

Cold Care Checklist

Magen's Advice:

- Avoid Sugar
- Get rest: 8-10 hours of sleep per night
- Clean Air: Hepa Air Filter / Essential Oil Diffuser
- Full Spectrum Light: Vitamin D Light Therapy Lamp (Splurge = Sunlighten Sauna)
- Appointment with osteopath, chiropractor or other fav body worker
- Appointment with Dr. to check your Vitamin D levels and key immune health
- Selection of high quality teas for home, travel bag and office (see MB Tea Selection)
- Organic bone broth
- Daily Deep Breathing
- Epsom Salts

Essential Oils (doTERRA):

- Peppermint
- Tea Tree
- Frankincense
- Lavender
- Lemon

Nutritional Supplements:

- Colloidal Silver Spray - 30 sprays, 3x/day
- Garlic - 2-3x/day put 4 drops in small shot glass of water
- Baking Soda - dissolve ½ teaspoon of baking soda in water 6x/day on the first day symptoms present, 4x/day the second, and 2x on the third
- Vitamin C - 1,000 mg 3x/day to fight a cold
- Vitamin D - 2,000 IU 2x/day