

The following is a proven cheat sheet of what you must do if you want to avoid spending days in bed [or on the couch] with the cold-flu leading to the dreading bronchitis.



Please note that I'm a "coffee addict" and a weekly Cuba Libre drinker. Which mean besides my regular active lifestyle and having 3 -kids and working in the healthcare industry, I do have 1 or 2 vices.
But most importantly, this cheat sheet is not a medical absolute recommendation.



On that note, let's kick the crap outta your cold-flu and get you back on your feet feeling great.

First, the 5 Things You must Be Willing to Put on Hold or Avoid until You Are 80% Better.

1. No Soda drinking or Foo foo mochalattecino coffee drinks.
2. Stay away from carbs or enriched flour.
3. All Beer or other non-listed alcohol must be placed on hold for now.
4. Avoid moderate to heavy traffic areas at work [group lunches or face to face morning meetings] , recreational/leisure venues [museum, movie theaters etc]
5. No workouts where you are exerting yourself. Light to moderate is alright.



The 5 Things You Must Commit To Doing In Order To Kick The Cold-flu Outta Your Body :

1. Drink 100 ounces of water or tea [preferably peppermint or chamomille].
2. Have 2-3 bowls of Thai soup, Mexican soup or Minestrone Soup [sorry no fiddling with grandma chicken soup] as your meals.
3. 2-3 Servings of eggs with spinach.
4. 2-3 shots of whiskey/day [preferably after dinner and before bedtime].
5. 1-2 servings/day of vegetable stir fry [with choice of meat or mealless].

The above must be pair with 2-steam 20 minutes bath/day using peppermint or eucalyptus oils for ease nasal passages and lungs.



Follow each of the steps above to the T and you will be back on your feet in less than 5 days.

Don't, and you will likely slide into a bronchitis state where heavier lung decongestant and antiviral approach will be warrant.

*Remember, the answer to your body aches and pains lies within it.
You just need time, quiet time, to listen to it and feed it what it needs.*

Yours in healthy spirits,
J.Carlos, CFS,PTA and Creator of The Fitlab Method