

Support for Cough/Upper Respiratory

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Home Remedies

- **Elderberry throat lozenges** – use as needed for cough – elderberry is known for assisting with immune health, and is safe for children
- Rub a few drops of **peppermint essential oil**, mixed with body oil or magnesium lotion, onto the chest. This is a great alternative to Vicks, to help congestion, and sooth the chest. The magnesium cream can also help with sleep

Home Remedies

- **For a “barking” cough:** this usually means swelling in the larynx. Steam is helpful for this – try a face steamer, or put them in the bathroom with the hot shower running.
- **A cool-mist humidifier** may help them to sleep better
- **Lots of water!** They can suck on ice if it hurts to swallow. Try utilizing electrolytes such as: Pedyalite Clear; LMNT; or Ultima

Home Remedies

- **Wet socks: after a warm bath:** This sounds counter-intuitive as we'd never think of wearing wet socks to sleep, but this remedy is known to increase circulation, and improve congestion and sleep.
- **METHOD:** soak cottons socks in ice water. After a warm bath, place the socks your child's feet and cover with wool socks - remove when they wake in the morning.



Dietary Recommendations

- **2tsp of honey before bed** (not for children under one) – Soothes the throat and has anti-bacterial properties
- **Bone Broth:** sip warm throughout the day
- **Breath Deep Tea** from Yogi brand
- **Vit. D-rich foods:** salmon, eggs, pork, mushrooms
- **Zinc-rich foods:** red meat, seafood, nuts/seeds, whole grains
- **Garlic** – raw, in soups, stir fries etc...
- **Ginger, turmeric, oregano, rosemary, thyme and fenugreek:** fresh herbs used in cooking and teas that can lessen inflammation, break up mucus, and help with the immune system response



Supplementation

Click [HERE](#) to purchase as a bundle

- **NAC:** 500 mg 2-3x/day
- **Zinc** (immune support): 15mg 2x/day with food
- **Vit. A** (immune support): 10,000-50,000IU 2x/day with food for 7 days
- **Glutathione** (immune support): 1,000 mg/day for 7 days
- **Biocidin** (removes biofilm around bacteria to allow its removal from the body): 5 drops in nebulizer 3x/day until symptoms resolve
- **Transfer Factor** (comprehensive immune support): 3 capsules 3x/day for 7 days (call office to purchase)
- **Cough-b-Gone:** herbal tincture for cough (call the office to purchase)

When to Call the Dr.

- High, or persistent fever (especially if they do not have a runny nose along with their cough)
- Difficult or rapid breathing (and/or if pulse ox device reads below 95)
- Wheezes when breathing out
- makes a "whooping" sound when breathing in after coughing
- Any part of their face or lips have a blue hue
- They cough up any blood

