**Cold Quiz - Myths about Colds & Prevention Cures**

**True or False: Test your wisdom about dealing with the Cold Season**

**1.\_\_\_\_\_ Zinc lozengers are effective as cold prevention with the first signs of a sore throat.**

**2.\_\_\_\_\_ Vitamin C in high doses is the best cold prevention when a cold/flu bug is in full force in your body.**

**3.\_\_\_\_\_Chicken soup is beneficial for you when you are under the weather with a full blown cold.**

**4.\_\_\_\_\_Feed a cold, starve a fever!**

**5. \_\_\_\_\_Echinachea, an herbal supplement works best once a day when symptoms of a cold are at their worst, at the 2nd stage of a cold.**

**6.\_\_\_\_\_ Antibiotics will help your child get over a cold more quickly.**

**7. \_\_\_\_\_ it takes 24 hours for a cold or flu virus to propogate itself & creates symptoms in the body**

**Answers to above questions.**

1. **True. Zinc supplements are the best nutrient when experiencing the beginning of a sore throat.**
2. **False. The best timing for using Vitamin C is preventatively. Its purpose is to nourish the immune system & adrenals. It can soften the edges of a cold but it will not knock a cold out once it is established.**

**Note: With the muscle testing that I do in my nutrition & acupuncture practice I find that 70% of the patients I work with are UNABLE to assimilate ascorbic acid or Vitamin C. For some, ascorbic acid is an irritant in the mouth & GI digestive tract.**

**Adults should take 2-4 grams a day of Vitamin C as preventive measures. Children should do 500-1000 mg of Vitamin C.**

1. **True. Chicken soup is great for you while in the healing phase of a cold. It contains anti- inflammatory substances that can ease cold symptoms.**
2. **True. It’s not uncommon when you are in the middle of a cold, that it suppresses your appetite. At the very least, keep drinking plenty of fluids, especially if your child is feverish or has a runny nose. It’s easy to seek comfort foods while you are bed bound and under the weather. It’s best to avoid some of those comfort foods such as sugar or dairy as respiratory viruses love these mediums to propagate in!! Excess sugar consumption at Halloween & Xmas season depresses the immune system.**
3. **False. Echinachea as an anti-viral herb works best when it’s been circulating in your body for 2 or more days. Its unique function is to support production of white blood cells & fortify the army of your immune system. It takes time for the body to manufacture warrior defense cells, meanwhile opportunistic virus’s propogate rapidly.**
4. **False. Most colds are catalyzed by viruses, which antibiotics have no effect on. Viruses have totally different structures and live inside the hosting cells so that the immune system or antibiotics have no tangible connection with.**
5. **False. It takes 2 to 3 days for viruses to rapidly reproduce & invade the body & overwhelm the immune system.**