

WINTER WELLNESS CHECKLIST



VIRAL COLD SYMPTOMS

Chop and sauté 1 medium Onion. Add 2-4 cups of Vegetable Broth and simmer. Remove from heat. Add 2-4 minced fresh Garlic Cloves. Cover for 5 minutes. Optional: add fresh or dried oregano, thyme and/or chile pepper immune boosting herbs. Eat throughout the day.



CHEST/NASAL CONGESTION

Put steaming hot water safely in a large bowl. Add a 1/4 teaspoon of (Vicks) Mentholated Ointment or a few drops of Eucalyptus oil. Place face over bowl. Cover your head and the edge of with bowl with the towel, creating a tent. Inhale steam 10-20 minutes for a natural decongestant. *(Caution: This is not recommended for asthmatics).*



COUGH

Take Herbs Etc. Osha Root Syrup, as directed 3-4 times a day. Osha root is effective for spastic coughing, 1 teaspoon of raw honey will also minimize cough. Taking ½-1teaspoon of sesame oil in the evening will help to ease nighttime coughing symptoms in children. *(Caution: Honey is not recommended for children under 2 years old).*

DISCLAIMER:

These suggestions are not to be used as substitution for medical advice. They are not intended for infants and should be used cautiously in children under 12 years of age. If symptoms are unimproved, immediately consult with your healthcare provider.

