

# 5 Natural Remedies for the Common Cold

As soon as the temperature starts trolling down, the common cold returns. While it can't always be prevented, it can be cured before it turns into severe infections like strep throat, bronchitis, and pneumonia.

A number of over-the-counter medications have proven to be dangerous. Even common medications like Tylenol can be dangerous if taken in high doses. Hence, the best solution is to count on natural treatments. These solutions are highly effective in treating the common cold, and they don't leave you with any side effects.

## Garlic



It is the magic of antiseptic properties present in the garlic that help protect your immune system. You can fight back common cold and prevent it from coming back. A number of scientific studies have proved that the 'allicine' contained in garlic acts as a stimulator for the white blood cells and the oil in it opens up the respiratory passages. Hence, adding it to your diet in any form helps flush out all the toxins in the system. To prepare garlic soup, boil three to six chopped

garlic cloves in one cup of water. You can add salt to it and drink the liquid two to three times a day.

## **Apple Cider Vinegar (ACV)**



You can use it the way you like. Try an ACV tea or use it to gargle. All you have to do is add 2 tablespoons of ACV, 1 tablespoon lemon juice, and 1 tablespoon honey to a little hot water. If this appears to be too strong for you, dilute it by adding more hot water. You can repeat 3-4 times a day for better results.

## **Eucalyptus Oil**



It is the simplest thing you can do. A quick steam in the shower with few drops of eucalyptus oil can help you fight a cold. And if you have more time, you can go for an intense steam treatment. Pour 4-5 drops of eucalyptus oil in a glass bowl and add boiling water to it. Covering your head with a towel to trap the steam in, lean over the bowl and inhale deeply for 5-10 minutes. Make sure you repeat this twice a day. Basically, the steam opens up the nasal passages and you are free to breathe better.

## Honey



This is another powerful soothing and healing agent that is widely available at home. You can use raw honey from untainted bees to boost immunity and treat several cold symptoms. The presence of an array of antioxidant, antibacterial, and antiviral nutrients, make honey a perfect cold medicine. It can be mixed with other cold remedies, too, like apple cider vinegar and lemon for faster results.

## Cinnamon



The effective healing properties of cinnamon help ease the pain of a dry or a sore throat. Add one teaspoon of powdered cinnamon to a glass of water, and bring it to a boil. You can also add some pepper powder and honey to this for better results. The other way to use it is to add two to three drops of cinnamon oil to food or drink.

Don't allow a cold get the best of you. Just take over with some simple natural do-it-yourself treatments and clear up your stuffy nose and soothe your scratchy throat!

**Editor's Note:** Here's a good recipe for anyone with a cold, check out Golden Milk Tea.

### **Recommended Products:**

- Mother Earth Organic Root Cider – Barrier Island Organics
- Shillington's Echinacea Plus
- Shillington's Blood Detox Formula

### **Recommended Reading:**

- *Bullet Proof Your Immune System with These Natural Remedies*
- *Yes, Cold Weather Can Make You Sick – Scientists Finally Confirm What We All Knew*

- *Natural remedies for colds flus and other common viruses*
- *Natural Cough and Sore Throat Remedies*
- *Garlic the Most Amazing Herb on the Planet*
- *Cinnamon – Ceylon Vs Cassia, Health Benefits, and Other Interesting Facts*

## **Sources:**

- *11 natural tricks to tackle your winter cold – Trehugger.com*
- *5 natural remedies for cough and cold that really work! – The Natural Health Site*