

Winter Remedies

★ General Cold Care:

- Hot water therapy
- Turmeric – 1 tsp. every 2 hrs. for 3-7 days
- Eat more broth-based soups
- Avoid heavy, dense foods; sweets; dairy; and wheat

★ Daily Check-in Regarding:

- Sleep
- Stress
- Elimination
- Hydration
- Digestive fire

★ What Choices Will You Make Regarding:

- Food
- Bedtime
- Meditation/reflection

At the First Signs of Illness

- Turmeric/Honey paste: ½ tsp. each. Mix. Take every 2 hrs.
- Tea – ½ turmeric
To taste:
 - licorice root powder
 - cinnamon1 cup water

3 times/day after meals

Also:

- lemon
- ginger
- turmeric
- honey