

Natural Remedies For The Common Cold

Avoiding catching a cold can sometimes be impossible, especially when everyone around you seems to have one. For many, the first response will be to run to the local drugstore to buy one of the many cold medicines available. Since there is no "cure" for the common cold, these medications actually only suppress the symptoms rather than curing them. Coughing, sneezing and a runny nose are some of the ways the body tries to "clean house" of accumulated mucous. The key to getting over a cold quickly is to aid your body in ridding itself of the cold.

The First Sign of a Cold One of the most effective ways to overcome a cold is by addressing it as soon as possible when seeing the first signs. Don't wait until it has progressed to the point of becoming uncomfortable. Again, don't suppress the symptoms, but rather give your body what it needs in order to expel toxins from the body. Drinking lots of water is very beneficial when we are healthy, but it is even more so when we are sick. Water will thin mucous making it easier for the body to expel. The amount of water a person will need depends on the size of each individual. In order to find out how much water you should be drinking, take your body weight and divide it by 2. This will give you the number in ounces of water you should drink each day. Be sure to sip your water throughout the day rather than drinking it all at once. This will ensure the water is being efficiently used by your body rather than going straight through the urinary system and being passed through urination.

Open Up The Channels Of Elimination Though not a commonly discussed topic for conversation, having regular bowel movements (at least 2 a day) is important for overall health. The colon is one of the main channels of elimination and making sure this channel is functioning as it should is also important for staying healthy and will also help in getting over a cold quickly. Again, drinking lots of water is also beneficial, along with getting enough fiber in your diet.

The Skin is another channel of elimination. Taking sweat baths will help to take the pressure off the respiratory system. Drawing baths, that help to draw toxins from the body is also beneficial. A simple recipe for a drawing bath is to add 1 cup of Epsom salt and 1 cup of baking soda to a warm bath. Soak for about 20 minutes.

Using Food As Medicine Our Creator has given our bodies the amazing ability to heal itself when we give our bodies the food it needs along with using herbs and essential oils as medicine. Many times when you have a bad cold with your head stopped up and feeling achy all over, the last thing you want to do is eat. This is a good indication that your body doesn't need food. If you do eat, be sure to eat foods that are light, such as broths and fruits. Avoid dairy products like milk, cheese and ice cream as these produce excess mucous in the body.

Natural Remedies For Colds Below are some natural remedies that are beneficial for symptoms of colds. A tip is to have these remedies on hand before you get sick to make it more convenient for you to start treatment as soon as you begin getting sick.

Vitamin C: Vitamin C is a well-known remedy for combatting a cold. The typical therapeutic dosage being 500 to 1000 mg. every few hours. Many people drink orange juice as a way to get their vitamin C. One thing that may surprise you is drinking orange juice is actually not the best source for Vitamin C. A glass of orange juice only has about 60 mg. of Vitamin C and the amount of OJ you would have to drink in order to get the therapeutic dosage of vitamin C would actually do more harm than good as it would make the body overly acidic and could cause gastrointestinal problems among other issues.

Rose Hips is an herb that is naturally rich in Vitamin C and is an ideal source.

Lemon: Squeeze fresh lemon juice in pure water and sip. Lemon is an astringent and will help to break up the mucous. Lemon is also a detoxifier.

Chamomile: Helps to fight bacteria and fungus. Many people who have a lot of colds also have an overgrowth of Candida, a fungus that occurs naturally in the body.

Goldenseal: Acts as an astringent and is also a natural antibiotic. A natural antibiotic like Goldenseal is beneficial when the mucous is colored rather than clear indicating infection.

Lemongrass: Reduces fluid secretions and acts as an astringent, mild sedative, and a mild pain reliever.

Myrrh: Acts as a natural antibiotic and an expectorant. Helps with mucosal fluids.

Horseradish: Helps to alleviate congestion and opens up the head.

Boneset: An antiseptic with a mild laxative effect. Helps with bronchial congestion.

Fenugreek: An antispasmodic that helps with coughs.

Mullein: Good for a variety of respiratory problems such as hayfever, asthma and whooping cough. Soothes and relieves congestion in the lungs and throat.

Bayberry: Fever reducing, astringent, helps with circulation and promotes perspiration to help detox the body through sweat. Beneficial for infections.

Ginger: A digestive herb which is beneficial for mucous related ailments as the lungs as well as the intestines both contain mucous membranes. Excellent for nausea. Ginger can also be added to a warm tub to create a natural sweat bath.

Clove: A good decongestant and expectorant. Beneficial for colds, coughs, laryngitis, asthma and is also a good herb for staph infections.

Activated Charcoal: Every household should have activated charcoal. This natural remedy is great for conditions with symptoms of diarrhea or vomiting and absorbs toxins and poisons in the body. Many times taking one dose of 4 capsules is enough to bring relief. A tip for giving activated charcoal to a child is to open 1 or 2 capsules into a bite of a banana and mix it up.

Slippery Elm: A fiber that is very soothing. Excellent for an upset stomach or diarrhea. Be sure to restore potassium and minerals after bouts of diarrhea.

About the Author

This site is a centre for research into the writings and discoveries of Dr Edward bach, who discovered of the Bach flower remedies and the rescue.

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