



## Cold Care – 12 and Older

**Vitamin C Infusions** are available and should be done as soon as possible. It can also boost the immune system, if your illness is dragging on.

### Rest and Fluids

**Rest, Rest, Rest** – You will recover faster.

**Keep secretions loose** - Consider electrolyte solution if symptoms are severe for improved hydration. My go to hydration solution is Electrolyte Supreme by Jigsaw, but there are many good brands. Broth is also a good option as it is good for hydration and warm beverages are soothing. Avoid Gatorade-like products as the high sugar content can lead to diarrhea.

### Cough

Do not treat cough unless it is severe or interfering with sleep. Clearing secretions is an important defense mechanism.

**Honey** - has been shown to be as effective as cough medicine.

**Dextromethorphan** - Any product with DM in it (drowsy)

**Tessalon Perles** - (non-drowsy) to control severe cough. Tessalon Perles are prescription - just text if you want a prescription.

### Sore Throat

Gargle with salt water.

**Benzocaine or other "caine" lozenges or sprays**

**Tylenol/motrin** if severe.

**Gargle silver too!**

### Sinus Congestion

**Cool Mist Humidifier** - *(You can add essential oils peppermint, menthol, eucalyptus, thyme, and tea tree oil)*

**Saline nasal spray** - Use frequently and use a product that has xylitol. Spry and Xlear are the most popular brands. We carry a NOW brand product in the office.

**Nebulize** - If you have a nebulizer - nebulize water for direct humidification or silver for its antimicrobial benefits.

**Silver Nasal Spray** - for its anti-microbial action. Sovereign Silver is the over the counter strength and is available in most health food stores. The office carries the pharmaceutical strength, Argentyn 23.

**Oxymetazoline (Afrin)** - nasal spray especially at night (do not use beyond three days as it can cause a rebound congestion);

**Pseudofed** - Discuss with pharmacist and only get this product from behind the counter. All the floor products have the INEFFECTIVE nasal decongestant phenylephrine.

## Chest Congestion

### **Cool Mist Humidifier; Bath or Shower**

**Nebulize** - If you have a nebulizer - nebulize water for direct humidification or silver for its antimicrobial benefits.

**Mucinex or guaifenesin** - follow instructions for doses and ages. It's a pretty safe medication.

## Fever

Unless temperature is  $>101-102$  or you particularly uncomfortable let fever run its course. It is the body's main mechanism for fighting infection and treatments to reduce fever interfere with healing.

## Warning Signs

Go to the ER for difficulty breathing.

If you are stable but have a sustained fever  $>102$ , call the clinic at 505-585-2345.

Always leave a message with the reason you are calling. We prioritize our responses based on medical urgency.

## Follow Up

Call/text if no improvement seven days or sooner if sustained fever  $>101$ .

Cough – a cough can linger up to 4weeks and be "normal", but it should slowly be improving. Call for cough lasting  $>4$ weeks.

If you have asthma, step-up your therapy. If you don't know what that means, text us for advice.

## Prevention For Everyone

**Probiotics and Vitamin D** daily has been shown to reduce the incidence of Upper Respiratory Infection by 50%

**Flu?** - A key feature of the flu is severe and sudden onset of symptoms. Have the flu or probably have the flu? Tamiflu: I personally despise Tamiflu. It makes you feel worse and you already feel terrible. However, it is the "standard of care" and the evidence seems to support that it reduces transmission. But unless you are very old, very young or chronically ill, I advise against it. Most Well Life members work towards optimizing their health and should have a robust immune system. You many feel awful, but you will live.

## Antibiotics

Why are antibiotics such a bad idea? Let's forget about the resistance problem and discuss why you should avoid antibiotics. Antibiotics are life-saving and if used, they really should be saving a life. But you're sick. I get it. You just want to feel better.

1. If you have only been sick a few days, it's likely viral and antibiotics won't help. Most virus symptoms last about 3 days and then you will start to feel like you are going to live. If you have the flu or a flu-like virus then you can plan on 5-7 days...YUCK. If you have been sick 7+ days and not getting better or worsening, then it is time...call/text the clinic.
2. Antibiotics will likely cause diarrhea. If you need the antibiotics, then diarrhea may be worth it...but if you had something viral then you got diarrhea for no reason.
3. Antibiotics literally poop out your immune system. All that magical bacterial flora in your gut is severely wiped out. And now you have to take double, triple, quadruple the probiotics to rebuild. And while you rebuild, you are set up for your next infection. And studies suggest that you never, ever, ever completely restore your microbiome to its previous glory. So every single time you take antibiotics, you reduce your microbiome...possibly permanently.

If a Well Life member specifically asks for an antibiotic, within reason you will be prescribed an antibiotic. But be careful what you ask for. Make sure the benefit outweighs the risk.