



Gail's Winter Wellness Medicine Cabinet Fall 2024

Prevention is the key to avoiding and deterring winter illnesses.

Various winter illnesses circulate during the winter with similar symptoms. Rest, fluids, increasing the doses of a few of your vitamins and adding a few more nutritional supplements can all be helpful with your avoidance or quick recovery from an illness. Quality sleep, limited sugar, adequate hydration and good hand washing should be addressed for starters.

To avoid many winter viral illnesses, it would be beneficial to consider adding in a few things starting in November each year. Those choices include but are not limited to:

UltraVirX, 1 cap per day, Convirus, 1 cap per day, Flu Milieu, 15 drops once per day, Mycelia Intrinsic-Medicinal mushrooms, 15 drops per day. The homeopathic formula Influenzinum 9C, 3 pellets can be taken weekly starting in November, and Vitamin C, 500-1000mg twice daily. Of course, Vit D3/K2 should be taken at a minimum dose of 5000 IU for adults. Andrographis tablets can also be used once daily during this season. All of the above listed remedies can be increased or doubled during an acute illness. Zinc is important as well and is included in the combination antiviral remedies listed above. Echinacea tablets or liquid is best taken BEFORE an infection starts for prevention of the illness and an immune boost. Also consider Wild oregano, 1 cap per day. Oscilloccinum is another helpful homeopathic remedy for flu treatment taken at the first onset of flu symptoms.

Consider purchasing a battery-operated hand-held nebulizer available from Amazon. This can come in very handy with a cough or sinus infection, using a salt solution made from home. Salt solution: 1 cup spring water with ½ teaspoon sea salt.... stir until dissolved and put in glass container and use as needed in the nebulizer. Store this solution in the refrigerator. There are many good homeopathic cough medicines as well.

One OTC cough medicine that does seem to be helpful is Robitussin DM Cough and chest congestion with Elderberry.

Peppermint Food Grade Essential Oil can also be helpful with nasal congestion if applied to the nasal passages or added to a diffuser. Hydrastis Nasal spray or XClear can be helpful as well with congestion. Neilmed nasal irrigation kit with their packets of powder can help sinuses clear more quickly. This can be used 2-3 times per day.

Attempt not to take aspirin or Tylenol unless there is a level of discomfort that is not tolerable.

Magnesium baths and sauna are helpful with symptoms and can be done 2-3 times per week.

If you would like help with assembling your immune kit, please call us and we will be glad to help you.

Center for Preventive Medicine
603-673-7910
cpmstaff@gmail.com
www.PreventiveMedicineNH.com