

Stop that cold from coming

## Description

What do you do to avoid catching that cold that is going around? Over the Counter remedies? Homeopathics? Antihistamines?

How are these remedies working for you? You've just got to stop that cold from coming or you will miss working/skiing/visiting your friends/seeing your family. Help!

I recently drove over to Mazama in the Methow valley of Eastern Washington to cross country ski. My friend called early the day of our departure to say she was coming down with a cold and didn't want to infect any of the rest of us. We were sharing a house with three others. She had taken a homeopathic in the middle of the night when the symptoms woke her. She'd taken an antihistamine.

I, too, had been fighting the early symptoms of a cold and wondered to myself if I should be going. I used a Netty Pot with warm salt water to try to clear a sinus blockage. I swallowed four Vita C every 3 hours, took extra lecithin to keep the gathering gunk running so the cold didn't settle in my chest. I drank buckets of Breathe Easy and Throat Coat tea. By the time of our departure, the sinus pain had gone; the cough was easing up and the drippy nose lessened.

I urged my friend to go. And to stop the antihistamines, but instead, I'd bring a bottle of [Sustained Release](#) Vita C and she could take a couple every few hours. She agreed. She continued with her homeopathics and the lemon tea, plus some Throat coat and Breathe Easy as we drove the many hours. Of course, we had to stop often at restrooms along the way with that much tea going in. And within twenty-four hours, her cold turned around.

A customer got in touch while I was gone, desperate for [Defend and Resist](#), a throat lozenge Shaklee makes that helps to ward off the early symptoms of a cold. He was afraid he'd run out before he got the upper hand. When I got home, we talked and the supply of D&R he had, took care of it. No cold.

All around me, people are dropping like flies. We all have our favorite remedies and strategies for avoiding a full-blown cold that keeps us from work or play. If your methods haven't worked as well as you like, or if you are in the middle of a horrible cold, or a lingering cough, please go [here](#) to read about these cold avoiding and relieving products

you might want to try. Or click [here](#) to go straight to my Shaklee website and make a purchase.

Good health to you. Betsy

And by all means, Keep Moving.



## Category

1. Be Well health tips

## Tags

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2. cold prevention
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4. immune system
5. Vitamin C

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