

# Huntley Chiropractic & Massage Therapy's QUIK COLD CURE

---

## TAKE

**Vitamin C:** 6000 –  
10,000 mg/day

**Echinacea:** (2) tablets  
3x/day for 10 days

**ImmunoSTART:**

**Water:** 8-10 glasses/day

**Herbal Teas:**

Apple Cider Vinegar

Hot Chicken Soup

Cayenne & Garlic

## DO

**Get Adjusted:** this will  
improve your immune  
response.

**Salt Water Nasal Rinse:**

½ tsp of salt in a mug of  
warm water. Gargle a few  
times, then inhale 2 tsp of  
solution thru each nostril –  
spit out and blow nose.

**Steam Yourself:** hot  
showers, saunas, clean  
humidifier

**Menthol Rub** on chest

**REST** & Fresh air

## AVOID

- Meat & heavy meals

- Milk & Dairy products  
– thickens mucous

- Smoking & Alcohol  
– suppresses  
immune system

- Keep clean & dry on the  
outside – warm & moist  
on the inside