

COLD, COUGH, AND SORE THROAT NATURAL REMEDIES

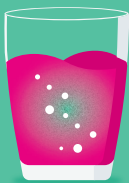
A few examples that have been proven effective
or found satisfactory by patients



WARM FOOT BATH WITH GRADUALLY INCREASING TEMPERATURE^{1,2}

For infections at the initial stage, in the absence of fever or local inflammation.

- One to three times a day, place your feet up to the ankles in a basin filled with water at approximately 34-35°C. Add hot water every 5 minutes until the temperature reaches 39°C. After 15 minutes, dry your feet, put on warm socks, and rest for 30 minutes.
- **Effect:** Vasodilation and improved circulation. Shortens the duration of the cold. Enhances sleep quality.



SALTWATER GARGLES FOR SORE THROAT^{6,7}

- Mix a cup of warm water with ½ teaspoon of salt. Gargle for 30 seconds, then spit out. Repeat 3-4 times a day.



MALLOW INFUSION^{3,4} FOR DRY (IRRITATIVE) COUGH

- Steep 1 teaspoon of mallow flowers in a cup of cold water for 1 hour, stir, strain, and optionally, warm slightly. Sweeten with honey (for adults and children over one year old). Sip slowly, 2 to 3 cups per day.



NASAL RINSE WITH SALTWATER FOR COLDS

- Dissolve 1 teaspoon of salt in 1 liter of warm (possibly boiled) water. Let cool and store in a bottle (keeps for 10 to 15 days). Rinse the nose with the solution using a «nasal douche» or a 20 cc syringe. Instill into one nostril while tilting the head to the opposite side (the water will exit through both nostrils), then blow your nose.



THYME TEA^{1,5} FOR CHESTY (PRODUCTIVE) COUGH

- Pour boiling water over finely chopped thyme (one teaspoon per cup) and let steep, covered, for 10 minutes. Optionally, sweeten with a little honey (for adults and children over one year old). Drink 3 cups per day.



SLEEP HYGIENE

- Studies⁸ highlight the importance of regular, high-quality sleep in maintaining an effective immune system and helping the body fight a wide range of infectious diseases. Best practices include going to bed at a fixed time and before midnight.

**Tip: go to bed on regular times
and before midnight**

Infusion and/or gargles for cough and sore throat¹

- ➔ **With honey** (soothes pain; not for children under one year old)
- ➔ **With lemon** (antiseptic)
- ➔ **With thyme** (anti-inflammatory)

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