

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 - hello@candymccune.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 multiple times 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 [HERE](#)
- The empty nasal pump sprayers can be purchased on Amazon in packs of 3 [HERE](#)
- Have tissues ready, when finished spraying, wait a bit (if you can) and then blow your nose to clear the excess fluids.

2. **INHALER** - Next I do this inhaler to open up breathing passageways



HOW TO? After unscrewing outer cover, put inhaler very close to or gently touching one nostril and close the opposing nostril (hold it loosely). Slowly 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 [HERE](#)
- 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 [HERE](#)
- 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 and purchase it [HERE](#)

AN ADDED BONUS... The source of using colloidal silver info came from Dr. Peter Glidden, a naturopath who knows and supports Youngevity products. He also suggests Argentyn 23 as the colloidal silver, so you may want to check that out.

But the ADDED BONUS that has been a lifesaver for me was also shared by Dr. Glidden – he 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 [HERE](#)

TIP: I keep the nasal sprayer, inhaler and 15-20 Killer Biotic capsules in a zip lock bag – portable!!