

# YOUR COMMON COLD TOOLKIT

THINGS TO HAVE ON HAND TO BE READY WHEN GERMS STRIKE

## MEDICINE CABINET

VITAMIN C



ESSENTIAL OILS -  
LAVENDER, LEMON,  
EUCALYPTUS



BULLETPROOF  
ADK



ZINC +  
COPPER



GLUTATHIONE



BULLETPROOF  
CURCUMIN  
MAX



## FREEZER

BONE BROTH



## PANTRY

GARLIC



APPLE CIDER  
VINEGAR



GINGER



HIMALAYAN  
PINK SALT



LEMONS



# YOUR 48-HOUR GUIDE TO GETTING RID OF YOUR COLD

## DAY 1:

### FIRST SIGNS OF A COLD - SUPPORT YOUR IMMUNE SYSTEM

You feel off your game, like you're getting sick. Here are a few telltale signs that your body is fighting a virus:

- Feeling like you need to go to bed
- Tickle in your throat
- More sneezing than normal
- Headache
- Mild body aches
- General unwell/unmotivated feeling

## WHAT TO DO:

### Increase your vitamin C

Vitamin C is a powerful antioxidant, and your body's demand for it constantly changes. When you're sick, injured, or stressed, you need more. Give your body what it needs by upping your dose. Studies report that mega-dosing on 6-8 grams of vitamin C a day shortens colds in adults (1-2 grams for children). Your bathroom habits will let you know if you've gone overboard.

**Take 1g of vitamin C up to every few waking hours, up to 8g**

---

### Take Glutathione

Every part of being sick - from the damage that viruses do to your immune system's attack on germs - releases free radicals, oxygen atoms that can damage cells. Glutathione is one of the most potent antioxidants out there that protect against them. Your body makes a limited supply of glutathione, and during illness, you go through it quickly. [Get glutathione here.](#)

**Take 500 mg of liposomal glutathione once a day, each day that you're sick**

---

### Take raw garlic

Raw garlic is a strong antiviral, antibacterial, antiparasitic, and antifungal that gives your immune system a boost.<sup>[1]</sup> - if you can handle it.

**Smash a clove, wait 15 minutes, then eat it raw. Repeat this every two hours until you can't take any more.**

---

### Supplement zinc + copper

Your immune function depends on an adequate supply of zinc. Zinc supplements are easy to find, but to really amp up its power, take it with copper. Zinc and copper together form an antioxidant powerhouse called copper-zinc superoxide dismutase (CuZnSOD). [Get zinc here.](#)

**Take 15 mg of zinc with 2 mg of copper once a day each day that you're sick.**

## DAY 2:

### FULL-BLOWN COLD - ADD DETOX ACTION

If you're sick, continue your immune-boosting practices and add the detox steps below. Germs make you feel like crud in two ways. They eat, make waste, and reproduce, all of which damage surrounding cells and release chemicals that wipe you out. Second, when germs get killed by your immune system, they release chemicals during die-off that also make you feel terrible. Here's how to clean up those compounds and lessen the misery.

### WHAT TO DO:

- **Continue the first signs steps.**
- **Raise your core temperature.** Your body does this on its own with a fever. You can help it along while countering the chills with either a sauna or a warm bath. Bonus points if you use epsom salts in your bath. Germs can't live in a hot environment, plus you have the added bonus of a good sweat to usher out the ick.
- **Drop your core temperature.** Once you get out of the shower or sauna, blast yourself with a cold shower (**or spend a few minutes in a cryochamber.**) Heat pulls toxins out of your cells, then your body's cold response dumps toxins into your lymph for elimination.
- **Take activated charcoal.** Activated charcoal attracts positively charged ions and makes them stick to its surface. Most toxins have a positive charge, so it supports your body's ability to get the by-products of illness out of your body. **Get charcoal here.**  
**Take 1000 mg 1-2 times a day when you're feeling completely wiped out.**  
**(Don't take charcoal if you're taking prescription medicine.)**
- **Drink water like it's your job.** Detoxing is super dehydrating, whether your body is doing it on its own, or you're taking steps to help it along. Bone broth counts.  
**Drink at least half of your body weight in ounces throughout the day.**  
**Example: If you weigh 150 lbs, drink 75 ounces in a day.**

---

### IF YOU'RE STILL SICK - FOCUS ON INFLAMMATION

Some colds are stubborn. And naturally, you want to get on with your life. If you're still sick after a few days, you might be dealing with something that your body can't handle on its own. Use your judgment and visit the doctor when appropriate. A functional medicine doctor is best and will consider both pharmaceutical and natural approaches without going totally nuclear on your system.

- **Keep going with the suggested Day 1 and Day 2 regimen.**
- **Take curcumin.** Curcumin is the reason turmeric supplements have taken over store shelves. It's one of the most potent herbs to quiet your body's inflammation. **Get curcumin here.**  
**Take 500 mg of a highly absorbable turmeric complex each day you're sick.**
- **Sip ginger tea.** Ginger contains anti-inflammatory compounds for overall inflammation, but it's especially effective on your sinuses and nasal passages. That's because it contains sesquiterpenes, which are antiseptic and anti-inflammatory chemicals that act on rhinovirus specifically.<sup>[2]</sup>
- **Eat colorful veggies and fruits.** You might prefer bland foods or no food at all when you feel sick, but compounds called polyphenols in deeply colored fruits and vegetables both boost your immune system and counteract inflammation.

#### References:

<sup>1</sup> <https://www.ncbi.nlm.nih.gov/pubmed/28353648>

<sup>2</sup> <https://pubs.acs.org/doi/abs/10.1021/np50107a017>

# SHOPPING LIST

ZINC + COPPER

VC

GLUTATHIONE

BULLETPROOF  
CURCUMIN MAX

BULLETPROOF ADK

ESSENTIAL OILS -  
LAVENDER, LEMON,  
EUCALYPTUS

GARLIC

GINGER

LEMONS

## *BONE BROTH INGREDIENTS:*

GRASS-FED BUTTER OR GHEE

3 CARROTS

3 STALKS CELERY

2 1/2 POUNDS ASSORTED BEEF

MARROW BONES

## FRESH HERBS

(YOUR CHOICE OF FRESH  
OREGANO, ROSEMARY,  
THYME, SAGE, ETC.)

APPLE CIDER VINEGAR

BULLETPROOF COLLAGEN

PROTEIN

HIMALAYAN PINK SALT