

**COLD BUSTING HACKS**

**try some cinnamon tea**

Cinnamon

Cinnamon is one of the world’s oldest spices, not to mention a natural treatment for cold and flu symptoms.

- **Best time to take it:** Morning
- **Best way to take it:** Warm cinnamon water. You can add it to tea or mix it with hot milk.
- **Alternative method:** Sprinkle it on pulled pork or roasted potatoes for an extra boost.

**eucalyptus**

Eucalyptus oil contains eucalyptol, which relieves congestion, decreases coughing/bronchitis, and kills infectious bacteria in the respiratory tract.

- **Best time to take it:** Morning
- **Best way to take it:** Rub it into your skin. You can also use it as a steam inhaler.
- **Alternative method:** Use it as a natural air freshener.

**oregano oil**

Oregano oil contains carvacrol and is generally safe to put on your skin if you’re an adult; to breathe more easily, you can rub a bit of it under each nostril.

- **Best time to take it:** Morning
- **Best way to take it:** Rub it into your skin. You can also use it as a steam inhaler.
- **Alternative method:** Use it as a natural air freshener.

**tear**

Tea tree

Tea tree oil contains tea tree oil, which can kill fungus. It's a great way to disinfect your house if you're sick, and you can also use it on your skin to kill fungus.

- **Best time to take it:** Morning
- **Best way to take it:** Rub it into your skin. You can also use it as a steam inhaler.
- **Alternative method:** Use it as a natural air freshener.

**s-adenosyl methionine**

SAM

SAM is a natural substance that enhances your body's natural immunity. The evidence is in that SAM does work to boost your immune system.

- **Best time to take it:** Morning
- **Best way to take it:** Take SAM supplements as recommended. SAM is available in most health food stores.
- **Alternative method:** Eat foods that contain SAM.

**vitamin d-3**

Vitamin D3

Vitamin D3 is necessary to maintain and repair bone and muscle health, and it’s also responsible for maintaining your immune system. Make sure you’re taking enough D3 for your body to work properly.

- **Best time to take it:** Morning
- **Best way to take it:** Take vitamin D3 supplements as recommended. Vitamin D3 is available in most health food stores.
- **Alternative method:** Eat foods that contain vitamin D3.

** MACROS**

Carbohydrates

Carbohydrates are your body’s primary source of energy. They’re essential for maintaining your energy levels and for fueling your workouts.

- **Best time to take it:** Morning
- **Best way to take it:** Eat complex carbohydrates like oatmeal or quinoa. You can also eat simple carbohydrates like honey or maple syrup.
- **Alternative method:** Eat fruits and vegetables.

**protein**

Protein is essential for building and repairing your body’s tissues. It’s also necessary for maintaining your energy levels and for fueling your workouts.

- **Best time to take it:** Morning
- **Best way to take it:** Eat protein-rich foods like chicken, fish, or tofu. You can also eat protein shakes.
- **Alternative method:** Eat beans and lentils.

**habits**

**COLD PREVENTION**

- Wash your hands often
- Cover your mouth when you cough or sneeze
- Avoid close contact with sick people
- Get enough sleep
- Avoid air travel

**COLD TREATMENT**

- Stay hydrated
- Get plenty of rest
- Take over-the-counter cold medications
- Use a humidifier
- Steaming your nose or inhaling steam

**SUGGESTED COOKING INGREDIENTS**

- Ginger
- Garlic
- Turmeric
- Cinnamon

**ESSENTIAL OILS**

- Eucalyptus
- Cinnamon
- Tea tree
- Oregano oil

**SUGGESTED FOODS**

- Chicken broth
- Bone broth
- Lamb bone broth
- Pasture-raised chickens
- Ginger
- Garlic
- Turmeric
- Cinnamon

**MUST-READ**

- Dr. Andrew Weil’s *The Great Natural Remedy*
- Dr. Mark Hyman’s *The Blood Sugar Solution*
- Dr. Michael T. Roizen’s *You Can’t Kill Me*

**RESOURCES**

- National Institute of Health
- American Society for Nutrition
- American College of Sports Medicine

**FURTHER READING**

- *The New Republic of Health* by Dr. Andrew Weil
- *The Immune System Repair Manual* by Dr. Michael T. Roizen
- *The Great Natural Remedy* by Dr. Andrew Weil

**BONUS READING**

- *The Blood Sugar Solution* by Dr. Michael T. Roizen
- *You Can’t Kill Me* by Dr. Michael T. Roizen
- *The Great Natural Remedy* by Dr. Andrew Weil