

# RESPIRATORY

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# health



Breathing easily is something we take for granted – until we can't! And then, when every breath suddenly feels like an epic struggle, day-to-day life feels truly miserable ....

It's not just the inconvenience of a stuffy nose or sore throat that worries me about respiratory infections, but the risk of developing more serious complications, that affect my lungs.

That's why I take my preventative strategies seriously. And, at the first sign of discomfort, I am ready to defend myself. Here's how!

In this guide I've curated a selection of products that I truly would not be without; any questions – [I'm here.](#)

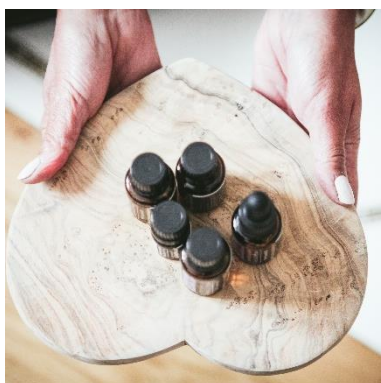


### Diet & Hydration

An important first step towards protecting our respiratory health is ensuring we eat nutritious food including ALL macro nutrients. Staying well hydrated is also important and avoiding alcohol and sugar - because *nothing* will mess with your energy & immunity quite like these guys!

### Sleep & Relaxation

Without adequate sleep, our immune system becomes compromised, and our body does not have time to repair! But, getting a good night's sleep begins long before bed; we need to gift ourselves time to unwind, turn our bedroom into a calm sanctuary and allow time away from screens.



### Supplements & Plant Support

I get support from targeted supplements including minerals, vitamins and probiotics. I also keep an array of antimicrobial essential oils close to hand, at all times, along with other botanicals. Essential oils are part of my oral healthcare, plus I use them for GI support and to directly defend my respiratory system.



Eating well should be our first line of defence. We need to eat quality nutrients, keep our digestive tract healthy and avoid placing additional burden on our detoxification system.



### Hydration

Start the day with a glass of water + 2 drops MetaPWR oil  
Drink at least 2.5 litres of caffeine-free liquid daily  
Drink your greens – make a green vegetable-only juice  
Avoid liquid sugars esp. oat milk, smoothies, fruit juice etc.

### Quality Macro-Nutrients

Eat plenty high quality, preferably organic protein - e.g. eggs, yoghurt, fish, chicken, tempeh, tofu  
Incorporate plentiful healthy fats – e.g. avocado, olive oil, seeds & nuts, salmon, mackerel etc.  
Choose complex carbohydrates – e.g. pulses, root veg, quinoa



### Eat Your Veg!

Eat plenty of leafy greens – spinach, kale, rocket, watercress  
Include cruciferous veg, e.g. broccoli, cabbage, cauliflower, Brussels sprouts,  
Eat alliums – garlic, onions, shallots, leeks all have *germ-fighting powers!*

Ultra-processed and high sugar foods, alcohol and gluten place an additional burden on our detox systems, which, in turn causes physiological stress and weakens our immunity!

### What to Reduce or Avoid:

- Sugar, honey, syrups, molasses, agave
- Cakes, biscuits, chocolate bars, desserts
- Fruit juice, purée, applesauce, dried fruits
- Artificial sweeteners e.g. diet drinks
- Gluten Grains - bread, pasta, pastry, couscous
- Ultra-processed & "low-calorie" foods
- Alcohol

Getting a good night's sleep is influenced by how we live during the day! Too much caffeine, unstable blood sugar and insufficient exercise will all affect our sleep. Plus, a heavy, late meal and continuing to work or rush around, right until bedtime, will also negatively impact our sleep quality.



### **Caffeine:**

Avoid caffeine after midday and limit intake during the first half of the day.

### **Artificial Light:**

Switch off harsh brighter lights and avoid screens at least an hour before bedtime. More subdued lighting helps us to relax and then fall asleep more easily.

### **Sleep Schedule:**

Aiming for a similar bedtime and waking time every day helps to improve our sleep and establishing a calming bedtime ritual cues our brain that it's time to "wind down"; this could include reading, an evening skincare routine, music or a relaxing bath.

### **Meals & Blood Sugar Balance:**

A dramatic drop in blood sugar during the night is a common cause of sleep disruption so ensuring that you maintain stable blood sugar through the day is key. Avoid high sugar foods, snacking between meals and liquid carbs – e.g. sweetened beverages, oat milk, smoothies etc. Also aim to finish eating at least two hours before bedtime.

### **Exercise:**

Daily physical activity improves sleep quality although avoid strenuous later in the evening.

### **Alcohol:**

Alcohol drastically interferes with sleep patterns and diminishes sleep quality so avoid completely if you're looking to get restful sleep.

### **Sleeping Environment:**

Ensure your bedroom is cool, dark, and quiet. Use tools like blackout curtains, eye masks or white noise to promote uninterrupted sleep.

In addition to ensuring we've covered the basic foundations to good health, I also directly support my respiratory system, and I take extra care during the winter months.



## Eucalyptus

Utilise your everyday shower to keep your airways clear! Simple splash a few drops of this gorgeously pungent oil onto your shower floor, away from the direct stream of water, and breathe deeply. Alternatively add a drop to a steam-inhalation, if you are feeling congested. If you develop a full-blown chest infection then create your own [nasal inhaler](#) - see resources at end.

## Air-X or Air Vapour Stick

The Air-X blend contains eucalyptus as well as benefiting from the additional antibacterial and purifying properties of lemon, peppermint, Tea Tree, Laurel Leaf and Ravintsara – which is also useful for treating chronic sinusitis. The oil can be used in a diffuser or inhaled directly from the bottle. The stick can be used on soles of feet, chest, neck and upper back.



## Melissa (Lemon Balm)

Since the middle-ages, Melissa has been used to combat chronic coughs, colds, cold-sores and throat infections. It's a powerful oil so you need to micro dose by pressing the bottle reducer firmly onto your index finger, inverting and then tapping your finger on the roof of your mouth. You can repeat 3-4 times per day and use alongside other oils.

## Lemon & Other Citrus Oils

Lemon oil is an all-round powerhouse when it comes to fighting respiratory tract infections and it is both safe and pleasant to take internally. Add a couple of drops to warm water to ease a sore throat, use in a steam inhalation or add to sparkling mineral water to help with muscle aches and general grogginess! Wild Orange, Clementine or Tangerine are also good alternatives.







## Onguard Home Protection

I use the OnGuard range throughout my home. I replaced all cleaning products with the OnGuard Cleaning Concentrate, I have the foaming handwash by every wash basin and I also use the laundry concentrate. Most cleaning products contain toxins that interfere with our endocrine system and cause widespread hormone disruption so reducing your exposure is so important.

## Onguard Personal Protection

Throughout the winter I'll use OnGuard beadlets when I'm out and about in crowded spaces and I'll use the softgels immediately, if I know I've been in contact with someone with a cold. I first realised how powerful this blend was when I got Covid whilst high in the Alps. I know they helped me get over the infection super-quick and continue my ski trip!



## Lavender

Lavender is the oil I won't go anywhere without, but it is so useful in the winter months. Use Lavender Touch behind your ears if you have earache, roll onto your chest to ease congestion, use on lower back if you have muscle aches and massage into the soles of your feet, along with Frankincense, to provide support to all body systems whilst fighting an infection.

## Frankincense

Let me tell you, the Three Kings knew a thing or two. Frankincense helps reduce catarrh, zap sore throats and defend your body from infections, including staphylococcus and streptococcus. I will dilute and massage into my neck, at the first signs of throat irritation, micro-dose (as per Melissa) or add to a veggie capsule if I feel a cold coming on.



## Additional Support



### Oral Care:

Gentle oral care products that are free from nasties are an essential first step to whole body health. Through the winter months I use dōTERRA OnGuard Toothpaste as well as the Beadlets for all day gentle protection.

I'm also a huge fan of Oil Pulling – this is an amazing way to get super-clean teeth and gums. I like to do this as part of my evening routine and I add Cinnamon, On-guard & Clove to a large bottle of fractionated coconut oil or Georganics specific oil-pulling oil.

### Probiotics:

I take probiotics every single day and have tried countless different ones over the years. I especially love the new dōTERRA PB Restore, launched last month by dōTERRA; containing pre-biotic fibre and six probiotic strains in a double-layer capsule that doesn't need to be refrigerated.

### Digestive Support:

Over 70% of our immune system centred in our gut so a robust immune response relies on a healthy GI tract. In addition to using a probiotic daily, I sometimes need extra support; GX Assist helps to gently restore microbial balance, Digestzen soothes sudden gastric discomfort or bloating and Zendocrine for times of overload due to foods that don't suit my system. I also love BioSoothe by Inessa; containing Quercetin and Boswellia, this is a gentle, yet effective way of reducing inflammation.

### Magnesium:

Magnesium comes in different formulations that offer both different bioavailability and uses. For sleep support I look for Magnesium Threonate, which studies suggest can also improve cognitive function. In addition, Magnesium Glycinate is also a great broad-spectrum form which can help with bone health, anxiety, insomnia and hypertension.

### Serenity Sleep System

Clinical trials have shown that this Sleep System improves restfulness and sleep quality, The softgels in combination with Serenity blend in the diffuser along with the Serenity + Valerian stick on soles have helped increase the length of my sleep and improved nighttime HRV.

## Resources

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### doTERRA Essential Oils & Specialised Supplements

Check the range here:

[https://shop.doterra.com/GB/en\\_GB/shop/home/](https://shop.doterra.com/GB/en_GB/shop/home/)

Then book a free consultation with me – I'll be happy to help you order what you need.

### Essential Oils Supplies – Nasal Inhalers

[uk.eosupplies.com](http://uk.eosupplies.com)

### Georganics

For oil-pulling oils and mineral toothpastes, free from plastics and toxins.

[georganics.com](http://georganics.com)

### Inessa Magnesium & Biosoothe:

I'm loving both these products by Inessa. If you'd like to try them then you can order using my practitioner discount code (SGK15) at The Natural Dispensary:

[naturaldispensary.co.uk](http://naturaldispensary.co.uk)

### Clearspring Kuwa Matcha:

Made from mulberry leaves, this is caffeine free, unlike regular matcha. Buy here:

[clearspring.co.uk](http://clearspring.co.uk)

### Greek Mountain Tea:

I love this blend of wild mountain herbs; I'll make a pot in the morning and keep it in my hydroflask to drink throughout the day:

[maltbyandgreek.com](http://maltbyandgreek.com)

### Bone Broth:

Bone broth makes a nutritious anytime drink full of protein (around 16g per half litre) and collagen too. I like the ones made by Freja Foods:

[Frejafoods.com](http://Frejafoods.com)

**Your future health isn't written yet.  
It's being written by every bite you take today!**

Dr Mark Hyman