



Powerful Remedy for the Common Cold

This is Humpday Hustle. I invited Dr. Jo-Anne Mina again to talk about a very popular topic. Today we're going to talk about an illness commonly seen this time of the year, especially in North America and Canada, the common cold. There are over one billion colds in the United States each year. You and your children will probably have more colds than any other type of illness. Find out how you can treat and prevent common cold.

A cold virus spreads from a person who is infected with the virus. You can catch a cold if: A person with a cold, sneezes, blows their nose, or . Or you touch your mouth, nose, and eyes after you have touched something contaminated by the virus.

Common Colds Treatment

- Protect Your Gut
 - Avoid sugar consumption (processed and refined)
 - Watch your fruit intake
- Rest
 - Avoid High-Interval Training
- Herbs/Tea
 - echinacea
 - raw honey
- Cold Sock Therapy
- Neti pot

Common Colds Prevention

- Hot/Cold Shower
- Herbs/Tea
 - astragalus tea
- Vitamin D
 - 20 mins outside
- Zinc
 - animal proteins
 - nuts (cashews and almond)
- legumes
- Probiotic
 - fermented
 - kombucha
 - kimchi
- Reduce stress

Build a peak performance team. This peak performance team will work with you to develop a program suited to your individual needs; and will always implement the highest quality and most advanced treatment strategies available. Team members may include nutritionist, naturopaths, acupuncturist, physical therapists, massage therapists, physiotherapists, chiropractors, etc.

What therapies will be part of your team?

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