

# Where's the Nyquil?

## Description

Gentle Readers,

From the couch, handkerchiefs everywhere, head propped up I write to tell you the story of a person who used to get every cold bug that came along. In the old days, I grabbed the Coricidin and then the Nyquil P.M. and then went whimpering to my doctor. He gladly swabbed my throat and pronounced strep or bronchitis and prescribed an anti-biotic. It happened roughly three times every year. That's a lot of antibiotics for a body to handle.

Down in Mexico where I spent New Year's (came home on the 10<sup>th</sup> of January), I felt a little sore throat coming on and that lethargy that seems to precede an illness. For the past twenty six years I haven't used the standard over-the-counter meds to ward off or treat a cold. Starting on a food supplement program in 1985 moved me in a different direction. My friend suggested heaps of vitamin C frequently, and garlic and a supplement called lecithin (less-i-thin). They use it in salad dressings to keep the oil and water mixed together, emulsified. It works the same way in the body, keeping gunk liquefied so it can leave in the waste stream. Very helpful when you have buggers forming so fast you can't cough them all up at once.

What I figured out was the cold medicines suppress everything, drive the battle between my immune system's response fighters and the germs, down, down, down into my chest. The mass gets all sticky and gelatinous and won't move. Nyquil suppresses coughing (which can keep you awake). The raging war between the good guys and the bad guys in your body gets all confined in a small space and the germs multiply and get all bacterial. Then you've got something the doctor knows how to treat, so he writes a prescription.

Is this familiar to anyone?

By the time I got home, I developed a full blown cold or maybe even the beginnings of the flu. I certainly had achy joints and swollen lymph glands. I got out the big guns. Please bear with me and try not to freak out at the quantity of supplements I take when this situation develops.

4 – 6 Sustained Release C

3 Lecithin

3—4 Garlic

1 Immunity Formula I (a supplement blend of C, A, E and 3 of the B vitamins, plus zinc, copper and selenium suspended in rosemary oil so the water soluble (C and B) and the fat soluble (A and E) vitamins don't degrade each other)

I took this handful of supplements every 2 – 3 hours I was awake, swallowing them down with a little drink of protein smoothie so my stomach could handle them.

I also drank *Traditional Medicinals* herbal teas *Throat Coat* and *Breath Easy*, usually stirring in a throat lozenge made of Echinacea, zinc, larch tree extract, elderberry and stevia, 3 at once. Every time a coughing fit started, I popped a lozenge in my mouth. When I awoke in the night coughing or to pee, I went to the kitchen and took the whole Marianne all over again.

Happily the carcass of the Thanksgiving turkey was languishing in the freezer and there were carrots and celery and onion still in the frig. The broth worked magic and I drank a couple quarts with a little cous cous boiled up in it.

**Results:** In one day the achy joints and lymph were normal. In two more days, I was not coughing in the night. By day four I was able to enjoy some regular food and was not needing the Bomb as we call it every 2 – 3 hours, just every 4 – 5 hours.

Today I am healthy though a little puny from lack of exercise.

No antibiotics. No OTC drugs.

This is the same philosophy and process I use for dealing with other physical challenges like joint pain and arthritis. Even though the x-ray shows severe osteoarthritis and spinal stenosis, gentle abs strengthening exercises, daily walking, eating lots of greens, and low sugar fruits and vegetables plus excellent protein, plus supplements keeps pain at bay.

Is it easier to take the medications advertized on TV and recommended at the pharmacy? Is it cheaper to take them? Is the relief immediate? YES to all these. But what of the long term effects of drugs vs. high quality pure supplements? Drugs have side effects. Supplements made with extreme care for additives, purity of ingredients, and tested to make sure they actually get into the blood stream have side-benefits, not side-effects.

*Just a side note about Ester-C. Apparently this little package which you dissolve in water and swallow, will boost the white cell production thus helping the immune system. The study designed to verify this was done with 15 healthy men some of whom were smokers. Each took the Ester-C product for a week and had an increase in the white cell count. To read the study yourself, click [here](#). I just had to look this up because what I know about vitamin C is that it is water soluble and degrades immediately when exposed to light and air and water. The tablets probably work better. I found an online source for 1000 mg. sustained release Ester-C for \$21 plus tax and shipping. But I still have lots of questions. Is their C ascorbic acid only? What about the white stuff in the orange which turns out to be just as important? What is used to slow down the release of C into the blood stream? You want guar gum and nothing artificial separating the dosage delivery. And the Sustained Release Vitamin C I take is 180 tablets for \$21.00. It's made by Shaklee, a company I trust for its scientific research and the careful testing every step of the way from raw material, through processing to the finished product.*

One more thought. Not every stomach can handle that amount of supplements. You noticed I do not take supplements on an empty stomach if I can help it. If you want to follow this regimen, I'd be glad to guide you along the way. By all means pay attention to your own body and pull back on the volume if you have a reaction to that much Vitamin C. I am just happy I have this resource to use to ease the discomfort of a bad cold and to get over it quickly with no medications at all and so no side effects with their residual problems.

I did not take a flu shot this season or any season. Am I recommending against flu shots? I'd be a fool to do that. Use your own judgment.

Before you go, leave a comment. If you liked what you read, pass it on.

Fondly, Betsy

**Be Well, Do Well and Keep Moving**

BetsyBell's Health4u

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