

Herb & Essential Oil

Cold and Flu Protocol



by Renee Tougas

Herb & Essential Oil Cold and Flu Protocol
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This protocol is a supplement to the Herbs & Essential Oils Super Bundle 2017. It does not provide an explanation of the properties and contraindications of the individual herbs, essential oils, and remedies mentioned therein. This is not a teaching protocol, *it is a summary of resources designed to provide you a condensed, and highly practical application of herbal and essential oil knowledge.*

If you are not familiar with the herbs and essential oils in this protocol I highly recommend you study the following resources from the Herbs & Essential Oils Super Bundle 2017:

- *The Thinking Parent's Guide to Natural Remedies* by Kresha Faber
- *Simple Remedies for Cold and Flu Season* by Angi Schneider
- *Healing with God's Earthly Gifts* by Kate Teitje
- *Essential Oil Ingestion: An Evidence Based Approach* by Jessie Hawkins

- *DIY Herbal Apothecary: Your Blueprint to Reconstruct Your Medicine Cabinet* by Chris Dalziel

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Introduction

The winter of 2016 was a season of unprecedented sickness for our otherwise robust family. I had dabbled in herbal medicine for years and acquired a nice little stash of essential oils, but most of my knowledge was limited to topical skin care and making body care products. My general approach to illness, like cold and flu, was rather *laissez-faire*; a minimal, mostly hands-off “strategy”.

I place a high importance on healthy habits to prevent illness and if we did happen to get sick my protocol was rest; drink lots of fluids that included ginger, garlic, and lemon; and when you remember (and *if* there’s some in the cupboard), take elderberry syrup. For many years, that mostly worked. But that winter was different.

We had moved to the city and were adjusting to a new home environment and new routines. Were our immune systems compromised from the stress of moving and shifts in diet? Were we exposed to new and more virulent infections? Maybe a bit of both. All I know is that my hands-off approach *did not work*.

Cold and flu season hit our home and like Old Mother Hubbard the cupboards were bare of the herbal remedies I had tried in the past. I went into the winter unprepared.

The knowledge I thought I had acquired was “lost” in a long-term memory folder. And what I *could* remember was insufficient for what I was dealing with. Wait and see meant wait and be ill.

And if I'm completely honest, I was kind of hoping we were done with all that. That once the baby reached 13 maybe we'd been through the worst of the kid illnesses and that somehow just having the bottles of essential oil in the house would keep illness at bay.

When we emerged from the fog that was two months of flu followed by secondary infections (that required antibiotics, the first time in about fifteen years) I resolved to re-learn what I had lost, re-stock what I need in the cupboards, and to have a plan for next winter.

I spent the next six months re-reading Rosemary Gladstar's book; I read ebooks, watched teaching videos and enrolled in courses provided by the Herb & Essential Oils Super Bundle of 2016; I started my own materia medica of herb and essential oil knowledge; I took advantage of quality free materials on the web.

Then I painstakingly compiled all this information to create a cold and flu protocol so I would have the information at my fingertips, have the remedies at the ready, and clear instructions to follow so I could use those medicines and knowledge to help us prevent getting sick. And if we did get sick, to fight the infection and ease symptoms.

What I needed was a “system”.

I didn't need random recipes, I didn't need extraneous information I wouldn't use. What I wanted was a clear set of instructions to walk me through preparing for, and dealing with, cold and flu season.

This Herb & Essential Oil Cold and Flu Protocol is that system.

I'm sharing it with you, completely free of charge (and you can share it with your friends, and their friends) so you too will be ready for cold and flu season.

How to use this Protocol

Step One: Read through the protocol.

Step Two: Find the recipes in the materials provided by the Herbs & Essential Oils Super Bundle 2017. I've made this *really easy by telling you exactly which ebook or course (including page and module) to find them in*. You can also find the recipes in your own herbal books, your favourite blogs, websites and resource pages. Herbal knowledge is like that. It's not proprietary, it's meant to be shared.

You don't have to buy Herbs & Essential Oils Super Bundle 2017, but I've prepared this protocol to help you easily reference and use the recipes in that library of resources.

Step Three: Make a list of what you need to buy to prepare these remedies.

Step Four: Buy your supplies.

Step Five: Make your remedies and stock what you need in the cupboards

Step Six: You're ready for cold & flu season!

Now you'll have what you need in the cupboards and you'll have an easy-to-reference protocol to know when, what, and how to use those remedies.

In preparing this protocol I've done a lot of the heavy lifting for you of researching what remedy to use for which situations, when to use that remedy (timing is important), and at what dosage.

This is designed to be an extremely useful, handy reference resource. I don't provide teaching about herbs. You can find that information in your favourite resources or in [The Herbs & Essential Oils Super Bundle 2017](#).

I'm going to be completely upfront with you. Preparing for cold and flu season is not a one week task. It might not even be a one month task. But I have made this job *significantly easier* for you by sourcing all the recipes you'll need. **All you have to do is [buy the bundle](#) and follow the protocol.**

If you're anything like me, you've known *about herbs* for many years. You've made elderberry syrup and used it from time to time, *when you remember*. You have dried herbs and tinctures in the cupboard but you don't have a resource ready at your finger tips to remind you how to use those remedies with confidence or efficacy.

That is what this protocol is.

This is the document I wish I had before the winter we got sick.

Immune building and prevention of cold and flu

We all know the food we eat builds or hinders our immune system, thereby contributing to our body's ability to fight pathogens and disease. A discussion in the foundations of a healthy diet is beyond the scope of this protocol. I recommend *The Thinking Parent's Guide to Natural Remedies* from The Herbs & Essential Oils Super Bundle 2017, for a thorough teaching.

The following dietary supports are simple to implement and are the “extra boost” you can give your body in addition to a healthy diet.

Again, as I stated in *How to Use this Protocol*, *this is what I follow for our family. Adjust according to your needs.*

| Remedy/ Preparation | Use Case/ Indication | Dosage | Recipe Source | Action Plan |
|----------------------------|--|---|---|--|
| Vitamin D-3 Supplement | all winter | 2000 IU/day | <u>Available at amazon</u> | <input type="checkbox"/> stocked |
| Echinacea tincture | <ul style="list-style-type: none"> during stressful life periods (extra intensity in work and school) or when a bug is going around | 1 tsp per day, diluted or straight, 5 days on, 2 days off (most sources agree that echinacea effectiveness decreases if used continually) | Echinacea Tincture <i>The Thinking Parent's Guide to Natural Remedies</i> by Kresha Faber pg 58 (I add dried thyme leaf to my tincture.) | <input type="checkbox"/> read recipe <input type="checkbox"/> make shopping list <input type="checkbox"/> buy ingredients <input type="checkbox"/> make tincture <input type="checkbox"/> remedy ready |
| Bee Propolis Supplement | during cold & flu season | see product label | <u>Available at amazon</u> | <input type="checkbox"/> stocked |

| | | | | |
|--|-----------------------------|--|--|--|
| Vitamin C Store-bought Supplement or homemade chewable | during cold & flu season | see product label | <u>Available at amazon</u> Herbal (Rosehip) Vitamin C Supplements <i>DIY Herbal Apothecary</i> by Chris Dalziel Module 5 | <input type="checkbox"/> buy vitamins, or <input type="checkbox"/> read recipe <input type="checkbox"/> make shopping list <input type="checkbox"/> buy ingredients <input type="checkbox"/> make chewable <input type="checkbox"/> remedy ready |
| Astragalus Chai | during cold & flu season | liberally, as desired | <u>Learning Herbs</u> | <input type="checkbox"/> read recipe <input type="checkbox"/> make shopping list <input type="checkbox"/> buy ingredients <input type="checkbox"/> ready to prepare |
| Ginger Tea | during cold & flu season | liberally, as desired | Cold Kicker Tea Recipe <i>Healing with Gods Earthly Gifts</i> by Kate Tietje pg 24 | <input type="checkbox"/> read recipe <input type="checkbox"/> make shopping list <input type="checkbox"/> buy ingredients <input type="checkbox"/> remedy ready |
| Fire Cider | during cold & flu season | as a preventative measure one spoon/day, enjoy as: <ul style="list-style-type: none"> • an <u>oxymel</u> (mix cider with honey) • a vinegar in salad dressing • a savoury hot drink (mix a spoon into a cup of hot water) | Fire Cider Recipes <i>Simple Remedies for Cold and Flu Season</i> course by Angi Schneider Module 2 <i>The Thinking Parent's Guide to Natural Remedies</i> by Kresha Faber pg 60 | <input type="checkbox"/> read recipe <input type="checkbox"/> make shopping list <input type="checkbox"/> buy ingredients <input type="checkbox"/> make cider <input type="checkbox"/> remedy ready |

Hints & Tricks:

- If nothing else, always stock ***fresh ginger, garlic, raw honey, and lemons*** (or good lemon juice). You can make excellent basic remedies with these healing foods.
- I kept an adapted version of Astragalus Chai on hand all winter, I added chaga and some other spices to mine. I made a large quantity of the dry mix and would brew a decoction for an afternoon immune-boosting indulgence. This is probably my favourite herbal remedy.

Notes:

At first sign of cold or flu

In my research following the winter of 2016 I learned two important things about using herbal and essential oil remedies to fight illness: **act fast and hit it hard.**

If you follow this protocol you'll be able to do just that.

Disclaimer reminder: I am not a certified herbalist, and the recommendations I list below are from training I've received in both evidence-based and folk wisdom herbal teaching. They are the protocols I use in my own home. See *The Thinking Parent's Guide to Natural Remedies* by Kresha Faber in [the bundle](#) for how to adjust dosages for younger children.

Listen to your body.

An important part of using natural remedies to treat illness is to first of all listen to our bodies, tune-in, and be aware. This is not an exhaustive list but here are a few things to pay attention to during cold and flu season.

Pay attention:

- Does your throat feel scratchy?
- Are you inexplicably tired and feeling “just a bit run down”?
- Do you have a slight chill or body aches?

When someone in our family starts to feel this way we do the following:

- Rest as much as possible.
- Keep warm.
- Drink warm herbal infusions: ginger tea, lemon garlic tea, or fire cider.
- Instead of eating hearty meals, we eat broth-based soups with lots of garlic and onions. For this stage of the game I keep it simple and make a broth with a store-bought base, my powdered veggie broth mix, and/or miso.
- Add 50 mg of Zinc Citrate to our daily supplements, for up to 3 days.
- Increase Vitamin C supplementation.
- Diffuse immune boosting and antimicrobial essential oil blends.
- Take 1 tbsp of elderberry syrup every hour and 1 tsp of echinacea tincture every other hour. If you have a large family you'll definitely want to have enough elderberry syrup or the supplies on hand to meet this need.

“At First Sign” Remedy Chart

| Remedy/ Preparation | Dosage | Recipe source | Action Plan |
|------------------------|--|--|---|
| Ginger tea | as much as you like throughout the day | Cold Kicker Tea Recipe <i>Healing with Gods Earthly Gifts</i> by Kate Tietje pg 24 | <input type="checkbox"/> read recipe <input type="checkbox"/> make shopping list <input type="checkbox"/> buy ingredients <input type="checkbox"/> ready to prepare |
| Fire cider | throughout the day | Fire Cider Recipes <i>Simple Remedies for Cold and Flu Season</i> course by Angi Schneider Module 2 <i>The Thinking Parent's Guide to Natural Remedies</i> by Kresha Faber pg 60 | <input type="checkbox"/> read recipe <input type="checkbox"/> make shopping list <input type="checkbox"/> buy ingredients <input type="checkbox"/> make cider <input type="checkbox"/> remedy ready |
| Lemon garlic tea | throughout the day | Lemon Garlic Concoction <i>Simple Remedies for Cold and Flu Season</i> course by Angi Schneider Module 3 | <input type="checkbox"/> read recipe <input type="checkbox"/> make shopping list <input type="checkbox"/> buy ingredients <input type="checkbox"/> ready to prepare |

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|-----------------------------|---|---|--|
| Echinacea tincture | 1 tsp every other hour (adult dose) | Echinacea Tincture <i>The Thinking Parent's Guide to Natural Remedies</i> by Kresha Faber pg 58 (I add dried thyme leaf to my tincture.) | <input type="checkbox"/> read recipe <input type="checkbox"/> make shopping list <input type="checkbox"/> buy ingredients <input type="checkbox"/> make tincture <input type="checkbox"/> remedy ready |
| Zinc Citrate supplement | see product label | <u>Available at amazon</u> | <input type="checkbox"/> stocked |
| Diffuse essential oil blend | Diffuse in common spaces | Wellness Boost I or Superhero Health I <i>Essential Oil Diffuser Recipes</i> by Pam Farley pg 11 | <input type="checkbox"/> read recipe <input type="checkbox"/> make shopping list <input type="checkbox"/> buy oils <input type="checkbox"/> stocked |
| Elderberry syrup | 1 tbsp every hour - adults & teens 1 tsp every hour - children | Elderberry Syrup <i>Simple Remedies for Cold and Flu Season</i> course by Angi Schneider Module 3 Elderberry Ginger Syrup <i>The Thinking Parent's Guide to Natural Remedies</i> by Kresha Faber pg 58 | <input type="checkbox"/> read recipe <input type="checkbox"/> make shopping list <input type="checkbox"/> buy ingredients <input type="checkbox"/> make syrup <input type="checkbox"/> stocked |

Treating Symptoms

Let's say you do everything above and you still get sick. It happens. Below are my go-to remedies and dosage recommendations for treating the following cold and flu symptoms.

I use the same recipes, or ones almost identical, to those included in the [Herbs & Essential Oils Super Bundle 2017](#).

There are multiple remedies given for several of the symptoms indicated. In my family, different people prefer using different kinds of remedies. Herbal teas provide many positive benefits for cold and flu symptoms, including warmth and inhalation of steam. But sometimes you want a syrup or a throat spray. A good plan is to have at least one option available for each symptom. Add more depending on your family's needs, the ingredients are mostly the same.

Treating Symptoms Chart organized by Remedy

| Remedy/ Preparation | Indication (used for these symptoms) | Dosage | Recipe source | Action Plan |
|------------------------|--|---|--|---|
| Broth | general cold & flu symptoms | use either in soup or sip straight up from a mug, stirring in sea salt or sea vegetables for extra minerals | Immune Boosting Asian Chicken Stock <i>The Thinking Parent's Guide to Natural Remedies</i> by Kresha Faber pg 66 | <input type="checkbox"/> read recipe <input type="checkbox"/> make shopping list <input type="checkbox"/> buy ingredients <input type="checkbox"/> ingredients ready |

| | | | | |
|--------------------------------|--|---|---|---|
| Elderberry syrup | general cold & flu symptoms | <p>continue with the "at first sign" dosage for the first couple days of illness</p> <p>1 tbsp every hour - adults & teens</p> <p>1 tsp every hour - children</p> | <p>Elderberry Syrup</p> <p><i>Simple Remedies for Cold and Flu Season</i> course by Angi Schneider</p> <p>Module 3</p> <p>Elderberry Ginger Syrup</p> <p><i>The Thinking Parent's Guide to Natural Remedies</i> by Kresha Faber</p> <p>pg 58</p> | <p><input type="checkbox"/> read recipe</p> <p><input type="checkbox"/> make shopping list</p> <p><input type="checkbox"/> buy ingredients</p> <p><input type="checkbox"/> make syrup</p> <p><input type="checkbox"/> remedy ready</p> <p>keep enough ingredients on hand to replenish syrup during illness</p> |
| Elecampane syrup | cough, wet productive and throat, sore | 2 tsp every hour as needed | <p>Recipe at: LusaOrganics blog by Rachel Wolf</p> | <p><input type="checkbox"/> read recipe</p> <p><input type="checkbox"/> make shopping list</p> <p><input type="checkbox"/> buy ingredients</p> <p><input type="checkbox"/> make syrup</p> <p><input type="checkbox"/> syrup ready</p> |
| Essential oil steam inhalation | congestion, chest and nasal | 1-2 drops of essential oil in a bowl of steamy hot water, 2-3 times/day for 5-10 minutes | <p>Inhalation directions, see: <i>The Thinking Parent's Guide to Natural Remedies</i> by Kresha Faber</p> <p>pg 40</p> <p>my essential oil recommendations:</p> <ul style="list-style-type: none"> • eucalyptus • lavender • peppermint • melaleuca • frankincense | <p><input type="checkbox"/> buy needed oils</p> <p><input type="checkbox"/> stocked</p> |

| | | | | |
|------------------------------|-----------------------|--|---|---|
| Essential oil vapor rub | congestion | rub on chest, neck, or bottoms of the feet a few times a day | Vapor Rub Essential oil blends <i>The Thinking Parent's Guide to Natural Remedies</i> by Kresha Faber pg 65 | <input type="checkbox"/> read recipe/blends <input type="checkbox"/> buy needed oils <input type="checkbox"/> prepare rub <input type="checkbox"/> remedy ready |
| Fever Tea | fever | 1 1/2 tbsp of herbs steeped in 12 oz of freshly boiled water | Fever Tea Blend (for children) <i>The Thinking Parent's Guide to Natural Remedies</i> by Kresha Faber pg 75 | <input type="checkbox"/> read recipe <input type="checkbox"/> make shopping list <input type="checkbox"/> buy ingredients <input type="checkbox"/> ingredients ready |
| Hyssop oxymel for congestion | cough, wet productive | 1-2 teaspoons every hour | <u>Learning Herbs</u> | <input type="checkbox"/> read recipe <input type="checkbox"/> make shopping list <input type="checkbox"/> buy ingredients <input type="checkbox"/> make oxymel <input type="checkbox"/> oxymel ready |
| Lozenges | throat, sore | as needed | Herbal Cough Drops <i>The Thinking Parent's Guide to Natural Remedies</i> by Kresha Faber pg 63 my preference: <u>Fisherman's Friend</u> (way easier) | <input type="checkbox"/> read recipe <input type="checkbox"/> make shopping list <input type="checkbox"/> buy ingredients <input type="checkbox"/> make lozenges <input type="checkbox"/> lozenges stocked or <input type="checkbox"/> buy lozenges <input type="checkbox"/> lozenges stocked |

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| Lung & Chest congestion tea | cough, wet productive - we want to help our body expel mucus from lungs we need: stimulating expectorants | 1 1/2 tbsp of herbs steeped in 12 oz of freshly boiled water, drink as needed through day | Lung & Chest Congestion Tea <i>The Thinking Parent's Guide to Natural Remedies</i> by Kresha Faber pg 64 (spikenard optional if you can't find it) | <input type="checkbox"/> read recipe <input type="checkbox"/> make shopping list <input type="checkbox"/> buy ingredients <input type="checkbox"/> ingredients ready |
| Recovery syrup | cough, lingering | 1-2 tsps every couple hours as needed | Honey-Infused Cough Syrup <i>Healing with God's Earthly Gifts</i> by Kate Teitje Pg 27 | <input type="checkbox"/> read recipe <input type="checkbox"/> make shopping list <input type="checkbox"/> buy ingredients <input type="checkbox"/> make syrup <input type="checkbox"/> remedy ready |
| Recovery tea | respiratory cold and flu symptoms, lingering | drink as needed | Cold Kicker Tea 2 recipe <i>Healing with Gods Earthly Gifts</i> by Kate Tietje pg 25 | <input type="checkbox"/> make shopping list <input type="checkbox"/> buy ingredients <input type="checkbox"/> ingredients ready |
| Sore throat gargle this is easiest remedy for a sore throat | throat, sore | Gargle several times a day as relief is needed. | Sage tea: pour 1 cup of freshly boiled water over 2 tbsp fresh or 1 tbsp dried sage leaves. Cover and steep for 10-15 minutes and strain. Cool and gargle. | <input type="checkbox"/> stock dried sage leaves |

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|--------------------------------------|---|---|---|---|
| Throat soother cough syrup | cough, dry | 2 tsp every hour as needed | Cinnamon Cough Syrup <i>The Thinking Parent's Guide to Natural Remedies</i> by Kresha Faber pg 61 | <input type="checkbox"/> read recipe <input type="checkbox"/> make shopping list <input type="checkbox"/> buy ingredients <input type="checkbox"/> ingredients ready |
| Throat soother tea (for sore throat) | throat, sore | 1 1/2 tbsp of herbs steeped 12 oz of freshly boiled water, drink as needed through day. | Throat Coat Tea <i>The Thinking Parent's Guide to Natural Remedies</i> by Kresha Faber pg 64 Sore Throat Soothing Tea <i>DIY Natural Remedies</i> by Nina Nelson pg 53 | <input type="checkbox"/> read recipe <input type="checkbox"/> make shopping list <input type="checkbox"/> buy ingredients <input type="checkbox"/> ingredients ready |
| Throat soother tea for coughs | cough, dry - an unrelenting spasmodic cough, no mucus present, irritating to respiratory membranes We want to: moisten dry tissues (demulcent) & stop the coughing (antispasmodic) | 1 1/2 tbsp of herbs steeped in 12 oz of freshly boiled water, drink as needed through day Add any of these tasty antispasmodic herbs: cinnamon, fennel, lemon balm | Throat Coat Tea <i>The Thinking Parent's Guide to Natural Remedies</i> by Kresha Faber pg 64 Sore Throat Soothing Tea <i>DIY Natural Remedies</i> by Nina Nelson pg 53 | <input type="checkbox"/> read recipe <input type="checkbox"/> make shopping list <input type="checkbox"/> buy ingredients <input type="checkbox"/> ingredients ready |

| | | | | |
|--------------|--------------|----------------------------|--|---|
| Throat spray | throat, sore | 4-5 sprays every 2-3 hours | <p>Echinacea Throat Spray</p> <p><i>DIY Herbal Apothecary</i> course by Chris Dalziel</p> <p>Module 4: Herbs for Winter Cold and Flu</p> <p>Herbal Throat Spray</p> <p><i>The Thinking Parent's Guide to Natural Remedies</i> by Kresha Faber</p> <p>pg 59</p> | <input type="checkbox"/> read recipe <input type="checkbox"/> make shopping list <input type="checkbox"/> buy ingredients <input type="checkbox"/> prepare remedy <input type="checkbox"/> remedy ready |
|--------------|--------------|----------------------------|--|---|

Treating Symptoms Chart organized by Symptom
(same information as above, organized differently)

| Indication (used for these symptoms) | Remedy/ Preparation | Dosage | Recipe source | Action Plan |
|---|--------------------------------|--|--|---|
| congestion, chest and nasal | Essential oil steam inhalation | 1-2 drops of essential oil in a bowl of steamy hot water, 2-3 times/day for 5-10 minutes | Inhalation directions, see: <i>The Thinking Parent's Guide to Natural Remedies</i> by Kresha Faber pg 40 my essential oil recommendations: • eucalyptus • lavender • peppermint • melaleuca • frankincense | <input type="checkbox"/> buy needed oils <input type="checkbox"/> stocked |
| congestion | Essential oil vapor rub | rub on chest, neck, or bottoms of the feet a few times a day | Vapor Rub Essential oil blends <i>The Thinking Parent's Guide to Natural Remedies</i> by Kresha Faber pg 65 | <input type="checkbox"/> read recipe/ blends <input type="checkbox"/> buy needed oils <input type="checkbox"/> prepare rub <input type="checkbox"/> remedy ready |
| cough, dry | Throat soother cough syrup | 2 tsp every hour as needed | Cinnamon Cough Syrup <i>The Thinking Parent's Guide to Natural Remedies</i> by Kresha Faber pg 61 | <input type="checkbox"/> read recipe <input type="checkbox"/> make shopping list <input type="checkbox"/> buy ingredients <input type="checkbox"/> ingredients ready |

| | | | | |
|--|--------------------------------------|--|--|---|
| <p>cough, dry - an unrelenting spasmodic cough, no mucus present, irritating to respiratory membranes</p> <p>We want to: moisten dry tissues (demulcent) & stop the coughing (antispasmodic)</p> | <p>Throat soother tea for coughs</p> | <p>1 1/2 tbsp of herbs steeped in 12 oz of freshly boiled water, drink as needed through day</p> <p>Add any of these tasty antispasmodic herbs: cinnamon, fennel, lemon balm</p> | <p>Throat Coat Tea</p> <p><i>The Thinking Parent's Guide to Natural Remedies</i> by Kresha Faber</p> <p>pg 64</p> <p>Sore Throat Soothing Tea</p> <p><i>DIY Natural Remedies</i> by Nina Nelson</p> <p>pg 53</p> | <p><input type="checkbox"/> read recipe</p> <p><input type="checkbox"/> make shopping list</p> <p><input type="checkbox"/> buy ingredients</p> <p><input type="checkbox"/> ingredients ready</p> |
| <p>cough, lingering</p> | <p>Recovery syrup</p> | <p>1-2 tsps every couple hours as needed</p> | <p>Honey-Infused Cough Syrup</p> <p><i>Healing with God's Earthly Gifts</i> by Kate Teitje</p> <p>Pg 27</p> | <p><input type="checkbox"/> read recipe</p> <p><input type="checkbox"/> make shopping list</p> <p><input type="checkbox"/> buy ingredients</p> <p><input type="checkbox"/> make syrup</p> <p><input type="checkbox"/> remedy ready</p> |
| <p>cough, wet productive</p> | <p>Hyssop oxymel for congestion</p> | <p>1-2 teaspoons every hour</p> | <p><u>Learning Herbs</u></p> | <p><input type="checkbox"/> read recipe</p> <p><input type="checkbox"/> make shopping list</p> <p><input type="checkbox"/> buy ingredients</p> <p><input type="checkbox"/> make oxymel</p> <p><input type="checkbox"/> oxymel ready</p> |
| <p>cough, wet productive and throat, sore</p> | <p>Elecampane syrup</p> | <p>2 tsp every hour as needed</p> | <p>Recipe at: <u>LusaOrganics blog</u> by Rachel Wolf</p> | <p><input type="checkbox"/> read recipe</p> <p><input type="checkbox"/> make shopping list</p> <p><input type="checkbox"/> buy ingredients</p> <p><input type="checkbox"/> make syrup</p> <p><input type="checkbox"/> syrup ready</p> |

| | | | | |
|---|--|---|--|---|
| <p>cough, wet productive - we want to help our body expel mucus from lungs</p> <p>we need: stimulating expectorants</p> | <p>Lung & Chest congestion tea</p> | <p>1 1/2 tbsp of herbs steeped in 12 oz of freshly boiled water, drink as needed through day</p> | <p>Lung & Chest Congestion Tea</p> <p><i>The Thinking Parent's Guide to Natural Remedies</i> by Kresha Faber</p> <p>pg 64 (spikenard optional if you can't find it)</p> | <p><input type="checkbox"/> read recipe <input type="checkbox"/> make shopping list <input type="checkbox"/> buy ingredients <input type="checkbox"/> ingredients ready</p> |
| <p>fever</p> | <p>Fever Tea</p> | <p>1 1/2 tbsp of herbs steeped in 12 oz of freshly boiled water</p> | <p>Fever Tea Blend (for children)</p> <p><i>The Thinking Parent's Guide to Natural Remedies</i> by Kresha Faber</p> <p>pg 75</p> | <p><input type="checkbox"/> read recipe <input type="checkbox"/> make shopping list <input type="checkbox"/> buy ingredients <input type="checkbox"/> ingredients ready</p> |
| <p>general cold & flu symptoms</p> | <p>Elderberry syrup</p> | <p>continue with the "at first sign" dosage for the first couple days of illness</p> <p>1 tbsp every hour - adults & teens</p> <p>1 tsp every hour - children</p> | <p>Elderberry Syrup</p> <p><i>Simple Remedies for Cold and Flu Season</i> course by Angi Schneider</p> <p>Module 3</p> <p>Elderberry Ginger Syrup</p> <p><i>The Thinking Parent's Guide to Natural Remedies</i> by Kresha Faber</p> <p>pg 58</p> | <p><input type="checkbox"/> read recipe <input type="checkbox"/> make shopping list <input type="checkbox"/> buy ingredients <input type="checkbox"/> make syrup <input type="checkbox"/> remedy ready</p> <p>keep enough ingredients on hand to replenish syrup during illness</p> |

| | | | | |
|--|--|---|---|---|
| general cold & flu symptoms | Broth | use either in soup or sip straight up from a mug, stirring in sea salt or sea vegetables for extra minerals | Immune Boosting Asian Chicken Stock <i>The Thinking Parent's Guide to Natural Remedies</i> by Kresha Faber pg 66 | <input type="checkbox"/> read recipe <input type="checkbox"/> make shopping list <input type="checkbox"/> buy ingredients <input type="checkbox"/> ingredients ready |
| respiratory cold and flu symptoms, lingering | Recovery tea | drink as needed | Cold Kicker Tea 2 recipe <i>Healing with Gods Earthly Gifts</i> by Kate Tietje pg 25 | <input type="checkbox"/> make shopping list <input type="checkbox"/> buy ingredients <input type="checkbox"/> ingredients ready |
| throat, sore | Sore throat gargle this is easiest remedy for a sore throat | Gargle several times a day as relief is needed. | Sage tea: pour 1 cup of freshly boiled water over 2 tbsp fresh or 1 tbsp dried sage leaves. Cover and steep for 10-15 minutes and strain. Cool and gargle. | <input type="checkbox"/> stock dried sage leaves |
| throat, sore | Throat soother tea (for sore throat) | 1 1/2 tbsp of herbs steeped 12 oz of freshly boiled water, drink as needed through day. | Throat Coat Tea <i>The Thinking Parent's Guide to Natural Remedies</i> by Kresha Faber pg 64 Sore Throat Soothing Tea <i>DIY Natural Remedies</i> by Nina Nelson pg 53 | <input type="checkbox"/> read recipe <input type="checkbox"/> make shopping list <input type="checkbox"/> buy ingredients <input type="checkbox"/> ingredients ready |

| | | | | |
|--------------|--------------|----------------------------|---|---|
| throat, sore | Throat spray | 4-5 sprays every 2-3 hours | Echinacea Throat Spray <i>DIY Herbal Apothecary</i> course by Chris Dalziel Module 4: Herbs for Winter Cold and Flu Herbal Throat Spray <i>The Thinking Parent's Guide to Natural Remedies</i> by Kresha Faber pg 59 | <input type="checkbox"/> read recipe <input type="checkbox"/> make shopping list <input type="checkbox"/> buy ingredients <input type="checkbox"/> prepare remedy <input type="checkbox"/> remedy ready |
| throat, sore | Lozenges | as needed | Herbal Cough Drops <i>The Thinking Parent's Guide to Natural Remedies</i> by Kresha Faber pg 63 my preference: <u>Fisherman's Friend</u> (way easier) | <input type="checkbox"/> read recipe <input type="checkbox"/> make shopping list <input type="checkbox"/> buy ingredients <input type="checkbox"/> make lozenges <input type="checkbox"/> lozenges stocked or <input type="checkbox"/> buy lozenges <input type="checkbox"/> lozenges stocked |

A host of other symptoms can accompany a cold and/or flu as the body fights either co-infections or secondary infections.

For remedies for ear ache, strep throat, conjunctivitis, etc (ears, eyes, nose and throat) I highly recommend *The Thinking Parent's Guide to Natural Remedies* by Kresha Faber in the The Herbs & Essential Oils Super Bundle 2017.

Also, Faber's book includes a thorough "when to call the doctor" guidelines for illness and "Symptom Quick Sheets" for easy reference. Her 160 page ebook is all around awesome.

List of Remedies in this Protocol

(recipes found in the [The Herbs & Essential Oils Super Bundle 2017](#)
and other links provided)

- Astragalus Chai
- Broth
- Echinacea Tincture
- Elderberry Syrup
- Elecampane Syrup
- Essential Oil Vapor Rub
- Fever Tea
- Fire Cider
- Ginger Tea
- Herbal Cough Drops
- Hyssop Oxymel
- Lemon Garlic Tea
- Lung & Chest Congestion Tea
- Recovery Cough Syrup
- Recovery Tea
- Sore Throat Gargle
- Throat Soother Cough Syrup
- Throat Spray
- Throat Soother Tea

Supply List

Herbs, Vitamins & Minerals:

(all herbs are dried unless otherwise indicated)

| | | | |
|----------------------|--|---------------------|--|
| astragalus root | | lemon, fresh | |
| bee propolis | | licorice root | |
| cardamom pods | | linden flowers | |
| catnip | | marshmallow root | |
| cayenne | | mullein | |
| chamomile | | onion, fresh | |
| chili peppers, fresh | | orange peel | |
| cinnamon sticks | | oregano leaf | |
| cinnamon, ground | | peppercorns | |
| cloves whole | | peppermint leaf | |
| echinacea root | | sage leaves | |
| elder flower | | slippery elm bark | |
| elderberry | | star anise | |
| elecampane root | | tumeric | |
| fennel seed | | vitamin C | |
| fenugreek | | vitamin D3 | |
| garlic, fresh | | wild cherry bark | |
| ginger root | | yarrow | |
| ginger root, fresh | | zinc citrate | |
| horehound | | | |
| horseradish, fresh | | apple cider vinegar | |
| hyssop | | honey, raw | |
| lemon balm | | vodka | |

Basic Essential Oils I keep on hand for cold and flu:

- Orange
- Lemon
- Melaleuca
- Eucalyptus
- Lavender
- Peppermint
- Rosemary

Others I like to have also:

- Thyme
- Frankincense

Own It

Can I make a suggestion for how to turn this protocol into a really powerful resource? *Expand on what I've started here and create your own protocol.*

In a three-ring binder, or the digital equivalent, create three sections to contain the following:

- a cold and flu protocol - the at-a-glance resource
- recipes for all the remedies - teas, tinctures, syrups, rubs, essential oil blends, etc.
- an information sheet (or monograph) for each herb or essential oil you use to create your remedies

As you prepare the remedies I've laid out in this Herb & Essential Oil Cold and Flu Protocol you can build your own resource. You can print the recipes directly from the ebooks included in the [Herbs & Essential Oils Super Bundle 2017](#). Or you can create and format your own.

Also, in the bundle you can find monographs and profiles for individual herbs and essential oils. Print those pages directly, or start your own using the *Herbal Materia Medica Course* by Herbal Academy.

Start simple, that's usually the best way. And as you try these remedies you'll develop your own protocol and with it the confidence to take care of your health with herbs and essential oils.

About the Author



Renee Tougas is a wholehearted memoirist and lifestyle writer, a homeschooling mother of three teenagers. She delights in keeping her family's small apartment home organized and cozy, a welcoming place for sharing life together; and is gifted at creating spaces and routines that cultivate health, beauty, relationship, and freedom.

Renee loves to garden and putter in her kitchen, to create herbal remedies and homemade soap and skin care products, buying ingredients from her favorite stores in Montreal, where she lives.

In addition to her pursuit of creative domesticity she loves to hike, backpack, and ski in wild and natural places. [Her blog](#) is where she writes the story of her life and explores the intimate as the universal. You can connect with Renee on [Facebook](#) and [Instagram](#) and follow her outdoor pursuits at [Outsideways](#).