



Cold Care – All Ages

Rest and Fluids

Rest, Rest, Rest – You will recover faster.

Keep secretions loose - Consider electrolyte solution for improved hydration. The office carries 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. See other handouts for age appropriate cough care.

Sore Throat

Gargle with salt water. See age appropriate sore throat care

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.

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 you are 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. The definition of fever varies with age. Please see age-specific care.

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 may feel awful, but you will live.

Follow-Up

Appropriate follow up depends on age. Please see age specific care.

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.