

THE GENTLE VIRAL RECOVERY QUICK CHEAT SHEET

A simple, whole-body guide for the first few days after a cold, flu-like illness or other uncomplicated viral infection.

REST • HYDRATE • NOURISH • RECOVER

1. Your first priority: reduce the load

When your body is fighting a virus, recovery does not need to be complicated. Give yourself permission to slow down. Aim for extra sleep, lighter commitments and gentle movement only when it feels comfortable. Avoid pushing hard through fever, marked fatigue or body aches.

2. Hydration rhythm

On waking	A large glass of water. Add lemon if you enjoy it.
Through the day	Sip water regularly; warm herbal tea or broth can add variety.
If feverish / sweating	Fluids and electrolytes may be useful. Avoid excessive salt or electrolyte products if you have been told to restrict sodium or fluids.

3. Keep food simple and nourishing

Build meals around: protein + vegetables + a tolerated source of healthy fat. Easy ideas include eggs with kale, an omelette with greens, chicken with cabbage, salmon with broccoli, bone broth with shredded chicken, or unsweetened coconut yoghurt with a small serving of mixed berries.

If your appetite is poor, smaller meals are fine. The goal is nourishment and hydration - not forcing a perfect diet while you are sick.

4. A simple recovery-day rhythm

MORNING	Water • gentle breakfast if hungry • prescribed medicines as directed • usual supplements only if tolerated
MIDDAY	Protein-rich meal • vegetables • fluids • rest
AFTERNOON	Coconut yoghurt + berries, broth, or another small tolerated snack • more fluids
EVENING	Simple dinner • warm drink • wind down early
BEDTIME	Prioritise sleep; keep the room comfortable and give your body a full night to recover

YOUR RECOVERY TOOLKIT

Keep the foundation strong before reaching for a long list of remedies.

Supplements & traditional remedies: keep them sensible

Some people choose vitamin C, probiotics, monolaurin, andrographis, echinacea, olive leaf or elderberry during respiratory illnesses. Evidence varies by product and condition, and none should be presented as a cure for EBV, influenza or other viral infections. Follow product directions, check for medicine interactions, and introduce new products cautiously rather than starting many at once.

Important: raw garlic, apple-cider vinegar, cayenne and concentrated herbal mixtures can irritate the stomach or worsen reflux. If you use them, small amounts with food are generally gentler than taking them on an empty stomach.

The 6 things to remember

- **REST:** recovery is productive.
- **DRINK:** keep fluids going throughout the day.
- **PROTEIN:** eggs, chicken, fish, meat or another tolerated protein.
- **COLOUR:** add vegetables and berries you tolerate.
- **SLEEP:** an early night is part of the recovery plan.
- **WATCH:** pay attention to symptoms that are becoming severe or unusual.

When home care is NOT enough

Seek urgent medical care for trouble breathing, chest pain, confusion, blue/grey lips, severe dehydration, fainting, a new severe or unusual headache, stiff neck with fever, new neurological symptoms, or difficulty swallowing because of significant throat swelling. Also seek medical advice if fever is persistent, symptoms are worsening rather than improving, or you are concerned because of an underlying medical condition.

A gentle reminder

Recovery is rarely about one 'magic' supplement. The basics - rest, hydration, adequate nutrition, sleep and appropriate medical care - do most of the heavy lifting. Supplements can sit around that foundation when they are appropriate for you.

Want the deeper guide?

The full Viral Recovery Companion can expand this quick sheet into meal plans, a supplement-safety guide, a 7-day recovery rhythm, symptom tracking, winter wellness preparation, and a 'when to call the doctor' reference.

Educational use only. This guide is general wellness information and is not a diagnosis or individual medical treatment plan. Viral illnesses can sometimes become serious. Follow advice from your doctor or pharmacist, especially for children, pregnancy, chronic illness, prescription medicines or significant symptoms.