

Lingering Cough

BY BIJANA KADAKIA, ND, TRUE HEALTH MEDICINE PC

The 2019 cold and flu season has been marked by an upper respiratory virus causing a lingering dry cough.

The viral infection affecting many in the metro area has been severe and tenacious with a tendency to drop down into the chest and cause weeks of barking cough, post nasal drip, shortness of breath, fatigue and for many people (including me!) sick days from work. We've seen this cough lasting for several weeks after people are otherwise feeling well again. With a harsh cough like this, many have turned to conventional over-the-counter (OTC) remedies in the form of anti-histamines, expectorants and anti-tussives (cough suppressants).



Some of the best treatment for cough associated with cold and flu are a typical mom's advice: drink plenty of liquids and get lots of rest. To speed recovery, there are also many good natural treatments, including: Hydrotherapy (Water Therapy) – This may include nasal lavage with a neti pot or Neil Med rinse with or without the addition of an antimicrobial herbal formula. Other good options include a treatment called a hot fomentation which applies alternating hot and cold applications to the chest and back to help promote healing and move phlegm.

Cupping – A shared healing method in many folk traditions and a part of classical Chinese medicine, cupping involves applying glass or

plastic cups to the skin with suction and has provided many with relief from their cough this season.

Vitamin and Mineral Supplementation – A proper combination of vitamins and minerals can not only boost the immune system to fight an underlying infection, but also help break up mucus for ease in expectoration.

Herbal Medicine – Herbal cough syrups are formulated such that they often bring relief to symptoms as well as speed healing. Herbal tea, tincture or capsule formulas can also be helpful in speeding recovery.

Address Allergies - If you have allergies, they may be contributing to your cough. Addressing allergies with herbal or OTC antihistamines may help.

If you have lingering symptoms of cough, cold or flu, it's important to be evaluated to determine that you don't have a more serious infection, pneumonia or an underlying condition that needs different treatment. Call or visit your doctor if you have a high or lingering fever, your mucus contains any blood, you experience shortness of breath or chest pain, you are pregnant or you have an underlying condition such as asthma, COPD, congestive heart failure or diabetes. The doctors at True Health Medicine are accepting new patients and available to help with your care.



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