



New England Naturopathic Health

Corrie Marinaro, Naturopathic Doctor
Erin Hayford, Naturopathic Doctor

phone: (207) 873-9380
fax: (207) 873-9360
179 Main Street, Suite 408
Waterville, Maine 04901
www.naturopathicme.com
info@naturopathicme.com

Cold and Flu Prevention and Treatment Lecture Series Part I with Dr. Erin Hayford, ND

RECIPES

Dr. Corrie's Bone Broth

- Serves: 3 quarts. Prep time: 20 min. Cook time: 14 hours 30 min
- Ingredients:
 - 12 c filtered water
 - 3 lbs bone-in chicken parts and gizzards
 - 1 tablespoon apple cider vinegar
 - 1 yellow onion, peeled and quartered
 - 3 large carrots, cut into large dice
 - 4 cloves garlic, smashed
 - 2 stalks celery with leaves
 - 2 bay leaves
 - 1 teaspoon sea salt
 - ½ teaspoon cracked black pepper
 - 1 bunch fresh parsley
- Instructions:
 - Place water and chicken parts in slow cooker and cook on high 2 hours. Skim off any foam from the surface and remove the chicken. Shred the meat off the bones, and set the meat aside. Return the bones to the pot.
 - Reduce slow cooker to low. Add all remaining ingredients except parsley and cook on low for 12 hours or on high for 6 hours. Turn off the pot, skim the fat off the top, stir in the parsley, and cover for 30 minutes.
 - Strain off the broth through a fine-mesh sieve or cheesecloth. Store in the refrigerator or freezer for later use. Scoop off any solidified fat before using.

Elderberry Syrup

- Supplies needed: ¾ cup dried black elderberries (can be purchased online in bulk), or 1 ½ cup fresh or frozen; 3 ½ cups water, 2 tablespoons fresh or dried ginger, 1 teaspoon cinnamon, ½ teaspoon cloves, 1 cup raw honey, 1 medium saucepan and lid, Mason jar or glass bottle with lid
- Pour water into medium saucepan and add elderberries, ginger, cinnamon and cloves
- Bring to a boil and then cover and reduce to a simmer for about 45 minutes to an hour until the liquid has reduced by almost half.
- Remove from heat and let cool until it is cool enough to be handled.
- Mash the berries carefully using a spoon or other flat utensil.
- Pour through a strainer into a glass jar or bowl.
- Discard the elderberries and let the liquid cool to lukewarm.
- When it is no longer hot, add the honey and stir well.
- When the honey is well mixed into the elderberry mixture, pour the syrup into a quart-sized Mason jar or 16 ounce glass bottle that has a lid.
- Store in your refrigerator and take daily for immune boosting properties, or 3 teaspoons 5 times daily as treatment.

Hydrotherapy

Hydrotherapy, or water therapy, is effective at increasing circulation, which brings healing blood cells and nutrients to the areas of infection.

- **Steam Inhalation:**

- Best for congestion, cough, and sore throat
- Bring a large pot of water to boil. Remove from the stove and place on your table
- Add 1-2 drops of antiviral essential oils listed above - the smell should be potent but not irritating
- Drape a towel over your head and inhale the vapors deeply
- Repeat this 3-5 times daily

- **Frozen Sock Treatment:**

- Helpful with upper respiratory infections, drains fluid from sinuses and congestion in the head and neck, and reduces fever and headache tension.
- Run water over a pair of tall cotton socks, allowing them to become completely saturated.
- Squeeze out excess fluid.
- Place socks in the freezer and allow them to become completely frozen.
- At night, make sure you are warm first, and then put the socks on. It takes some effort to get them open. Place a pair of wool socks over the frozen socks.
- Hop into bed and do not remove the socks until they have completely warmed up to body temperature.

- **Wet Sheet Wrap:**

- This therapy is helpful for lung infections, muscle aches and pains, headaches, fever/chills, and any associated GI upset.
- Take a bedsheet and completely soak it in the coldest water you can run from your tap.
- Squeeze out excess water.
- Make sure you are warm first, and then wrap the sheet around your torso. Fold the sheet so that the width spans from your armpits to your hips. For body aches that are all over, completely wrap your body in the sheet excluding your head.
- Wrap yourself in a wool or other thick blanket that will not allow the water to seep through, and get into bed.
- Do not remove the sheet until your body has warmed it up to body temperature.