

Forum:[Hack Forums](#)

Thread: [Cold/Flu Remedies](#)

Charlie Sheen - October 3, 2025, 9:46 pm

I get the cold or flu a couple times a year. I've gotten vaccinated, still got it just as bad. I've tried just about everything over the counter which they are all pretty much the same, acetaminophen, dextromethorphan, phenylephrine, doxylamine succinate, and guaifenesin.

Of all the ingredients, the acetaminophen may help if you have a fever or pains. Dextromethorphan will help with suppressing cough. The rest of the ingredients are fillers and their usefulness is disputed.

I've taken Tamiflu the last two times I was sick, no help.

I'm looking to see if anyone has any other remedies that they find helps.

Pimping - October 3, 2025, 9:58 pm

You can never go wrong with rest and making juices out of different vegetables/fruits that is what i do when i have the flu. it helps a bit i personally stick with natural remedies like that and it never fails me

I heard zinc supplements helps fight the flu but i havent tried it

? sentient ? - October 4, 2025, 12:04 am

The vaccinations and medicine aren't helping the way you might think they are. I think the first step would be to give your body some kind of reset by getting it in some state of advanced apoptosis, so a 3-4 day fast would benefit greatly here, or 1-2 day fast here and there.

Sometimes it can happen to the best of us. In that case, don't take antipyretic medicine unless you really must (eg. temperature above 39.5C/103F). What you should be doing is actually not leaving your bed and getting good sleep. Don't bother about leaving your bed other than for water. You don't need food if you're sick either, your body can survive a couple days just fine with no food if you're in bed recovering.

As user above mentioned, Zinc can considerably lower the duration of any sickness. Other than that, the only OTC medicines/supplements I would recommend while actually sick, are NAC (N-Acetyl-Cysteine) and a Zinc ionophore such as Quercetin (as seen in red onions) or EGCg (as seen in green tea). This can synergize with available Zinc and really help. If you're hurting with sore throat and want to manage that symptom safely, you can purchase bee propolis in an alcohol solution and either use 30~ droplets in water or get it in a spray format, and spray the back of your throat with it and it's absolutely gonna clear within 30-120 seconds and stay that way for a couple hours at least. It's the only true live saver against sore throat, you could likely even sing after using it. Bees make really powerful products and it's best if you can get it from a trusted local beekeeper. It's best if the propolis is extracted (dissolved in alcohol) the same day that the grid is removed from the beehive, as it starts losing potency fast the minute it's removed from the beehive. It can then last for years at original strength in the alcohol solution.

NAC, Quercetin and EGCg are all some of the most powerful free radical cleaning medicine you can take, so it helps with that too.

I would add that you would benefit from some daily supplementation, I would get your Vitamin D level tested, as well as serum Zinc level. If they come up low, then supplement daily with D3+K2 and Zinc accordingly. I would also do (Gly)NAC intermittently for Glutathione as well as the rest of its benefits as well. I don't believe you should be getting sick often at all, therefore this is the best you can do to prevent it. Sauna or some kind of Hot/Cold and/or humid environment can help somewhat if that's something you like (this isn't critical).

I can assure you that if your D3, Zinc levels are proper and if you're not on some kind of absurd diet (eg. Vegan diet, no fruits/veggies, only hyper processed crap) you won't be getting sick, and even if you do, two days sleeping in bed on water, zinc, zinc ionophore and NAC should fix it as long as you let fever do its job. Don't try to fight it, it's actually helping you fight infection and especially uncontrolled inflammation and you're disarming it by taking antipyretic medicine.

Charlie Sheen - October 4, 2025, 12:13 am

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uncontrolled inflammation and you're disarming it by taking antipyretic medicine.

What are your thoughts on this?

<https://cleannutra.com/products/q-defend-sales-page>

? sentient ? - October 4, 2025, 12:38 am

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Definitely don't take this daily though, this has too many stuff in it and botanicals/herbals can be dangerous if used like that, too much stuff to research for safety.

Charlie Sheen - October 4, 2025, 12:41 am

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I'm considering ordering that and some green tea. Is there any brand of green tea that you recommend?

? sentient ? - October 4, 2025, 12:48 am

(Oct 4, 2025 12:41 AM)Charlie Sheen Wrote: [\[CITE\]](#) I'm considering ordering that and some green tea. Is there any brand of green tea that you recommend?

Surely there isn't "a best" green tea, I'm sure there's tons of great products out there from good producers who do very little to the tea plant. I can tell you what not to buy though. Don't get tea bags, these are actually plastic and inevitably dissolves with water heat, tons of microplastics around.

For green tea, I'm pretty sure there's also different grades for the leaves, such as: first harvest, second harvest, third harvest. I don't pretend to understand it fully, but they can be somewhat different so that's something to keep in mind. Buy a sealed tea container and boil it at home without using plastic tea bags.

Mr. Node.js - October 5, 2025, 11:02 am

(Oct 3, 2025 09:46 PM)Charlie Sheen Wrote: [\[CITE\]](#) I get the cold or flu a couple times a year. I've gotten vaccinated, still got it just as bad. I've tried just about everything over the counter which they are all pretty much the same, acetaminophen, dextromethorphan, phenylephrine, doxylamine succinate, and guaifenesin.

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I'm looking to see if anyone has any other remedies that they find helps. Supplements like zinc or elderberry might help a bit, but mostly it's just symptom relief. Unfortunately, for most colds or flu, treatments only manage symptoms rather than cure them. I'd suggest just focusing on supporting your immune system, bro.

plops - October 5, 2025, 6:08 pm

Go outside and sit in the sun and drink cold water. You're already uncomfortable, but the sun will help a bit

Eran - October 7, 2025, 1:22 am

I've been trying to avoid medication as much as I can lately. Prevention is the best cure. I usually go to this 150k+ people festival every year and last year was the first time I didn't catch something nasty, because I was alcohol free for almost a month prior and I ate actual food. Amazing how the body can thank you for taking care of it!

Charlie Sheen - October 7, 2025, 1:28 am

(Oct 7, 2025 01:22 AM)TRS Wrote: [\[CITE\]](#) I've been trying to avoid medication as much as I can lately. Prevention is the best cure. I usually go to this 150k+ people festival every year and last year was the first time I didn't catch something nasty, because I was alcohol free for almost a month prior and I ate actual food. Amazing how the body can thank you for taking care of it!

How much did you change your diet? What did you eat?

Eran - October 7, 2025, 1:38 am

(Oct 7, 2025 01:28 AM)Charlie Sheen Wrote: [\[CITE\]](#) How much did you change your diet? What did you eat?

Really just small changes. Instead of buying pastries for my work lunch I started making my own and just adding any amount of veggies to my meals. I thought the veggie part was a cliché everyone uses but it actually works. I've also drank a herbal detox mix tea the entire time. I dropped so many kilos.

For instance, I fell into my bad habits again and have gained 5 unhealthy kilos in a month and feel miserable. Trying to claw my way back up.

Warmth - October 10, 2025, 6:05 pm

Ginger, vitamin C, Vicks on feet.

vyactor - October 10, 2025, 6:48 pm

The season change is always ass to me. I catch crazy cold during that timeframe.

I feel like hot lemon ginger honey works kinda good.

RangoWorld - October 11, 2025, 4:26 am

I would also like to know a better solution.

I take acetaminophen and dextromethorphan when it gets bad and it kind of works.

Alongside that having hot water drinks with some sort of herbals in it also works. You can also look up Ayurveda type of medicines made from such herbals and roots.

RangoWorld - January 18, 2026, 4:56 am

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I got it in 2024 and it was bad. Had to go to Doctor.

Then I got mild flu that lasted 48hrs in November 2025. Now have seem to have gotten it again.
Flu, cold and sorr throat.

What I have been doing and it does work I think. Is take paracetamol and fexofinadine if it's very early in the flu. Like when you feel like you have hay fever.

Other than that I've been doing gargles with salt warm waters multiple times a day. In the morning and before sleeping specially. Helps with the throat.

Take honey and honey lozenges.

Drink stew, soup and hot drinks.

I also take steam. Helpful if you have nasal congestion specially. Take vitamin c.

Aside from these drinking lots of water and sleep is key to a fast recovery.

Komodo - January 18, 2026, 7:22 pm
Pseudoephedrine.

Way better than Phenylephrine which is the active ingredient in DayQuil, etc. Phenylephrine has time and time again come back in studies saying it doesn't do shit.

The purpose of taking it is to reduce stuffyness. 10/10 makes a cold/flu go by easier. Shrinks your blood vessels leading to your nose, which means your nose can expand, which means you can breathe easier.

In the US, you will have to ask the pharmacist in the back to buy it. People use it to make meth, so they have to monitor how much you are buying.

Charlie Sheen - January 18, 2026, 8:20 pm
(Jan 18, 2026 08:22 PM)Komodo Wrote: [\[CITE\]](#) Pseudoephedrine.

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That's all I take as far as "medicine". Phenylephrine I believe was supposed to be coming off store shelves due to being ineffective.

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Yessir, was a big thing around 3rd quarter last year. Basically everyone knows it's ineffective but it can still be marketed in all the big US drugs as effective until FDA rules otherwise.

That being said, there isn't a good solution between Phenylephrine and Pseudoephedrine. They won't put pseudo on the shelf because it will be used to make meth, and phenyle is useless so I bet it'll take a while.

SIM-2470866 - January 19, 2026, 6:08 am

I honestly think medicines make things worse in the long run, somehow.

I get flu/cold every 1-2 months, like crazy bad one and I'm asthmatic so that makes it even worse.

Been in and out of the doctors place but nothing has helped more than a hot Green Tea or any regular Tea with touch of Clove, Cardamom, Honey and Cinnamon. It usually eases the itch in throat. Other than that you can try Steam Inhaling method with some Herbal Balm.

This has been my regular ritual whenever I get cold/flu and it usually helps me out.

However, every BODY reacts differently.

diablospartan - January 19, 2026, 8:26 am

My man each night eat a small piece of garlic and in the morning make yourself a natural lemon tea ,i mean just put lemon into the water and your immunity will be like hell

flyingduck - January 19, 2026, 3:19 pm

high vitamin c shots, ginger-shots and peppermint tee with natural and fresh honey