. Natural materials, such as cotton, silk, and wool enable the skin to breathe and function better.
2. **Bathe in sunshine, full-spectrum or natural daylight** for at least one hour daily. Sunshine and "full-spectrum/natural daylight radiate ultra violet light, which kills viruses and bacteria. Daily exposure of the skin to sunshine helps the body produce vitamin D, which strengthens the immune system and helps prevent disease. Read "*Light... The Ignored Nutrient*" by Lady Carla Davis, MPH, on this site or in the NZ Journal of Natural Medicine, Issue #1, 2011.
3. **Brush vigorously** after showering with a hard, natural bristle body brush. This, along with circular exercises, cleanses the lymphatic system and rids the body of acids.
4. **Hydrate the body with a sufficient amount of pure, structured water.** To learn more go to: www.alivewater.com and www.dancingwithwater.com. Avoid fluoridated water, which is toxic and breaks down the immune system. See www.fluoridealert.org. A good indicator to determine if you are drinking enough water is to check the color of your urine; the clearer the better. Read "*Your Body's Many Cries For Water*" by F. Batmanghelidj, MD and "*Dancing With Water*" by MJ Pagman, MS and Melanie Evans.
5. **Alkalize the body by consuming potassium rich foods**, such as fruits (berries, citrus, raisins, etc.); steamed vegetable and herbs (green beans, potato skins, pumpkin, leafy greens, parsley, cilantro/coriander, etc.); organic meat and home-made soups rich in minerals, such as pumpkin or turkey/chicken with vegetables. Make your own stock with bones, herbs, garlic, and Celtic seasalt. AVOID MSG, commercial salt, and highly salted foods.
6. **Nourish the body daily with the EFAs (Omega 3 & 6) in balance, plus other natural, undamaged fats in balance.** Organic Flax Seed Oil (www.omeganutrition.com) is the best vegetable source of Omega 3 EFAs. Krill, calamari, and quality fish oils also provide EFAs and its DHA and EPA derivatives. Fresh coconut and coconut oil are rich in Lauric Acid and have anti-bacterial/anti-viral properties. AVOID ALL damaged oils and margarine. Read "*What You Should Know About Fats & Oils*" by Lady Carla Davis, MPH, NZ Journal of Natural Medicine, issue #2, 2011.
7. **Consume high Vitamin A fruits and vegetables**, which are dark green, orange, and yellow in color; organic liver; and a natural vitamin A (carotenoids) supplement (10,000 iu daily/adult minimum).
8. **Consume high Vitamin C fruits**, such as berries, tree-ripened citrus, pomegranate, papaya, pineapple, and kiwi; and vegetables such as red peppers, parsley, sweet potatoes, broccoli, along with a supplement of natural vitamin C complex in mineral ascorbate form (1,000-2,000 mg daily/adult minimum). Vitamin C is a vital nutrient and powerful antioxidant that protects cell health and integrity, repairs, and heals. It also nourishes the Adrenal glands, providing the energy necessary to eliminate toxins. Alacer's Emergen C with potassium and bioflavonoids and Rainbowlight's Super C with bioflavonoids are among the best powdered Vitamin C supplements that help alleviate a cold.
9. **Consume iodine rich sea vegetables** such as kelp, nori, dulce, wakame, and Main Coast

Sea Seasoning shakers (www.seaveg.org), or natural iodine supplements. Iodine kills viruses and bacteria and nourishes the Thyroid gland, which helps to maintain normal body temperature and provide the energy needed to eliminate toxins.

10. **AVOID acidic substances**, such as refined sugar, coffee, sodas, tobacco, alcohol, MSG, fluoridated water, and highly processed and heavily salted foods, such as luncheon meats, bacon, chips, pickles, and various condiments.

11. **Take a quality Garlic supplement** (4-6 capsules) daily to eliminate congestion until completely cleared. Endo Met's Garlic is one of the most effective garlic supplements. Garlic is Nature's natural antibiotic. It clears lung congestion without the side effects. Cook with garlic and onions. They are rich in purifying sulphur.

12. **Spray Sovereign Silver or OxySilver immune support hydrosol concentrate** high up in the nasal cavity. <http://www.cureshoppe.com/oxysilver-immune-support-hydrosol-concentrate-with-528/>. This kind of silver is a powerful anti-bacterial, anti-viral, anti-fungal, anti-inflammatory immune booster.

13. **Sleep, rest, and meditate** as much as possible. This greatly helps to rebuild adrenal glands. **De-stress with a therapeutic massage and soothing music.** Therapies of this kind reduce acidity and greatly enhance the immune system. The body repairs and replenishes its hormones during sleep, meditation, and relaxation.

14. **Freshen and circulate the air in your home.** Breathe in the air near ocean waves or water falls, which provide a rich source of small beneficial negative ions. Another option is to get an **Elanra ionizer** (<http://negativeions.com/>). It is the only medical ionizer that produces the small, beneficial negative ions, found in Nature, that can be inhaled into lungs and bloodstream to increase oxygen intake.

15. **AVOID pollution and do not smoke.** Breathing OUT and holding as long as possible oxygenates the body. Practice the Butaynko method, Taidao, Tai Chi, Yoga, and/or Meditation methods of breathing. These modalities are all very beneficial because they help to balance the body's pH and strengthen the immune system. <https://www.karenatkins.com/vital-qi-tv/>

Remember...the body has four channels of elimination...

Lungs

Kidneys

Bowels

Skin

Each channel must eliminate 2 lbs. of toxins a day. DO NOT HINDER them; ASSIST them!