



15 Natural Remedies

TO KICK YOUR COLD OR
FLU TO THE CURB!

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from SistersUndercover.com



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Meet the Sisters



Hello! I'm **Kacy** (the sister on the left.) I'm the younger sister but the Vet when it comes to adopting an anti-inflammatory lifestyle and living with multiple chronic diseases.

It has been over a dozen years since my battle with chronic illness began. I was just 23 when illness sidelined me. I spent six years roaming from doctor to doctor before my first illness was diagnosed.

Besides feeling that I should totally have a doctorate after a dozen years of research on getting better, I do have a life outside wellness. I am a mommy, although I'm starting to grow out of the mommy label and am just plain mom most of the time to my lovely daughter who is 8. I've been married to my hubs for 11 years. I'm truly blessed in that department.

I am passionate about helping people so they don't feel that they have to reinvent the wheel on their own wellness journey.

Meet the Sisters



Hi! I'm **Kara**. In 2014 I was diagnosed with Multiple Sclerosis. At the time of my diagnosis I thought I ate a balanced diet, bought organic foods, loved fruits and vegetables and skipped the processed stuff.

I never realized that what might be a balanced diet for someone else, may be totally wrong for me. Being diagnosed with MS changed all that. Once I started eating better, I felt better.

Meditation, yoga and clean living have also changed my quality of life and improved my health dramatically. Now, on most days I have the energy I need to keep up with my two boys, my husband and to be an active participant in my life.

I love cooking, reading, traveling, dancing in my family room and homeschooling my oldest son.

Introduction

by Kacy Anacan

Is it just me or does it feel like an alien has invaded your body and is completely taking over and in total control when you're sick? It's just awful, right?

I mean, I have never woken up in the morning with a sore throat or a fever and said, "Hooray! I have the flu today!" Have you? Okay, maybe you did when you were a student looking for a legitimate reason to get out of a big test, or you didn't complete a project at work and needed a good excuse to give your boss. Otherwise, I bet when you're sick, you want to get better-fast!

The catalyst for this book was based on my own life experience. Over the past few years, it feels like I'm being approached on a weekly basis by friends and family members looking for natural remedies for the cold and flu. While I'm not a doctor (and don't play one on TV) I have recommended the remedies that we'll provide in this book many, many times, and it's been truly rewarding hearing (and seeing) how these remedies have helped many get rid of the nasties.

This wasn't always the case for me. It wasn't that long ago that I was getting sick at least once a month! The illnesses would usually last for a couple of weeks and it was just absolutely dreadful. I popped over-the-counter medicines and antibiotics like they were candy, and yet found no long-term relief.

(BTW: Remind me to tell you about that one (or maybe five) times I was addicted to nasal spray. Fun times!)

At the time, my immune system was highly compromised. I was battling autoimmune illnesses and didn't know it. Life was hard. Really hard.

After doing lots of research, I made the decision to try a gluten, sugar and dairy-free diet for two weeks. People, that felt like a death sentence! I loved carbs and cheese! I didn't know if I could make it.

Introduction Continued...

When the two weeks were up, I realized I hadn't been sick so I decided to keep running with my new diet plan. Believe me there were tears. BIG TEARS. Maybe even a tantrum or twelve. I was feeling better though! In time I also adopted an **anti-inflammatory diet** and stopped getting sick. I had no idea what a difference this could and would make!

Today, I feel like I'm a "normal" person in this department. Yes, I still get the occasional cold and flu-but I'm not the sick magnet like I was before. Now, when I start to feel the first symptoms of a cold/flu, I go into what I call "crazy remedy mode" (my family sometimes just calls it "crazy mode") but, let me tell you, it totally works.

By the way, in case you're wondering-the remedies in this book aren't just for adults-most are for kids too! I have a great story about the power of these remedies. Not that long ago my daughter woke up very sick with a sore throat, stuffy nose, aches and pains and a fever of 101 degrees. I jumped into "crazy remedy mode," implemented a lot of the remedies that we're going to share with you, and by the afternoon she was bouncing off the walls like nothing was wrong!

During my journey I have discovered that there is so much power in using natural ways to heal our bodies. I believe that many of the things that we have been taught to turn to for relief when we're sick may often help one area of the body at the expense of another. We think there is a better way and we're excited to share these remedies with you.

It is my prayer that you can find healing for yourself and your family within these pages. And can I just say? If you are a mom (or dad) and you are sick, BLESS YOU!

Lots of Healing,

Kacy

Disclaimer

You must not rely on the information in this ebook as an alternative to medical advice from an appropriately qualified professional. If you have any specific questions about any medical matter you should consult an appropriately qualified professional.

The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.

If you think you may be suffering from any medical condition you should seek immediate medical attention. You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of information in this ebook.

Coconut Water

We know... no one likes talking about stomach problems-but it happens! If you find yourself spending too much time at the porcelain throne, we recommend coconut water to keep yourself hydrated.

Why It Works

Coconut water contains natural sugars, vitamins, minerals, electrolytes, enzymes, amino acids, cytokine, and photo-hormones which provides much needed nutrients to your system. While many people reach for sports drinks, electrolyte drinks or vitamin-enhanced drinks when sick, we believe that you can get better results, in a more natural way, by keeping it simple and pure with coconut water.

How To Make It Work

You don't have to live in Hawaii to find coconut water! Coconut water is pretty easy to find today. Once you get your favorite **coconut water**, you'll want to refrigerate it before drinking. We think it tastes better that way.

If you're in the middle of gastrointestinal distress it's important to consume liquids slowly! So, just take little sips of the coconut water, to keep from getting dehydrated, and monitor your body's reaction to it.



Essential Oils

Essential oils have powerfully impacted our lives in so many ways. We use essential oils in everything from our homemade cleaning products, to **diffusing them as air fresheners**, in **our toothpaste**, use it for pain relief, and more. We also use them when we're sick- and when we think we're getting sick.

Why They Work

Just ask your friend who sells them ... s/he'll tell you why they work! (Admit it, you're thinking of one right now.) Seriously, there have been encouraging studies investigating the anti-microbial effects of essential oils.

The National Institutes of Health conducted research that shows that certain essential oils did appear to suppress or kill common bacteria such as *Escherichia coli* (e Coli) and *Staphylococcus aureus*.

Essential oils have powerfully impacted our lives in so many ways.



How To Make It Work

When I'm (Kacy) sick I like to use OnGuard from DoTerra. It's a blend of Wild Orange Peel, Clove Bud, Cinnamon Bark, Eucalyptus Leaf, and Rosemary Leaf/Flower essential oils. I put it on my feet and over my lymph nodes on my neck neat (undiluted with a carrier oil). I'll also place a few drops of OnGuard in our home diffuser when I'm sick.

Some essential oils may be too strong to use directly on the skin. If you experience irritation, you can dilute the essential oil in **fractionated coconut oil** or most other carrier oils. For small amounts you can use about one tablespoon of a carrier oil to about one to two drops of essential oils, then rub into the skin.

Natural Chest Rub Recipe

For a single dose for children: I (Kara) use one teaspoon of coconut oil, three drops of **peppermint oil** and two drops of **lavender**. Once mixed, rub on chest and feet.

Single dose for adults: One teaspoon coconut oil, two drops of peppermint, two drops of **eucalyptus**, two drops lavender. Once mixed, rub on chest and feet.

Disclaimer on essential oils:

Even though essential oils are natural, they must be used with caution because they are so concentrated and powerful. If you are going to use essential oils, please use 100% pure therapeutic grade oils.

Green Juice

For a variety of reasons, green juices are about the only juices we make. We've found that they pack such an amazing immune-boosting punch that we usually make juicing a part of our daily routine. When we are sick, or think we're getting sick, we definitely make green juice a priority!

Why It Works

Juicing gives your body instant access to the vitamins and minerals in veggies! Like your mother told you, vegetables are rich sources of Vitamins A, C, K, and E, along with folate, which is what our bodies crave when we are sick. And to keep the good news rolling (or juicing....sorry couldn't resist), minerals like calcium, iron, beta-carotene and potassium are also richly found in many of the veggies we love to juice.



Green Juice

How To Make It Work

Find your favorite (and not so favorite) veggies (organic preferred!) and be creative with your juicing concoctions. Here is one recipe we really like ...

- 1/4 cup coconut water
- 1/2 cup water
- 1/2 cucumber
- One stalk of celery
- Handful of parsley
- Handful of kale
- Handful of spinach
- Juice of half a lemon
- Handful of ice (optional)
- Ginger root 1/2 inch (optional)

Combine all of the ingredients in your **high powered blender** or in a **masticating juicer**. If you are using a juicer there is no need to add the coconut water, regular water or ice. Enjoy the healing green goodness!



Supplements

We live and die by our supplements. We don't think we would be on planet earth still if we didn't have good quality supplements in our lives. They aid in us functioning and are an absolute must for a cold or flu.

Why It Works

When illness invades it can deplete us of some really core essentials in our body. Vitamins and minerals can help you feel more like a human and less like an alien. Most of us already have a vitamin deficiency so when we are sick our need to supplement is crucial to our healing.

How To Make It Work

- **Vitamin C:** 1,000-2,000 mg every four hours.
- **Zinc:** Take **zinc lozenges** every three hours for the first two days and then stop. I'd recommend 10-15mg per lozenge
- **Vitamin D:** 5,000mg a day when sick

Apple Cider Vinegar



Whenever anyone in my (Kacy here) family starts to show signs of a cold or flu, my go-to remedy for the past ten years has been apple cider vinegar. When purchasing ACV you'll want to make sure to buy a brand that has "the mother" in it. I personally like [Bragg's Apple Cider Vinegar](#).

Why It Works

I believe that apple cider vinegar may kill the pathogens, especially bacteria, that make you sick. Not only is ACV a good remedy to relieve cold and flu symptoms, [if you have food poisoning caused by e-coli](#), I'd recommend ACV right away! Apple cider vinegar will fight against the bacteria that can cause diarrhea and the high concentration of pectin in ACV may help soothe the lining of the colon as well.

Apple Cider Vinegar is my very first go-to at the first sign of illness.



How To Make It Work

For adults:

- Warm up eight ounces of water.
- Add 1-2 tablespoons of ACV to the water, (If you have a hard time with the taste, or are battling a sore throat, add some honey to your drink.)
- Repeat two-three times a day.
- To protect my teeth, I normally drink this through a straw. (Although ACV is extremely alkaline inside of our bodies, on our teeth, it doesn't do us any favors. I also rinse out my mouth with water after I consume the drink.)

For kids:

The steps I outlined above are the same, except that I normally use a teaspoon of ACV in about six ounces of water.

Bone Broth

Bone broth. What can't it do? We love to call it our **liquid gold**. Now, we could be here all day extolling the virtues of bone broth, but y'all have lives and so do we! We will say that bone broth is an absolute staple in both of our homes. During times of sickness we definitely make sure that we have some of it on hand.

What we love about making our own bone broth is that we know exactly what is in it. It is very cost effective (who doesn't want to save money?) and it tastes so much better than most store bought broth!

Why It Works

The process of cooking the broth pulls the minerals and nutrients, such as calcium, magnesium, phosphorus, silicon, sulfur chondroitin, and glucosamine, from the bones and infuses it into the broth. Bone broth also has an anti-inflammatory amino acid called arginine, which helps fight infections. And, the gelatin formed when broth is cooked supports digestive health.



Bone Broth

How To Make It Work

Both of us have our own videos and recipes for different bone broths. If you'd like to use a [pressure cooker](#) to make your bone broth, check out [Kara's recipe here](#).

If you're like Kacy and you plan on using a [slow cooker](#), check out [Kacy's recipe here](#).

Bonus points if you count how many times I (Kacy) say, "And you throw it in!"

The health benefits of making your own bone broth far exceed the broth or stock that you find at your grocery store. The ones in the store normally contain "Natural Flavors" and let's just say after some investigating that could very well mean "beaver anal juices". For the love! Make your own!



Coconut Oil

We've found **coconut oil** to not only be a great cooking oil, but we also use it as a facial/body moisturizer, and as one of our “go to” natural remedies when we're sick!

Why It Works

Coconut oil contains antimicrobial lipids, lauric acid, capric acid and caprylic acid, which have antifungal, antibacterial and antiviral properties. Research has shown that those properties are effective in fighting viruses and bacteria.

How To Make It Work

At the first sign of sickness, we recommend that you eat coconut oil “straight up.” Really! If you're new to taking coconut oil we suggest only taking up to two tablespoons a day-with one tablespoon in the morning and one tablespoon at night. If you're new to the coconut oil thing and you exceed this, it can cause some tummy troubles.

For children we would recommend one teaspoon in the morning and one teaspoon at night.



Epsom Salt Baths

An **epsom salt** bath is great when you are sick because it helps you sweat out some serious toxins. While lots of people add various other ingredients to their baths, I (Kacy) like to stick with using just epsom salts, unless I'm achy! Then I like to add a few drops of lavender essential oils to my epsom salt bath. I've found lavender essential oils to be a great natural muscle relaxer and pain reliever, and it smells amazeballs too!

Why It Works

According to Dr. Theresa Ramsey, cofounder of the Center for Natural Healing in Arizona, and the Epsom Salt Council, "...soaking in Epsom salt helps spur a process called vasodilation, which increases white blood cell production and helps the body fight illnesses quicker."

Dr. Ramsey says that the sulfates in Epsom salt help flush toxins and heavy metals from the cells, easing muscle pain and helping the body eliminate harmful substances.

According to SaltWorks, "Your skin is a highly porous membrane and adding the right minerals to your bathwater triggers a process called reverse osmosis, which pulls salt and harmful toxins out of your body during the bath."



How To Make It Work

- Fill up your tub with water as hot as you can tolerate.
- When the tub is about 3/4 full, pour in two cups of Epsom salt (and any essential oils, if you're using them) then stir the water to help the Epsom salt dissolve.
- Once the tub is full get your head and face wet with the water and then try to get in a position where you can be submerged up to your neck. Soak for at least 20 minutes.
- After you soak, rinse off and shower like normal.
- If you feel light headed get out of the tub and drink water.
- Make sure to drink water after you soak...trust me, you'll need it!
- I would suggest taking these baths no more than 2 times per week whether you are sick or healthy.

For kids: Use only one cup of Epsom salt in the bath

When epsom salts are in water, they break down into magnesium and sulfate. This can be healing for anyone dealing with joint pain. There are many other noted benefits for soaking in an epsom salt bath such as: fibromyalgia pain, sore muscles after a hard workout, bruises and sprains, cuts, insomnia and more!



Garlic

Not only is it an essential ingredient in so many delicious foods, garlic has antibacterial, anti-microbial and antiviral properties which makes it superb for kicking the cold/flu to the curb.

Why It Works

Garlic is a rich resource of “organosulfur compounds” which is “thought to be responsible for its flavor and aroma, as well as its potential health benefits,” [according to the Micronutrient Information Center of the Linus Pauling Institute at Oregon State University.](#)

The OSU information about garlic indicates that when fresh garlic is crushed or chopped, this causes a release of an enzyme called allinase, which catalyzes into allicin, which breaks down to form the different organosulfur compounds.





How To Make It Work

To “activate” garlic’s medicinal properties crush a fresh clove of garlic with a spoon and let sit for about 10 minutes. Then you can eat it “straight up” (not for the faint of heart), thinly slice an apple and sandwich the pieces of garlic between the apple slices, or add the garlic to your own homemade vegetable juice. I don’t normally exceed two cloves of garlic per day.

Whenever my (Kacy’s) husband is sick, I encourage him to eat garlic-he usually does it “straight up” (he’s a champ like that) and it usually helps him feel better.

As fabulous as garlic is, it may interact with some birth control and heart related medications. If you are taking prescription medications, please look into any contraindications that garlic may pose.

Ginger Root

Now we sisters are “gingers” so we are kind of partial to this remedy! Seriously, ginger root is a staple in both of our homes and we use ginger in our cooking, in our teas and in the juices and smoothies that we make often.

Why It Works

Ginger root contains high amounts of anti-viral properties. It can also warm your body which can help you feel better when you have a cold or flu. Ginger also has **anti-inflammatory properties** that can help if you are suffering from a headache or body aches and pains.

Ginger is probably best known as a remedy for nausea. It can also relieve gas, stomach cramps, indigestion and almost any symptom of gastrointestinal distress you might have!

How To Make It Work

Ginger tea recipe:

- Slice up two inches of a peeled ginger root and steep in hot water for 10-15 minutes.
- Remove the ginger and then consume.



Manuka Honey

I (Kacy) love me some **Manuka Honey**! It comes from the Manuka plant in New Zealand and has about four times the nutritional value of other raw honey. Unfortunately, much of the honey sold in our stores contains added sweeteners like high fructose corn syrup (why??), and is heated, which destroys many of the beneficial properties of honey.

Why It Works

Honey is an amazing food! Amino acids, B vitamins, calcium, copper, iron, magnesium, manganese, phosphorus, potassium, sodium and zinc are found in regular raw honey. Manuka honey takes things to a higher level, and may have antibacterial properties.

How To Make It Work - Natural Cough Syrup Recipe

I (Kara) love this natural cough syrup recipe. When buying Manuka honey look for a Unique Manuka Factor, or UMF rating, of at least 10-15; **if you can find a 16+** that would be ideal! You may be able to find Manuka honey at a natural grocery store or your local farmers market. (BTW: If you can't find Manuka honey, this recipe will work with regular raw honey.)



What you'll need ...

- Four tablespoons **unrefined coconut oil**
- Six tablespoons Manuka honey (or raw honey)
- One lemon juiced
- Two teaspoons **ground ginger**
- One teaspoon **cinnamon**

Heat the coconut oil only until it's melted and pour into a mixing bowl. (Don't heat the honey as that will kill all the beneficial properties.) Add the other ingredients into the bowl. Use an immersion blender, a hand mixer or whisk rapidly to combine all ingredients. Once it's mixed, it's ready to use. I take about one to two teaspoons of cough syrup at a time, up to three times a day, when I'm sick.

This recipe can be stored on the counter for about three days. It should keep in the refrigerator for up to a month. If the the cough syrup mixture gets below 76 degrees Fahrenheit, you may want to warm it slightly using a double boiler, or you can also take a solid teaspoon and let it melt in your mouth.

Please note-since this recipe contains raw honey it should **not** be given to children under a year old!



Neti Pot

It has been shown that many sicknesses start in the nose and sinus cavities. If you can flush out the viruses and bacteria (and other assorted gunk) in the nose, you can help speed up the healing of your body and alleviate the symptoms of a cold-and the **Neti Pot** is a great weapon that can do just that!

We use it in our homes at the first sign of a stuffy nose-and it truly does help!

Why It Works

Think of it like giving your nose and sinus cavities a “power wash.” Okay, perhaps that was a bit extreme, but the Neti Pot works because it does flush everything out.

You would not use the Neti Pot with plain water, you’ll want to use a saline solution which you can buy from the store in convenient packets, or you can make your own, since it’s basically sodium chloride and sodium bicarbonate, AKA salt and baking soda. In all honesty, we prefer using the **pre-made packets** we can buy from the store since we don’t really feel like doing the whole “DIY thing” when we’re sick.



How To Make It Work

- For safety reasons, we recommend that you boil eight ounces of water and then let it cool. (You can skip this step if using distilled water.)
- Pour the cooled down water into the Neti Pot and pour one packet of saline solution into the pot.
- Lean over the sink, tilt your head sideways to the 10 o'clock or 2 o'clock position and insert the Neti Pot spout into the upper nostril.
- Make sure the spout is fully inserted so that water cannot leak out of that nostril. Open your mouth and breathe through your mouth while you gently pour.
- Try to relax as much as possible.
- After a few seconds, the water will begin to stream out of the lower nostril.
- Use half your solution in the first nostril and half for the second nostril.
- In between nostrils, you can stand upright and gently blow your nose to clear it.

If you have allergies or chronic sinus infections, you may find the Neti Pot helpful in relieving your symptoms and in flushing out allergens.



Sleep

Like duh, right? Most of us believe that we are too busy to get sick and that the world will disintegrate around us if we can't function normally. Thus we can have the tendency to ignore the beginning signs of illness and plow through our days like normal. Big mistake!

What you choose to do at the beginning of any sickness has an impact on the length and severity of the illness. I cannot tell you how many times I have avoided hard core sickness because I chose to sleep....a lot.

Sleep is healing.

Why It Works

Researchers from the [Perelman School of Medicine at the University of Pennsylvania](#) found, through the study of fruit flies, that sleep does enhance the immune system's response and recovery to infection.



Here is a snippet of the overall findings:

“It's an intuitive response to want to sleep when you get sick,” notes Center for Sleep and Circadian Neurobiology research associate Julie A. Williams, PhD... These studies provide new evidence of the direct and functional effects of sleep on immune response and of the underlying mechanisms at work. The take-home message from these papers is that when you get sick, you should sleep as much as you can -- we now have the data that supports this idea,” she concludes.”

How To Make It Work

- Make sleep a priority-especially when you're not feeling well.
- Take an epsom salt bath-which can reduce stress and promote relaxation.
- Draw the blinds in your bedroom and sleep until you wake up naturally on your own.

Spray some lavender oil on your pillow for added relaxation.



Calli Tea

If you're a tea lover, you're going to love this!

If you're like me (Kacy here) and you're not a tea lover (while I'll have the occasional tea, it just doesn't do it for me. GASP! I know!) I have found an extremely healing tea that I start craving when I feel an illness descending.

Why It Works

Calli Tea has antibacterial, digestion and respiratory benefits due to its high-grade, top-notch ingredients. Other benefits of this tea is that it may boost the immune system, help detoxify the body and has anti-inflammatory properties.

The ingredients in this tea are Camellia Leaf, Perilla Leaf, Mori Bark Extract, Alisma Root Extract and Imperata Root. Honestly, we could write another book about these ingredients and the benefits derived from them. In our opinion, this tea is outstanding.





How To Make It Work

- Put 4 cups of water in a pot and bring to a boil.
- Once it boils, turn off the heat.
- Place a tea bag in the water and let steep for 15-20 minutes.
- Enjoy!
- The leftover tea can be refrigerated and reheated again when you're ready for more.

This tea can be very powerful, so I find it's best stretched out a bit. Plus, it gives you more "bang for the buck" this way, which saves you money. I normally drink a cup or two per day when I'm sick and I think it's well worth it.

This tea contains a small amount of caffeine. If you are sensitive to caffeine there is another option called Calli Night Time Tea that contains no caffeine. Both have great healing properties so we encourage you to choose the right one for you.

Turmeric

Traditionally, turmeric has been used for colds, congestion, headache, and sore throats. Both of us use turmeric almost daily to help in our fight against auto-immune diseases as it has great anti-inflammatory properties.

Why It Works

Curcumin is the main active ingredient in turmeric. Curcumin has powerful anti-inflammatory properties and is a strong antioxidant.

How To Make It Work - Golden Milk

You can take [turmeric in supplement form](#), but we really like this recipe for a “Golden Milk” that combines the benefits of turmeric in a tasty and healthy drink.



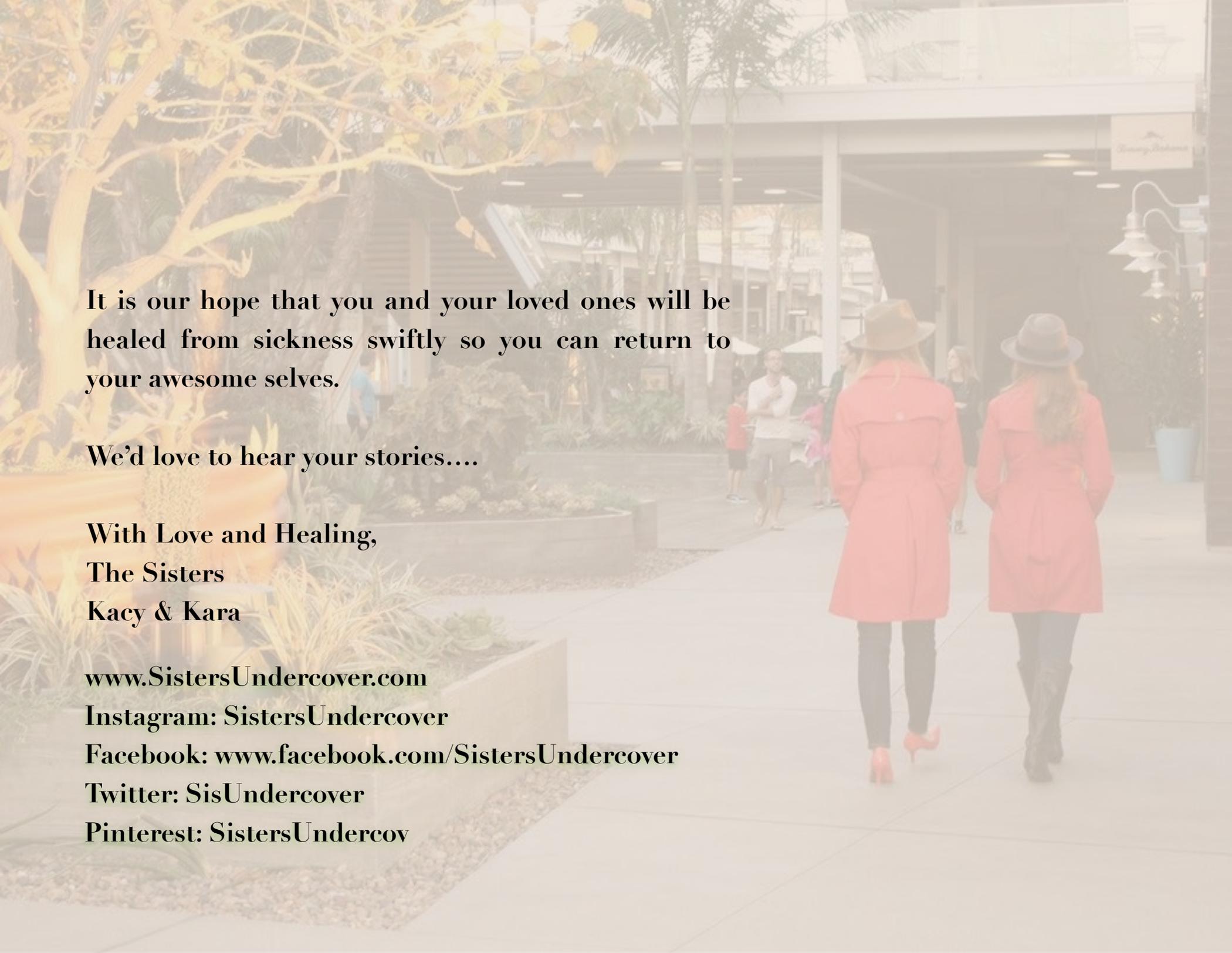
You'll need ...

- Two cups of coconut milk
- One teaspoon of **dried turmeric** (You can also use fresh turmeric root. If you're using fresh, dice a half inch piece of the turmeric root.)
- One teaspoon of dried ginger (if you're using fresh ginger root, dice a half inch piece.)
- Sprinkle of black pepper
- Honey to taste

In a saucepan, bring coconut milk to medium heat. Then add the turmeric, ginger and pepper and stir well. Bring the milk to a simmer while stirring. After it has simmered for about two minutes, turn off and remove from the heat, and let it sit for ten minutes, which will help infuse the flavors. Strain and add honey (to taste) and serve warm.

**If you are having stomach issues, this is not the remedy for you!
The coconut milk could be too much for your stomach to handle.**



A faded background image showing two women in red trench coats and hats walking away from the camera on a sidewalk. They are in front of a modern building with large windows and palm trees. The scene is bright and sunny.

It is our hope that you and your loved ones will be healed from sickness swiftly so you can return to your awesome selves.

We'd love to hear your stories....

**With Love and Healing,
The Sisters
Kacy & Kara**

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