

## Dr. Aviva Romm's Women's Herbal Holiday Survival Kit

Symptom/Condition	Lifestyle change	Herbal Remedies (Take as directed on the product package unless otherwise specified below)	When to see the doctor*
<b>Cold sores (or genital herpes outbreaks)</b>	Avoid sharing glasses and utensils with others, kissing on the mouth, and if genital sores, sexual contact to prevent the spread of the HSV virus which causes cold sores.	Take 1000 mg L-lysine twice daily at the earliest sign of an outbreak, and continue for 1 week after symptoms start to go away; then stay on 1000 mg/day for at least a month, or daily if you have recurrent sores.  +  Take Host Defense My Community Comprehensive Immune Support daily along with 30-60 mg zinc citrate and 2000 units of Vitamin D3 daily.	If this is a first herpes outbreak, if your symptoms are accompanied by fever, chills, or other systemic symptoms, if you have cold sores on or in your nose or near your eyes.
<b>Urinary Tract Infection</b>	Drink more water, urinate as soon as you feel the urge	Gaia Herbs Urinary Support  OR  Planetary Herbals Cranberry Bladder Defense  +  Take either or the above with Cranberry-D-Mannose (there are numerous products on the market to choose from; look for one with the least fillers, for example, NOW Foods).	If you have fever, blood in your urine, back pain, nausea, or in the absence of the above symptoms, have tried treating for 24-48 hrs. and symptoms aren't improving significantly
<b>Yeast infection (or other vaginitis)</b>	Eliminate all sugar (including fruit and juice), yeasted products, flour products, and alcohol from your diet until	Take an oral probiotic containing <i>Lactobacillus rhamnosis</i> and <i>Lactobacillus reuteri</i> , 1 capsule twice daily. Pro-Flora by Integrative Therapeutics is an excellent product but requires a practitioner to order it. ABX by Klaire is also excellent and contains just the <i>Lactobacillus rhamnosis</i> , along with strains of	If you have fever, or other signs of systemic infection, or if you have a history of chronic yeast infections

	<p>symptoms are completely resolved. Wear cotton panties (no thongs), and avoid any scented topical products such as soaps, bath products, or douches that can worsen chemical causes of irritation and inflammation.</p>	<p>gut-healthy <i>Bifidobacter</i> spp. + Insert 1 capsule of a probiotic containing the above strains into the vagina daily. Flora Femme is one of the over the counter products that contains both.</p>	<p>that keep recurring in spite of appropriate medical treatment.</p>
<p><b>Colds, coughs</b></p>	<p>Cut the dairy, sugar, and alcohol out of your diet until you feel completely better, and switch to mostly warming foods in your diet – soups, simple whole grains, lean meats, and steamed or sautéed vegetables. Drink plenty of water plain or with lemon or lime, and get extra rest.</p>	<p>Take 30-60 mg zinc citrate and 2000 units of Vitamin D3 daily. + Take 1 tbs. Planetary Herbals Echinacea-Elderberry Syrup 1-3 times daily for cold and flu. <i>Or</i> Take 1 Tbsp. of Herb Pharm Elderberry Glycerite 3 times daily, and 2 capsules of their Super Echinacea with each dose of the Elderberry. + Umcka Cold Care if you have a cough or bronchitis and Gaia Herbs Black Elderberry Nighttime Syrup if a cough is keeping you awake.  Also, Honey, 1 tsp., repeated as needed (avoid if you are diabetic) is a quick cough reliever and a chest vapor rub like Vicks can work like a charm for an annoying night time cough. Ginger tea is excellent for relieving cold, chills and cough.</p>	<p>If you have worsening symptoms, difficulty breathing, chest pain, are coughing blood, or have symptoms that don't improve within the expected 5-10 days of a typical cold.</p>
<p><b>Acid reflux/GERD</b></p>	<p>Avoid foods that trigger reflux, i.e. coffee, chocolate, alcohol, tomatoes and peppers, spicy foods, citrus, and eating within 3 hours of bedtime.</p>	<p>Take DGL, 2-3 chewable tablets between meals and before bed, to treat and prevent symptoms. Deglycyrrhizinated licorice, or DGL, made from licorice. There are many good products easily available on the market.</p>	<p>You have severe abdominal pain, persistent pain, are unable to eat, or are passing any blood from above or below in your digestive system.</p>

## Constipation

Cut back on rich foods and baked goods; increase fiber and vegetables, get some exercise, for example, a good walk in daily if weather safety permits, or have a personal dance party for 10-15 minutes each day. Also, make sure you go when you need to – ignoring the need to have a BM because of travel or staying at someone else's house makes the urge less obvious and increases constipation!

Keep a small jar or baggie of freshly ground flax seeds on hand and take 1 tbsp. daily in water or a shake, or in a high fiber, low sugar gluten free muffin.

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Take from 2-6 150 mg magnesium citrate capsules daily, up to 4 before bed, or 3 in the morning, 3 before bed. This acts as a safe, non-habit forming osmotic laxative and is nutritive as well.

Also for gas and bloating drink ginger tea, chamomile tea, and take a daily probiotic.

You have serious abdominal pain, inability to pass any stool or gas for more than a typical duration of constipation, you develop fever, the constipation is something you've not had before and doesn't resolve in 1-2 days without other symptoms, or are passing blood in the toilet or on your toilet tissue beyond what you'd expect if you have hemorrhoids.

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Note:

- *Pregnant women should see their doctor if they develop any of the above conditions. Gaia Herbs Urinary Support, Planetary Herbals Cranberry Bladder Defense and Gaia Herbs Black Elderberry Nighttime Syrup are not appropriate for use in pregnancy, nor is regular use of licorice for more than a few days if needed for reflux.*
- *The above recommendations are not meant to substitute for appropriate medical evaluation and treatment.*