



## **Cold Remedies (as seen on CTV's- The Social)**

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There are ways to really fortify our immune system this season to prevent a cold, plus some incredible food-based remedies that can help you kick that cold in case you do get it!

### **Asian Pear Cough Syrup**

I love this remedy more than I can describe because it works so well if you've got a barking, dry, hoarse cough (which I often get when I'm sick). According to Chinese Medicine, when we do have that type of cough, it means we're lacking in our nourishing yin fluids. So to restore those yin fluids, Asian Pear water will do just the thing. This recipe isn't exactly a syrup, but the soothing relief it provides is excellent nonetheless.

#### **Recipe**

- 4 Asian pears quartered
  - 1 large pot of water filled about an inch from the top
- Boil water with Asian pears in it and then simmer for several hours until water dissipates right down until pears are practically stewed. Pour water out and let cool enough to drink.

Makes one cup.

### **Spicy Ginger Lemon Flu Shot**

Ever heard the theory to just "sweat it out"? Well there's definitely truth to that since we want to sweat out the cold and flu pathogens out of our system and no better way to do that than with doing a shot (non-alcoholic of course).

This shot is primarily made up of lemon that boosts the immunity, gives us a healthy dose of vitamin C and is a detoxifier. I've added fresh ginger juice, which I've made in my juicer but you can simply use a zester to add in roughly 1 tsp of fresh ginger per shot. Ginger has an incredible warming property to it, but fresh ginger unlike its dried counterpart has more of an expansive nature pushing the cold out of the body. And for an extra dose of heat, I've added cayenne pepper, which is potent and effective for fears, nausea and digestive complaints.

I would strongly suggest making enough for four shots and refrigerating it so you don't have to make it fresh every time.

#### **Recipe**

- Juice from two lemons
  - Juice from 1" gingerroot (Or zest 1 tbsp)
  - A couple dashes cayenne pepper
- Combine all ingredients into a small mason jar and shoot one ounce of this mixture daily for four days during the onset of a cold.

Makes 4 shots.

## **Immune-Boosting Bone Broth**

Bone broth has been long revered for its immune-boosting properties. It inhibits infection caused by cold and flu viruses and fights inflammation courtesy of anti-inflammatory amino acid arginine. You can use any bones but by using chicken bones, you will receive the amino acid cysteine, which can thin mucous in the lungs and make it less sticky so it's easier to expel.

**\*\*Vegetarian Option\*\*** If you're vegetarian, don't worry, because you can still super charge your broth! Simply add in herbs like chaga that has been called, The King of All Mushrooms. Chaga is rich in beta-glucans and polysaccharides, which are crucial to keep our immune systems strong and increase white blood cell count to fight off any viruses and eat away at the bad guys in our system.

Lastly, astragalus is a great herb that has been used in Chinese Medicine for centuries for helping to stimulate the immune system. Both chaga and astragalus can be purchased at your health food store or herbal dispensary.

### **Recipe**

- 2 pounds (or more) of bones from a healthy source
- 1 onion
- 2 carrots
- 2 stalks of celery
- 1 bunch of parsley
- 1 tablespoon or more of sea salt
- 1 teaspoon peppercorns
- 6 cloves garlic
- Large pot of water
- Optional herbs: 3 tbsp chaga, 4-5 pieces of astragalus

Cook for at least 30mins and strain when done. Sip and freeze what you won't be using.

Makes about 4 cups.

## **Onion Poultice**

I know this doesn't exactly sound desirable, but trust me this is an incredible remedy for damp cold conditions where there's a lot of mucous and phlegm. The therapeutic values from the onion help for spasmodic coughing due to phlegm where there is chest congestion and difficulties breathing.

2-3 medium-sized onions finely diced

- ¼ cup flour
- Cheesecloth
- Hot water bottle
- Medium-sized towel

Sauté onions in a bit of water on medium heat until transparent – roughly 3 minutes or so. Stir in flour until a gooey paste is achieved. Pour over cheesecloth and fold like a burrito to make sure heat is retained. Place on chest (the pack should be as hot as you can stand it without burning yourself). For additional heat you can add the hot water bottle to keep the pack warm. Cover area with a towel and sit with it for 20 minutes

Makes one poultice.

So the next time you're feeling sick or would like to take preventative action, take some of these therapeutic food recipes out for a whirl that will be sure to do a body good!