

Top Nine Ways to Zap a Cold

1. Catch it early.
2. Clean is key.
3. Hot bath.
4. Neti Pot.
5. Warm clothes.
6. Hot food.
7. Hot liquids.
8. Sleep.
9. Medicine.

I don't know about you, but I can feel a cold coming on. It starts in my throat, and I start to feel achy. This is the time I want to stop it in its tracks. If I am busy and I try to plough through it (which we have to do sometimes) that cold will manifest into something that is twice as bad as if I caught it early. I start to put a self-care plan in place. I look at what I am doing for the next day or two and start eliminating anything that will take me away from the next eight steps. I will give up anything I have to make sure I get the care I need to be well.

Years ago, I worked with a woman who swore that if we kept our bodies and our mouths clean during the early stages of a cold, it would go away faster. She was always healthy so I followed her advice. I have a nice hot shower and wash my body, hair and face. I dry brush my body really well from head to toe. NEVER have wet hair with a cold; I dry my hair completely.

That evening, I dry brush my body again and have a hot bath. I fill the bath to the top with hot water and put in three cups (yes three!) of Epsom salts. I drop in some cold-busting/ detoxing essential oils or salts. I lay in that bath right up to my neck. The goal is to get your entire body soaking in that water. I don't normally use hot water(it is very drying for the skin) but for cold zapping, I am all in! I soak for a long time imagining the hot water going in and killing my cold germs. I mix some immune booster essential oils into my natural body cream or almond oil and slather my body.

I clean my mouth with my metal tongue scraper 10 times, really making sure I get the entire tongue. I brush about three times a day to keep my mouth really clean. I use a bit of the salt from my Neti Pot in a half a cup of warm water and I gargle with that saltwater. Hard. Like gargle for as long as you can stand it and do it again. Remember clean is key.

Then I use my Neti Pot. I mix the salt with warm water and pour it into my nostril for as long as I can stand it. Two or three good rinses in each nostril and tipping my head side to side to get it right into my sinuses. OMG I am officially clean now!

Now I get on the coziest clothes I have. Fuzzy socks are a must. Feet have to stay warm. No bare feet. Soft, cozy clothes or pajamas and a housecoat or sweater that comes up the back of my neck. I wrap in cozy blankets and I just love special me. I treat myself just like I treated my children when they were sick when they were little. I love me the same.

I sleep as much as I can get. I understand we have big lives but I will let GO as much as I can, to get the sleep I need. I nap, I go to bed super early and sleep in when I can. I try as hard as I can to give up the mess in my house and the work on my desk, and I sleep! I can usually zap a cold in a day or two if I sleep all the time. If I have to fight through it and not sleep (which of course I do sometimes), I will pay dearly and have that cold for a week. I do ALL I can to set up my life for sleep. It is so healing to sleep and let the body heal. It is like you are working with the body, not against it.

I eat only hot food. Nothing raw or cold. I eat an Ayurvedic way, so that helps. I eat soups, curries, broths etc. I make a "Gut Healing Broth" from the *Eat Feel Fresh* cookbook and I always have some frozen. I add some lightly seared veggies, fresh garlic, fresh ginger and cayenne pepper to the broths. I don't like spicy food but for colds, I do! Hot healthy food. If you can afford it, order in some hot spicy soups. No smoothies, no cold food. I take my multivitamin, digestive enzyme and spirulina capsules and a probiotic at night.

I drink only hot liquids. I have so many amazing cold and flu teas that I drink almost exclusively at the start of a cold. Hot teas or hot water only. If I want a green juice I will only drink it at room temperature. No caffeine (or very little if you are used to daily caffeine) and no sugar. Sugar weakens and depletes me. I might do a teaspoon of raw organic honey in the tea, but very little.

I try not to take any cold medicines but once in a while, I will give into a nighttime cold medicine for sleep. If I have to function, work or go to an engagement, I take a daytime cold pill, pain medication or nose spray. Since I don't take them very often, they work so well.

What works the best to zap a cold is SLEEP. As soon as you feel a cold coming on, do all you can to go to bed. Who has time to be sick!?

You deserve to be taken care of.