

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

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1. Warm the body, especially the feet. Use the **Biomat** with its infrared benefits. Have a sauna if possible. Sweating helps to eliminate viruses and toxins. 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 breathe and function. Natural materials such as cotton, silk, and wool enable the skin to breathe and function better.
2. Bathe in the sunshine, full-spectrum, or natural daylight for at least one hour daily. Sunshine and full-spectrum/natural daylight radiate ultraviolet light, which kills viruses and bacteria. Daily exposure to sunshine helps the body produce vitamin D, strengthen the immune system, and prevent disease. Sunshine vitamin D is far superior to supplement vitamin D because it goes through all the pathways via the skin. Read *Light: A Vital Nutrient* by Lady Carla Davis, MPH, at: <https://nourishingbasics.com/nutrition/>
3. Body brush vigorously after showering with a stiff, natural bristle body brush. This, along with circular exercises, cleanse the lymphatic system and helps to rid the body of acids.
4. Hydrate the body with sufficient 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 and <https://fluoridefreeaustralia.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. **Hawaii Volcanic water** and **Fiji Artesian water** are among the best-bottled waters.
5. Alkalize the body with foods rich in magnesium (e.g., kale and other leafy greens, almonds, black beans, chia seeds, flax seeds, pumpkin seeds, avocados, buckwheat, quinoa, brown rice, wild salmon) and potassium (e.g., berries, citrus, and other fruits, raisins, green beans, potato skins, pumpkin, leafy greens, parsley, cilantro/ coriander, organic meat). Consume homemade soups rich in minerals, such as pumpkin or turkey/chicken with vegetables. Make your stock with bones, herbs, garlic, and Celtic sea salt. AVOID MSG, commercial salt, and highly salted foods. Use **Elektra transdermal magnesium products** in the **USA**, or **Australia and NZ**.
6. Nourish the body daily with the EFAs (Omega 3 & 6) in balance. Organic (High Lignan and Chili & Garlic) flaxseed oil from **Omega Nutrition** is the best vegetable source of omega-3 EFAs. Krill, calamari, and quality fish oils also provide EFAs and their DHA and EPA derivatives. Fresh coconut and coconut oil are rich in Lauric

Acid, which has anti-bacterial/anti-viral properties. AVOID ALL damaged oils and margarine. Read *Know Your Fats & Oils* and *Get The Facts On Flax*, by Lady Carla Davis, MPH at: <https://nourishingbasics.com/nutrition/>

7. Consume high amounts of Vitamin A fruits and vegetables, which are dark green, orange, and yellow; organic liver; and a natural vitamin A (retinyl palmitate + carotenoids) supplement (10,000 i.u. -25,000 i.u. daily/adult).

8. Consume high amounts of 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. NOW AlphaScorb-C with bioflavonoids and Rainbowlight's Super C with bioflavonoids are among the best Vitamin C supplements that help alleviate a cold.

9. Consume iodine-rich sea vegetables such as kelp, nori, dulce, wakame, [Main Coast Sea Seasoning](#) shakers, or natural iodine supplements such as Oregon's Wild Harvest Bladderwrack. Iodine kills viruses and bacteria and nourishes the thyroid gland, which helps to maintain body temperature and provides 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 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 of medication. Cook with garlic, onions, and scallions, which are rich in purifying sulfur.

12. Spray [Sovereign Silver](#) or [OxySilver](#) immune support hydrosol concentrate high up in the nasal cavity. This type of silver is a powerful anti-bacterial, anti-viral, anti-fungal, anti-inflammatory immune booster.

13. Sleep, rest, hum, and meditate as much as possible, which helps to rebuild the adrenal glands and heal. De-stress with a therapeutic massage, tuning forks, crystal bowls, soothing music by Steve Rees at [Calming Harp](#), or frequency music by [Jill Mattson](#). 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. AVOID pollution and do not smoke. Breathe the air near ocean waves or waterfalls, which provide a rich source of small

beneficial negative ions. Another option is to get an [Elanra ionizer](#)). It is the only medical ionizer that produces the small, beneficial negative ions found in Nature that can be inhaled into the lungs and bloodstream to increase oxygen intake.

15. Breathe properly. Holding the out-breath as long as possible helps to oxygenate the body. Practice the Buteyko Method, Taidao, Tai Chi, Yoga, or Meditation breathing methods. These modalities are all very beneficial because they help to balance the pH and strengthen the immune system. Check out [Karen Atkins Chi TV](#).

Remember: the four channels of elimination:

Bowels

Kidneys

Lungs

Skin

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

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