

COLD & FLU

Prevention



DR. CHERI KING
Registered Naturopath Doctor

Why Colds and Flus Are Important

Colds and flus are the immune system's way of "going to the gym." When the body works through an illness without suppressing immunity with medications like Nyquil, Tylenol, Ibuprofen, or unnecessary antibiotics, the immune system becomes stronger. Suppressing a fever or symptoms can slow recovery and reduce the body's ability to remember how to fight future infections.



important tip

For every 1.8 degree fahrenheit rise in body temperature, your immune system increases efficiency by 12.5%.

Understanding Fever

Pain and Fever are two major reasons people suppress symptoms. Fevers are painful but they are important. For every 1.8 deg F rise in body temperature, your immune system increases efficiency by 12.5%. However, fevers increase nerve sensitivity and inflammation, leading to muscle aches, headaches, fatigue and malaise.

These symptoms are uncomfortable but not dangerous—they show the immune system is working hard. The higher the fever, the more uncomfortable you may feel.

Using fever-reducing medications occasionally in extreme situations is fine. However, frequent suppression can interfere with immune function, potentially leading to a weakened immune response, infections lasting weeks, recurrent illnesses, and poor antibody formation and reduced immunological memory.

From a naturopathic perspective, it's better to feel intensely unwell for a day or two while the immune system resolves the illness than to feel mildly sick for weeks due to a suppressed immune response.

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fever tips



1. Fever is not dangerous until it reaches 105.8°F (41°C).
2. Cells begin to die around 107.6°F (42°C).
3. Under normal circumstances, the body will not produce a fever above 104°F (40°C).
4. Allowing a fever to rise naturally—up to 104°F—supports immune function.

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It is time to visit Urgent Care or the Emergency Room if you have a fever that has gone above 104 degrees.



Cold and Flu Prevention (September—March)

To lower the risk of a virus taking hold and creating a cold:

- Wash hands regularly.
- Prioritize sleep.
- Eat whole, nutrient-dense foods

Foods & Nutrients to Include

- Green leafy and orange vegetables (beta-carotene → Vitamin A)
- Bone broths (rich in protein needed for immune cells)
- Bovine colostrum – 400 mg daily for 2 months (avoid if dairy intolerant)

For Mild Symptoms if you start to get a cold:

- Elderberry tincture
 - Zinc lozenges
 - Half Hot Bath – IMPORTANT!!
 - Rest and Sleep
 - Nourishing broths
 - Vitamin C
 - Warming socks at night
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important tip

Gaia Echinacea can be a nice choice for short-term immune support, especially when you feel like something is coming on. Use it as directed and pair it with the basics your body still needs most - rest, fluids, and nourishing food.

If you get full-blown sick with a fever

Increase care:

- Keep hydrated with broths, teas, water, juice.
 - Avoid solid foods during fever $>99.5^{\circ}\text{F}$ (37.5°C)
 - Avoid suppressive medications (Nyquil, aspirin, Theraflu, ibuprofen)
 - Echinacea/Elderberry tinctures
 - Half Hot bath multiple times daily
 - Zinc lozenges
 - Vitamin C
 - Warming socks
 - Unda drops #2, #5, #37 (add #15 if fever is present) – 5 drops 6x daily
 - Phyto-gens: Phyto-SED or Phyto-BSB: 5 drops 6x daily
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To get some relief

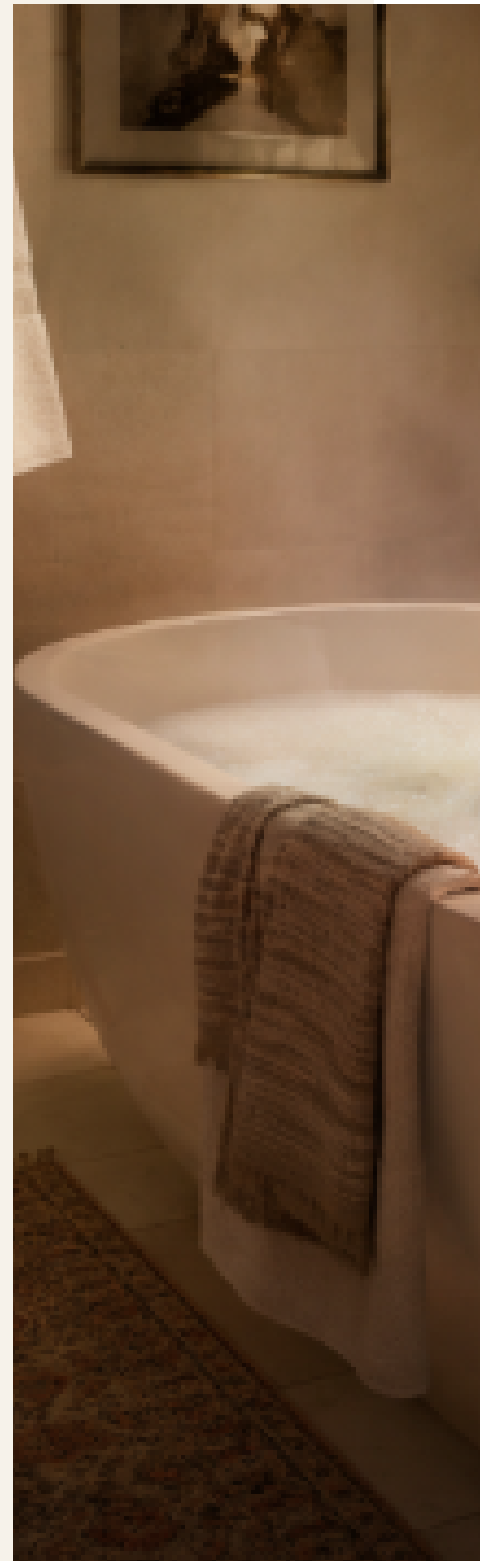
If the fever approaches 104°F (40°C) you can take a tepid bath (98°F / 37°C) until the fever comes down. This will help with the pain associated with fever and help with sleep.

The fever may come back up, and you'll have to repeat the bath to get relief.

If a bath is not available, you can wipe your skin with a cotton ball soaked in rubbing alcohol and or a cold washcloth. Start with arms and legs and move to back and lastly the abdomen.

For Sore throats, use a heating compress to the throat and spray with an Echinacea tincture. It tastes terrible, so drop it in the back of the throat. It kills bacteria and viruses and has a numbing effect to relieve soreness.

For congested Cough, a mustard plaster can work wonders, as can Garlic Socks.





Dr. Cheri King
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Hi, I'm Dr. Cheri King

I am a registered naturopathic doctor specializing in the treatment of chronic disease and gastrointestinal disorders.

Your guide to a healthy life

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