

MY COLD AND FLU SEASON KIT

Change of seasons or allergies or cold symptoms causing...

COUGHING ?

SNIFFLING ?

STUFFY SINUSES ?

SCRATCHY THROAT ?

PLUGGED EARS ?

HERE'S WHAT I DO – before I get on a plane or when I feel a stuffiness or any cold symptoms, I use the inhaler and the nasal spray below – often and until symptoms go away. I have the PureWorks sanitizer everywhere (bathrooms, car, purse) and I use it all the time.



Since I had great success using these items myself & with kids, grandkids (age 5 or older) and friends, I was often giving my own items to others needing it worse than me 😞. So I was led to create a KIT and share the instructions – DIY (do it yourself) using Youngevity products. Now I keep an extra kit handy to give away so I am never without my own!! Just sayin’.

If viewing this online, you can use the links; otherwise just copy them in your browser URL box. Instructions & resources needed for DIY are below.

Blessings, Candy McCune - candy@guidemetobetterhealth.com

1. NASAL SPRAY – I usually do this first



HOW TO? It takes a little coordination but I recommend sniffing hard as you spray up each nostril 2-3 times per dosing. You can call it “SNOOTING” (sniff & shoot). I usually want to feel it getting to the back of my throat and dripping down a little if I am having a scratchy throat. I use it about 2-3x per day depending on the persistence of my symptoms. Then as needed. Helps me to open up sinuses and clear breathing pathways as well as soothe my throat.

INFO: See the instructions enclosed for removing the clip before you spray – the clip keeps it from accidentally spraying when jostled in your bag.

- The nasal sprayer is filled with Youngevity’s Ultimate Colloidal Silver Plus. You can purchase it on your Youngevity website or on mine at <https://101490255.buygy.com/90forlifestore/en/ultimate-colloidal-silver-plus>
- The empty nasal pump sprayers can be purchased on Amazon in packs of 3 https://www.amazon.com/Pharma-quality-EMPTY-Nasal-Sprayers-3-pack/dp/B00H0LBEGQ/ref=sr_1_5_a_it?ie=UTF8&qid=1541447512&sr=8-5&keywords=snoot+nasal+spray&pldnSite=1

From your Youngevity upline – Candy McCune, candy@guidemetobetterhealth.com

2. INHALER -



HOW TO? After unscrewing outer cover, put inhaler very close to or gently touching one nostril and close the opposing nostril (hold it loosely). Sniff in a strong, full draw. Then switch to other nostril. Do it 2 times in each nostril. Repeat as needed. If symptoms are strong, I usually start with repeating every 15 min for an hour or two; then go to every half hour; and as I improve, to every hour and then as needed.

INFO:

- a. The cotton inside the inhaler can be soaked in Youngevity therapeutic grade “Y-23 Immune” blend essential oil. I have found putting it in an inhaler tube makes it last a long time (I used to put it on a tissue in a zip lock bag – fades over a day or so. The inhaler lasts much longer). Purchase the essential oil on your Youngevity website or on mine at <https://101490255.buygy.com/90forLifeStore/en/search?q=Y-23>
- b. The Y-23 essential oil is a Youngevity blend of oils. The bottle has 10ml and I can get about 6 or 7 re-soakings of the cotton from one bottle.
- c. The empty inhaler nasal tube can be purchased from Amazon – here is a link to what I buy in bulk
https://smile.amazon.com/Essential-Aromatherapy-Inhaler-Complete-Inhalers/dp/B011A1HRK8/ref=sr_1_4_a_it?ie=UTF8&qid=1541445894&sr=8-4&keywords=empty%2Bnasal%2Binhaler%2Btubes&th=1
- d. TIP: to reach the cotton wick in a closed inhaler, pry off the bottom tip end of the grip part where you hold the inhaler to unscrew it from the tube. It is very thin and hard to see to put a fingernail in to pry it off but it will snap back on. Sometimes I can't get it off so I just grab an empty inhaler and use it instead – you might want to have some extras on hand – they are not expensive.

3. PureWorks ANTIBACTERIAL FOAM –



INFO: No alcohol, softens and conditions skin while providing hours of protection against bacteria and harmful germs that cause illness. Travel size!

a. Removes 99.9% of harmful bacteria in just 15 seconds and meets or exceeds FDA requirements as a first aid antiseptic, simultaneously moisturizing and conditioning the skin.

b. See more info at www.pureworks.com

c. Buy it on your Youngevity website or on mine at

<https://101490255.buygy.com/90forlifestore/en/25oz-antibacterial-foam>

How to Get YOUR OWN “Cold & Flu Season Kit”: (2 options + a freebie)

1. **DIY** -- Follow these free DIY instructions and order all items yourself.
2. **ON MY WEBSITE OR YOURS** -- Order the Y-23 Immune oil, Colloidal Silver & PureWorks on your own Youngevity website or on my YGY website at the links given above by each product. The total of all 3 YGY products is about \$70 plus shipping & tax. Depending on usage, this supplies 1 year for 1 person using the nasal spray & inhaler.
3. **FREEBIE** – when you have ordered the Youngevity products on my website or yours, just email me telling me that you have made the order and I will send you 2 empty containers kits (2 inhalers and 2 nasal sprayers, labels & ziplock bags)

AN ADDED BONUS... The source of using colloidal silver info came from Dr. Peter Glidden, a naturopath who knows and supports Youngevity products. He shares that he also loads his system with a natural antibiotic from Youngevity – this additional piece along with the colloidal silver spray enables him to say he hasn’t had a cold in 5 years. Start it as soon as symptoms show up or whenever the symptoms hit **hard**:

YGY Ultimate Killer Biotic FX is a mushroom-based natural antibiotic extracted into a capsule. Helps people with a mild bacterial problem. Not for a big bacterial problem. When Richard Renton (another Youngevity knowledge person on the scientific board) feels he is coming down with something, he takes 1 per hour. Some take 3 every 2 hours. Aloe vera drinks are also good to add.

You can purchase it on your Youngevity website or on mine at

<https://101490255.buuygy.com/90forlifestore/en/killer-biotic-fx-60-capsules-2>



**Instructions for Nasal Sprayer

From your Youngevity upline – Candy McCune, candy@guidemetobetterhealth.com

KIT ASSEMBLY INSTRUCTIONS

Purchase: Y-23 Immune essential oil blend from Youngevity – 10 ml bottle
Ultimate Colloidal Silver Plus from Youngevity – 4 fl oz bottle
PureWorks Antibacterial Foam (no assembly required for this item)
Empty nasal spray bottle
Empty inhaler (3 parts to this, outer cover, inside tube, cotton wick)

Nasal Sprayer:

- I like to take the Snoot! Label off and put on my instructional ID label (included in your kit) – this is easier to do before you fill it
- Using a funnel if you have one, otherwise position yourself over a sink, pour the Colloidal Silver Plus up to the shoulder level of the Snoot bottle.
- Replace the lid
- Looking at the instruction sheet, find the travel clip. Take it off and on a few times to get familiar with it and put it in your memory bank (yes, I have tried and tried to pump the spray when I finally remember the travel clip is in place). Also, don't forget there is a clear plastic cover which might be a bit hard to see – remove that before spraying.

Inhaler:

- I put the cotton wick laying horizontally on top of a piece of plastic (plastic baggie or something that is not porous)
- Then open the Y-23 essential oil bottle and pour liberally over the wick on one side – roll the wick to the opposite side and pour again to allow wick to soak up the Y-23 oil.
- Immediately put the wick into the inhaler capsule.
- Put the lid on the capsule pushing it tight. It will not be easy to get it fully fitted so I place the flat part of the lid on a table and hold the outer capsule straight above it pushing down on the lid and table to close it. It will snap into place and you will have a hard time even seeing the tiny line where the lid snapped shut.
- Then screw open the inhaler at the lid/grip end and you will see the inner capsule and hole where the wick saturated in Y-23 will send out its vapors. Keep the outer capsule tightly screwed on and in a closed baggie and it will last a long time.
- Put the instructional label on the outer capsule.

FINAL STEP: Put all in a zip lock bag and in your purse or backpack or ?? -- keep them handy!