



How to Survive Cold and Flu Season on Keto/Low-Carb Diets

It's that time of year again - have you noticed everyone around you is starting to snuffle and sneeze? Here's what you can do.

1. Prevention is key - Keep your water intake up! If you aren't getting at least 60-80oz. of water a day, start with that as your goal. Drinking lots of fluids, water, unsweetened tea, clear broths, & rehydration solutions like Powerade Zero may help.
2. Wash your hands frequently and wipe down your keyboards, door handles and phones. Carry hand sanitizer wherever you go.
3. Medications & Remedies: If you do get sick, look out for carbs and sugars in over the counter medications and treatments. Always read the labels of medications, and look for the ones that are sugar-free or low in sugar. Did you know 1 pack of EmergenC has 5g carbs and 4g sugar, and a cough drop has 3 or 4g carbs - so popping 10+ a day will add 30g of carbs or more! Nyquil liquid has 19g of carbs per serving! When in doubt, ask your pharmacist whether a medication is Sugar-Free and Alcohol-Free.
4. Brands to try: Hyland's DEFENSE Cough & Cold (sugar free, dye free, alcohol free) OR Theraflu Sugar Free Nighttime Severe Cold & Cough, OR Nyquil capsules- not liquid form. Mucinex tabs are also sugar-free. There's also Hall's Sugar Free Honey and Lemon (no aspartame!). Remember, while these may be sugar free, you should still limit them to as few as possible every day, as sugar-free does not equal carb-free. Compare labels of all brands and look for carbs and sugars hidden in the medications! Tylenol, aspirin, and ibuprofen can also be helpful if needed. One of the simple solutions to relieving throat symptoms rather than purchasing these medications is by gargling salt-water solution. Simply mix 1/2 teaspoon of salt to a cup of water. What's more, you'll also save money.
5. Foods to eat - AVOID Saltine crackers, "BRAT" diet (Banana, Rice, Applesauce, Toast). Instead try plain chicken broth or bone broth, vegetable bouillon if you are vegetarian, and soft boiled or scrambled eggs. You may wish to try Branched Chain Amino Acids to help keep up your hydration and soothe sore throats.
6. Rest! You've heard it before but getting enough rest and sleep every day will help in your recovery. When the body is sleeping it's healing!