

# Cold and Flu Prevention and Management

Both cold's and flu can include runny nose, sore throat, headache and fever

Flu start more abruptly and also include aching joints and limbs, high fever, shivering, severe headache and often a persistent dry cough.

## Prevention

- Go for the prevention is better than cure attitude
- Eat fresh, minimally processed foods, manage stress levels, avoid alcohol, tobacco, drugs, chemicals, excess sugar, dehydration
- Fruit juices can be a good preventative thanks to high antioxidant content but if disease gets hold then they are best avoided due to high sugar intake.

## Management

- Support the body and let the infection take it's course
- Sleep and rest
- Eat very little and drink lots of liquid in the form of water, weak herbal tea and soup
- Avoid dairy products as they are mucus forming

## Super foods for colds and flu

Cayenne, Chamomile, Elderberry, Garlic, Ginger, Grapefruit, Guava, Horseradish, Lemon, Orange, Peppermint, Raspberry, Rosehip

## Recipes

**Cold Remedy** (Tea Mixture) - 1 teaspoon each of elderflowers and chamomile flowers in 300ml boiling water for 10 mins

### **Cool Tomato Soup**

1 kg Fresh ripe tomatoes, quartered and stalks removed

2 Spring onions, finely chopped

4 tbsp fresh (or 4 tsp dried) basil, finely chopped  
Sea salt and freshly ground black pepper to taste

Blend the tomatoes. Heat gently in a saucepan.  
Add the spring onions and basil.

Season. Leave to cool and then chill well before serving

### **Mint & Melon Soup**

Flesh from 2 Cantaloupe melons, chopped

1 Cucumber, chopped and peeled

1 tsp maple syrup

1 tbsp lemon rind, grated

200ml water

3 tbsp fresh mint, finely chopped

Sea salt and freshly ground black pepper to taste

Juice of 1 lemon

To serve: Lemon wedges

Heat the melon and the cucumber in a saucepan with the maple syrup, lemon rind

and water. Simmer for 10 mins, stirring from time to time. Add the mint.

Blend, season, then add lemon juice. Allow to cool, then refrigerate for 2 hours before serving. Serve with wedges of lemon.

## **Autumn Fruit**

2 Apples, cored and quartered

2 Pears, cored and quartered

1/2 Grapefruit, peeled

Process all the ingredients in a juicer and serve with ice.

## **Cold Buster**

1/2 tsp elderflowers

1/2 tsp wild marjoram

1/2 tsp yarrow

Small pinch of cayenne

1 cup boiling water

2 tbsp lemon juice

Honey to taste

Place the herbs in a mug in a tea filter or strainer. Add boiling water. Cover and leave to infuse for 10 mins. Remove the herbs, add the lemon juice and honey. Drink hot

## **Cough Mixture**

1 tsp sweet violet

1/2 tsp borage

½ liquorice root

½ tsp thyme

½ tsp wild marjoram

200ml boiling water

1 tsp honey

Squeeze of lemon juice

Place the herbs in a warmed teapot. Add the boiling water, cover and leave to

Infuse for 10 mins.

Pour into a mug, add honey and lemon juice and serve