



MARIE BOWSER ACUPUNCTURE TRANSFORMATIONAL WELLNESS

Common Cold Support

Since my practice is usually too booked to accommodate an urgent care appointment, below I am sharing my personal method for getting well and staying well in the midst of cold season.

For Threatened Cold

- Vitamin C, Take 2,000 upon first noticing the threat of a cold or a sore throat
- Elderberry – take this throughout the day. I like Pharmaca Brand elderberry syrup or MyKind Organics Elderberry Gummies with Zinc: <https://www.gardenoflife.com/content/product/mykind-organics-elderberry-gummy/>
- Source Naturals Herbal Resistance Liquid contains a classic Chinese Formula for common cold with heat symptoms and sore throat. <https://www.sourcenaturals.com/products/GP1347/>
- Fluids and Sleep, Stay home, cancel commitments

For Full On Cold

- Vitamin C, Take 5,000 throughout the day
- Continue with the other supplements and suggestions above
- With sore throat: colloidal silver spray in the throat

For sinus congestion

- Add colloidal silver nasal spray
- Neti Pot with colloidal silver

For cough and lung congestion

- Add Planetary Herbals Old Indian Wild Cherry Bark Syrup. <https://www.planetaryherbals.com/products/GP1623/>

You are always invited to schedule an appointment at the office to facilitate recovery as soon as possible. If you don't see a time that works, do please call or text at 510-984-1101. I do prefer that you stay home in the case of the flu or vomiting.