## 5 Herbal Remedies for Cold Season

Soothe sniffles with gentle, evidence-backed botanicals.

- 1. Elderberry syrup basics and safe dosing cues
- 2. Thyme steam for stubborn congestion relief
- 3. Fire cider add-ins for extra warmth and circulation
- 4. When to pause herbs and call your practitioner

Plus: weekly inbox rituals to stay grounded all season.