

Cold / Flu / Covid

Recommendation

At first symptoms:

Gargle with a mouthwash that contains cetylpyridinium chloride (common ingredient), twice daily for 5 days.

Nasal rinse with saline, 1% baby shampoo or 1% iodine solution (diluted with water), twice daily for 5 days.

Rest, sleep, drink water to stay hydrated.

Daily supplements: Vitamin C, Vitamin D, Zinc. 5 days.

Note: if making your own nasal rinse water must be boiled then cooled. It may be easier to use a ready-made product like Vicks First Defence or Lemsip First Action.

Results: can reduce severity/duration in majority of cases.

How it works: reduces viral load and aids immune response.

Side-benefits: may lower risk of respiratory tract complications, e.g. chest infection.

References: healGB.com/cold

Feedback: if you try this approach and would like to provide feedback of your experience please let us know by email: [feedback\(at\)healGB\(dot\)com](mailto:feedback(at)healGB(dot)com)

Disclaimer: the information in this leaflet is not intended to replace medical advice. Please check with your GP before trying alternative remedies.