

# COLD, COUGH, AND SORE THROAT NATURAL REMEDIES

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

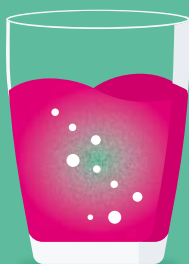


## WARM FOOT BATH WITH GRADUALLY INCREASING TEMPERATURE<sup>1,2</sup>

- **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.



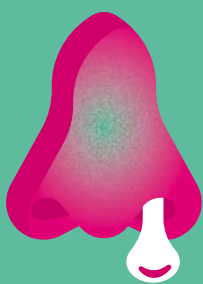
## SALTWATER GARGLES FOR SORE THROAT<sup>6,7</sup>

- 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<sup>3,4</sup> 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<sup>1,5</sup> 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.

**Infusion and/or gargles for cough and sore throat<sup>1</sup>**

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



## SLEEP HYGIENE

- Studies<sup>8</sup> 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.

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



### REFERENCES

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