



Winter's here, and with it come cozy nights by the fire, comfort food, and time with family. The cold weather also ushers in cold and flu season, but you can keep your immune system humming with a few simple hacks!

bulletproof®

COLD BUSTING

hacks



COLDS AND FLUS USED TO REALLY KNOCK ME OUT – I'D GET SICK EVERY MONTH OF WINTER. FORTUNATELY, I LEARNED LOTS OF TRICKS RUNNING THE SILICON VALLEY HEALTH INSTITUTE – THE KIND OF THINGS YOU MAY NOT HEAR AT YOUR DOCTOR'S (UNLESS YOU GOING TO A GOOD FUNCTIONAL MEDICINE DOC)

HERE'S A FEW HACKS TO KEEP YOUR IMMUNE SYSTEM WORKING WELL.

-Dave Asprey



essential oils

Essential oils are extracted from plants that have biological healing properties. Essential oils have been used for centuries and have documented effects besides just smelling nice. You usually either use them topically or put them in a diffuser. Sometimes you can take them orally, too. Here are a few good essential oils for kicking a cold or flu:

true or false?

+ Chicken soup helps during a cold.

TRUE. The steam helps with congestion and the bone broth keeps you hydrated.

+ To get over a cold quicker, sweat it out.

FALSE. Dehydration can make you feel worse, drink lots of fluids.

+ Blow your nose often while sick.

TRUE. Sniffing can encourage a sinus infection.

eucalyptus



Eucalyptus oil contains eucalyptol, which relieves congestion, decreases coughing/bronchitis, and kills infectious bacteria in your respiratory tract. Eucalyptus oil is generally safe to put on your skin if you're an adult; to breathe more easily, you can rub a bit of it under each nostril.

cinnamon



Cinnamon oil kills antibiotic-resistant bacteria and fungi. It's a good way to disinfect your house if you're sick, and you can also take it in pill form. Three notes:

+ Be sure you get Cinnamomum verum (Ceylon cinnamon) oil and not a Cassia product. Cassia is high in coumarin, a compound that thins your blood and stresses your liver and kidneys.

+ Cinnamon oil is powerful stuff, so don't take it for more than a week.

+ Test a bit of the oil on your skin to see if you're sensitive to it. Some people have allergic reactions to cinnamaldehyde, the compound that gives cinnamon its warm flavor and smell.

try some cinnamon tea



+ 1 cup of Hot Water

+ 1 drop of Cinnamon Bark oil

+ 1 teaspoon Honey

oregano



Oregano oil contains carvacrol and thymol, both of which inhibit bacterial reproduction, and oregano oil is also an antiviral, antifungal, and antioxidant. It's important to note that oregano oil's benefits has only been tested in vitro - that is, on bacteria in a glass dish - so whether oregano oil kills pathogens in the human body is still unclear. If you want to try it, swallow 4-6 drops of oregano oil diluted with coconut oil or Brain Octane. Don't take oregano oil for more than a week.

tea tree



Tea tree oil also kills resistant bacteria. Again, it's great for disinfecting your house if you have a cold, and you can breathe in tea tree oil vapor to relieve congestion. Just don't swallow this oil.

TAKING A BATH?

Try using a few drops in the bath.



supplements

Depending on who you listen to, supplements either do nothing, or they do something. I've had a lot of success with supplements, and these ones in particular. The evidence is in that they do work for immune enhancement. Here are the superstar supplements for enhancing immunity, the ones with the most research:

MOST ANIMALS ARE ABLE TO CREATE THEIR OWN VITAMIN C WHILE HUMANS NEED TO SUPPLEMENT WITH DIET



vitamin d-3

Vitamin D3 – During winter, taking 1,000 IU of D3 for every 25lbs of body weight can greatly increase your ability to fight off infections. I'd take vitamin D3 over a flu shot any day. You should balance your D3 with K2 and Vitamin A. See our blog post for more information.

vitamin c



Vitamin C, contrary to popular belief, won't necessarily prevent you from getting sick. It can, however, help you get rid of your cold more quickly [10]. The problem is that vitamin C has an L-shaped response curve. That means that you have to take enough to almost cause "disaster pants" and then keep taking that amount for it to work. When you're getting sick, your body will demand far more vitamin C than normal. For instance, if you can take no more than 5 grams per day normally, you may be able to take 25 or 50 grams per day when you're getting sick. It won't work to just take a little extra vitamin C! Bonus points for intravenous vitamin C, which does wonders for a cold.

zinc

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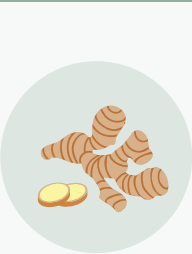
food

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chicken soup

Chicken soup. The old classic really does kill pathogens that cause upper respiratory infections. Always get or make your chicken soup from the bones of pasture-raised chickens. You can also use beef or lamb bone broth bases with a dash of Brain Octane mixed in.



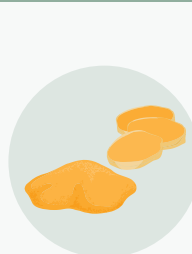
ginger

Ginger contains sesquiterpenes that specifically fight the rhinovirus – that's the virus responsible for many colds. To nab ginger's benefits, you can make ginger tea, eat raw ginger, or add ginger to your chicken soup. I grate fresh ginger, a couple tablespoons, and put it in bone broth soup. When I finish crying, I feel great!



garlic

Garlic is a strong antiviral, antibacterial, antiparasitic, and antifungal. It also boosts your immune system. Garlic is a great way to rev your immune system. If you're hardcore, you can suck on a clove of raw garlic for 15-20 minutes to get its benefits (yum). You can also just add it to your meals – perhaps to your chicken/bone broth ginger soup.

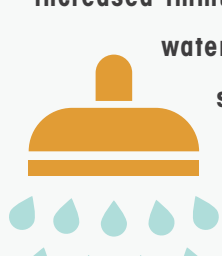


turmeric

Turmeric is full of antioxidants and curcuminoids, the most famous of which is curcumin. Curcumin regulates your immune system and is a strong anti-inflammatory.

habits

COLD EXPOSURE boosts your metabolism, and faster metabolism correlates with increased immune power. Try a blast of cold water at the end of your morning shower, or leave your windows open and the heat off for 30 minutes. Do this when you're NOT sick; it's counterproductive if you're already fighting a cold.



MODERATE EXERCISE can also protect you from the cold or flu, although strenuous exercise to excess makes your immune system tank. If you're not sick, doing HIIT or resistance training is a good way to keep your defenses up. Bonus points if you do it outside in the cold and kill two birds with one stone. But don't overtrain – that makes you more susceptible at bay allowing your body to release and burn stored fat.

