

Dr Lori's

SIMPLE SOLUTIONS for SELF-CARE

# Winter Wellness Checklist



## Viral Cold Symptoms

Chop and sauté 1 medium Onion. Add 2-4 cups of Vegetable Broth and simmer. Remove from heat. Add 2-4 minced fresh Garlic Cloves. Cover for 5 minutes. Optional: add fresh or dried oregano, thyme and/or chile pepper immune boosting herbs. Eat throughout the day.



## Chest/Nasal Congestion

Put steaming hot water safely in a large bowl. Add a 1/4 teaspoon of (Vicks) Mentholated Ointment or a few drops of Eucalyptus oil. Place face over bowl. Cover your head and the edge of the bowl with the towel, creating a tent. Inhale steam 10-20 minutes for a natural decongestant. (Caution: This is not recommended for asthmatics)



## Cough

Take Herbs Etc. Osha Root Syrup, as directed 3-4 times a day. Osha root is effective for spastic coughing, 1 teaspoon of raw honey will also minimize cough. Taking ½-1 teaspoon of sesame oil in the evening will help to ease nighttime coughing symptoms in children. (Caution: Honey is not recommended for children under 2 years old)

For more Simple Solutions:

[www.drlorieanes.com/dr-recommendations](http://www.drlorieanes.com/dr-recommendations)

Disclaimer:

These suggestions are not to be used as substitution for medical advice. They are not intended for infants and should be used cautiously in children under 12 years of age. If symptoms are unimproved, immediately consult with your healthcare provider .



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# De-Stress Checklist

### Anxiety

Do aerobic activity such fast walking, jump rope or running when feeling anxious and stressed. Snack on fresh celery throughout the day. Do Box Breathing; Breath in for 4 counts, hold your breath for 4 counts, exhale for 4 counts, hold your breath for 4 counts. Do simple yoga stretches before bed. Consider Xiao Yao Pian Chinese Herbal Tablets for improved mood.



### Indigestion

Preventative treatment: Avoid the offending foods. Chew Natures Way DGL Tablets – deglycyrrhizinate licorice before meals. For after meals gas and bloating: Add 1 TBSP Apple Cider Vinegar to a ½ cup of water. Add 1/4 teaspoon baking soda, stir and drink.



### Insomnia

Celestial Seasonings Sleepy Time Extra Tea (with Valerian Root) and/or Melatonin 2.5 mg at bedtime. Sleep in a dark cool room. Toe Tapping Exercise: While in bed, lying flat on your back continuously tap your big toes together. Count each tap. If you lose count, start again, calming your mind and nervous system. (Caution: Melatonin should not be taken continuously; after 1 month discontinue use before resuming.)



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