

## Treat the Common Cold that Plagues Travelers, and Get Rid of it Fast!

*(From: PubMed Central, archive of biomedical and life sciences journal literature at the U.S. National Institutes of Health's National Library of Medicine)*

We have no cure for the common cold, yet we do have ways to shorten or reduce the problem and the amount of time you're sick by trying some promising supplements and practicing good self-care.

**1. Vitamin C**--- Taking a vitamin C supplement isn't likely to prevent a cold. Studies show that it may reduce the duration of colds.

(The recommended daily dose of Vitamin C is 90 milligrams for men and 75 mg for non-pregnant women. Doses on the upper limit (2000 mg) can cause some side effects, so taking higher doses for any duration comes with this risk.)

**2. Zinc**--- The highly respected database from the National Institutes of Health indicated that zinc lozenges will help you get over a cold faster than you would without it. (80 to 92 mg a day, are much higher than the daily maximum recommended by the National Institutes of Health. The review points out, though, that doses of up to 150 mg of zinc per day are routinely taken for months in certain conditions with few side effects.) If you're taking antibiotics, penicillamine (Cuprimine) for arthritis, or certain diuretics, talk to your doctor before taking zinc. The combination could reduce the effectiveness of your medications or the zinc.

**3. Echinacea**--- A recent study showed positive benefits of echinacea for colds had participants taking 2400 mg daily over four months.

**4. Black elderberry syrup**--- one older study showed elderberry syrup shortened the length of colds in people with flu-like symptoms by an average of four days. (A more recent 2016 placebo-controlled, double-blind study of 312 plane travelers showed that who took elderberry supplements had a significant reduction of cold duration and severity versus those who took a placebo.)

\* Elderberry syrup is cooked and concentrated. Don't confuse it with raw elderberries, seeds, and bark, which can be toxic.

**5. Beetroot juice**--- This remedy was especially helpful for people w/ with asthma. (Because beetroot juice is high in dietary nitrate, it increases the body's production of nitric oxide, which can help protect you against respiratory infections.)

**6. Probiotic drinks**--- Studies suggests that drinking a probiotic drink that contains *Lactobacillus*, L. casei 431, can reduce the duration of a cold, especially in regard to respiratory symptoms.

**7. Honey**--- Honey, one of the most relied-on remedies for treating cold symptoms. It reduces nighttime coughing. It can also help soothe a sore throat.

**8. Lots of liquids**--- Drinking plenty of fluids is always good when you're trying to get rid of a cold. Hot tea, water, chicken soup, and other liquids will keep you hydrated, especially if you have a fever. They can also loosen congestion in your chest and nasal passages so you can breathe.

Also, avoid caffeine and alcohol, though, because they can leave you dehydrated, and they can interfere with the sleep and rest you need for recovery.