

Cold, Flu and Travel Recommendations

A cold is an acute, self-limiting viral infection of the upper respiratory tract. Colds can be caused by more than 200 different viruses, with coronaviruses and rhinoviruses the most frequent culprits. The sheer number of cold-causing viruses in existence means that the body has a hard time building up resistance to them—this is why we have yet to develop a “cure” for the common cold! The common cold spreads through hand contact with an infected person, by touching a contaminated object they’ve handled, or by encountering aerosolized droplets released during a sneeze or cough.

The flu, on the other hand, is a contagious viral respiratory infection that causes mild to severe illness. There are four types of influenza viruses: A, B, C, and D. Humans are primarily affected by influenza viruses A and B—these viruses are responsible for seasonal epidemics of the flu each winter. Type C causes a very mild respiratory illness, and type D infects cattle, so these two are significantly less worrisome. Like the common cold, the flu is spread by virus-laden airborne droplets when infected people cough, sneeze, or talk. Less often, a person may contract the flu by touching a surface or object that harbors the flu virus and then touching their own mouth, nose, or eyes.

RECOMMENDATIONS

At Symptom Onset (ideally within 36-48 hours):

- **Andrographis** - Take 400 mg of andrographis (standardized for andrographolide content) three times per day. The upper limit is 1,000 to 2,000 mg three times per day for short-term use.
- **Cod Liver Oil** - 2 teaspoons daily for up to two weeks.
- **Vitamin C** - Take 1,000 to 4,000 mg of a liposomal vitamin C.
- **Zinc** - Take 30 mg per day of zinc picolinate or gluconate.
- [Wellness Fizz Immune Defense](#) - Take as directed on the label. This supplement combines many of the nutrients and herbs listed and we have found it to be really helpful for prevention as well.



CALIFORNIA CENTER *for*
FUNCTIONAL MEDICINE

Treatment and Reducing Duration:

- **Elderberry Syrup** - Try 15 mL four times per day until symptoms abate.
- Mix 2 parts **lomatium**, 2 parts **red root**, 2 parts **licorice**, 1 part **isatis** (all in tincture form). Take 30–60 drops of this mixture with 1–2 ounces of water each hour until condition improves. You may have trouble finding some of these botanicals locally, but you can get them fairly easily online.
- **Echinacea** - Take as directed on the label.
- **Manuka Honey** - Try one tablespoon per day. Look for one with a minimum Methylglyoxal (MGO) content of 83. The higher the MGO rating, the higher the level of antiviral activity.
- **Propolis** - Try [Propolis Throat Spray](#) from BeeKeepers and take as directed on the label.
- **Chinese Skullcap** - Try a tincture of the root extract. Take 1/4 to 1/2 teaspoon three times daily.

Prevention:

- **Probiotics and Fermented foods** - Take a probiotic supplement that has multiple *Lactobacillus strains* and eat fermented foods such as sauerkraut and kefir.
- **Vitamin D, Zinc, Vitamin A, Vitamin C, and Selenium** are helpful for prevention and treatment.
- **Colostrum** - Take as directed on the label. Choose a supplement from grass-fed, hormone-free, and antibiotic-free cows. A couple of options are: [Traditional Foods Market Organic Colostrum](#) and [TBR Labs Whole Colostrum](#).
- **Olive Leaf** - Olive leaf can be taken in the form of a tincture, capsules, or tea. The typical dosage range is 500 to 1,000 mg per day.

Travel Immune Support:

- Make this [Ginger Tea](#) at home before you leave and sip throughout the day.
- BeeKeepers [Propolis Throat Spray](#)
- Bee Keepers [B. Powered Superfood Honey](#)

Refer to [this article](#) for more detail about the above recommendations.