

Compliments of



Special Diets

Eat to optimize fertility.
page 26

Save Your Skin

Your guide to moisturizers, serums,
and facial oils.
page 33

taste for life

December 2019

Holiday GUIDE

Inside

—
BOOST
ENERGY +
VITALITY
WITH
HERBS

—
ANTI-CANCER
RECIPES

—
MAXIMIZE
HEALTH
WITH
SUPERGREENS
—



BY JACOB TEITELBAUM, MD

'Tis the Season!

HOW TO STAY JOLLY & COLD FREE



It's not only the holidays that make this time of year so expensive. Americans collectively suffer a billion colds every year, shelling out \$3.5 billion annually for doctors and nonprescription treatments.

Many colds are caused by viruses such as the rhinovirus. The rhinovirus stampedes even harder than its namesake African beast. The flu virus is even worse than a cold, each year costing Americans \$10 billion while sending 240,000 to the hospital.

Discover simple, smart, and affordable ways you and your family can shorten the length and severity of a cold or flu—or better yet prevent them—by increasing the strength of your virus-fighting immune system.



An Ounce of Prevention

Simple habits can be dramatically effective in preventing cold and flu infections. Here's what you need to know.

1 Take a good multivitamin/mineral every day.

Many nutrients, especially zinc and vitamin C, are important for your body's immune defense systems to work properly.

2 Wash your hands!

You typically don't catch a cold from inhaling the virus. More likely, the viruses were on a doorknob or other object, and you transferred them from your fingers to your mouth or face. During cold season, wash your hands more frequently. And do a thorough job (wash your hands for about the same length of time that it takes you to sing "Happy Birthday").

3 Try to get eight hours of sleep a night.

Sleep deprivation can suppress the immune system. Aim for eight hours of sleep nightly.

What to Do If You Already Have the Infection

1 Avoid dairy products.

Feel a cold coming on? Don't overdo the dairy. Yes, foods like milk and cheese are filled with bone-building calcium. But their proteins can also make existing phlegm thicker and more irritating to the throat and sinus passages, which worsens uncomfortable upper respiratory symptoms like stuffiness and coughing, and sets the stage for a post-cold throat or sinus infection.

2 Use a nasal rinse.

Coughing out mucus or blowing your nose is your body's way of getting rid of billions of bacteria and viruses so your immune system doesn't have to kill them in hand-to-hand combat.

An easy way to help your body get rid of those bugs is to use a nasal rinse, which washes out more than 90 percent of the critters. A homemade recipe for a nasal rinse is to mix a half teaspoon of salt per cup of lukewarm water. You can add an optional pinch of baking soda to make it more soothing.

An effective way to use nasal rinse is by using a neti pot. You can find neti pots at your health food store, and they'll likely include the salts to make the rinse.

If you don't want to use a neti pot, you can either sniff the rinse from the palm of your hand or squirt an eyedropper of it into each nostril (you'll need to lie down to do this). After rinsing your nose, blow gently.

3 Drink lots of warm water.

Drinking warm water (hot tea or hot water with a squirt of lemon for flavor) loosens the mucus and allows you to cough it out more easily.

4 Inhale steam.

This is a great tip for colds that have turned into bronchitis. Just take a hot shower and take a few deep breaths. This will loosen the mucus so you can cough it out.

5 Suck on zinc lozenges.

An analysis of several studies shows that using zinc lozenges during a cold can reduce its duration by 42 percent. Use zinc acetate, and suck on enough lozenges to get at least 70 milligrams (mg) of zinc a day. For example, suck on four 20 mg lozenges per day. If you can't find lozenges with more than 10 mg, suck on two at a time.

6 Take elderberry extract.

Supplementing with elderberry helps support your immune system.

7 Try Oscilloccinum.

Oscilloccinum is a homeopathic remedy that can help ease the symptoms of the flu or flu-like symptoms of a cold, such as chills, fever, achiness, and just plain old feeling bad. The remedy also speeds healing. For it to work, take it early in the infection, as soon as you have symptoms.

8 Take 1,000 to 8,000 mg of vitamin C daily.

It's helpful to take vitamin C even while you have a cold. Researchers analyzed 30 studies on vitamin C and colds, involving more than 11,000 people. They found that taking the vitamin shortened the duration of colds up to 13 percent in adults and up to 22 percent in children.

9 Use dark chocolate and honey as "cough medicine"!

A two-ounce square of dark chocolate can suppress coughs as effectively as cough medicines. If you have a dry cough that irritates your lungs, eating dark chocolate can soothe it. A wet cough, in contrast, is actually a productive cough that gets rid of mucus and shouldn't be suppressed.

Another tasty home remedy commonly used to treat scratchy throats and coughs is honey. 🍯🍯🍯



Jacob Teitelbaum, M.D., is a board certified internist and author of the popular free iPhone application "Cures A-Z," which was ranked in the top 10 of all health/wellness downloads on iTunes. Dr. Teitelbaum is the author of the perennial bestseller *From Fatigued to Fantastic!* (Avery Penguin), which has sold over half a million copies.