



## Fight that Cold or Flu!

Cold and flu season is upon us so here are some helpful home treatments you can do when you feel like you might be getting sick. For more helpful tips to boost your immunity, book a follow up appointment.

### Warming socks treatment (aka “Magic Socks” for kids):

1 pair of 100% cotton socks  
1 pair of 100% wool socks

Before bed, run the cotton socks under *ice cold* water and wring out *completely*. Put these socks on your feet and put the *dry* wool socks over top, and then go to sleep.

[If using on a little one, check on child’s feet 5-10 minutes after wearing to ensure they have warmed up. If they have not warmed up, then remove the socks. Some children will need their feet warmed with warm water before applying the wet cold socks.]

Throughout the night, you/your child will receive the benefits of an alternating hot/cold hydrotherapy treatment, as the body works to warm the feet. This increases circulation, eases lung and nasal congestion, improves the body’s ability to cope with temperature changes and strengthens the immune system.

### Spicy immune-boosting tea

5 quarter-size slices of fresh ginger root  
3 cloves of fresh garlic, chopped.  
2 lemon wedges  
a pinch of ground cayenne pepper

Add 4-5 cups of water to a pot and bring to a boil. Add the above ingredients, making sure to squeeze out the lemon juice from the wedges. Cover and let simmer on low for 10 minutes. Let cool slightly before drinking and feel free to eat the garlic pieces if you are up for it! Drink throughout the day.

(Water down and/or omit the cayenne for little ones)

## Steam Inhalation

Kettle

Glass bowl or sink

Essential oils\* (a few drops total) or 1 tbsp each of one or more dried herbs -  
eucalyptus, thyme, rosemary, oregano, lavender

Large towel

Boil water and fill glass bowl or sink with the hot water. Add a few drops of essential oil\* or dried herbs. Place face over bowl and cover towel with head (this contains the steam). Take deep breaths in to allow the steam to pass through your respiratory system – you may need to start with breaths through your mouth and then work up to breathing in and out of the nose.

A facial steam inhalation can:

- Aid in your immunological response
- Increase white blood cell production
- Manage a fever without suppressing it
- Open the congested sinus passages
- Encourage much needed rest

*\* A note if using essential oils: Using pure, 100%, organic essential oils is your healthiest option. These are never to be ingested unless under the careful guidance of your naturopathic or allopathic doctor. They should be used judiciously as they may irritate mucous membranes and be toxic in larger quantities. If at all in doubt, use dried herbs.*