

## How to Stave off Colds, Flu and Infections

When you first feel yourself becoming sick, there are things you can do to avoid becoming ill or to shorten the duration of the illness. These suggestions are especially helpful if you do them early on - as early as possible. They will help you fend off flu, colds, or minor infections. Call a physician if your symptoms become severe. These are some steps you can take to boost your immunity:

**Eat Very Lightly or Not At All when feeling sick** - With most illnesses, the appetite is diminished. This is a natural response of the body. Energy is needed to fight off the infection, so the body doesn't have the energy to process food. Give your digestive tract a rest! Avoid sugar, which lowers the White Blood Cell Count, diminishing the immune system. One tsp sugar depletes the immune system for 6 hours.

**Get Rest As Soon As Possible** - Many people ignore the early warning signs of illness and keep working until they drop. You will take longer to heal if you allow the illness to get a foothold. If you feel a sore throat, headache, congestion, etc., coming on, take it easy. If possible, take a day off from work. This may prevent you from having to take three days off later on.

**Drink Plenty of Fluids** - This standard advice is good advice. You can clear the toxins from an infection out of your system with large amounts of filtered water, herb teas and soups .

### Take Immunity-Boosting Supplements and Homeopathics\*

- *Vitamin C*: Take 1000 mg every 3-4 hours with a small amount of food. Cut back if stools become loose.
- *Vitamin D3*: Take 50,000 IU a day for 3-4 days. 10,000 IU as a maintenance dose.
- *Vitamin A*: Take 10,000 IU 3 times daily. **Women who are or may become pregnant should not take high doses of vitamin A as fetus can be affected.**
- *Zinc*: Take 30-50 mg once daily with small amount of food as a tablet or as a lozenge. This can be continued for 1-2 weeks without depleting copper stores. Take with food to avoid nausea.
- *Oscillococcinum/Flu Plus*: Homeopathic remedy. Take 1 dose (6 pellets or 1 tablet) under tongue every 4 hours at the first onset of flu or cold symptoms. Take away from food.

### Take Immunity-Enhancing Herbs\*

Echinacea(PurpleConeFlower) Hydrastis(Goldenseal) CommiphoraMyrrh(Myrrh) Larix(Larch) Ligusticum(Osha)

These herbs can be taken as teas (3-5 cups/day), tinctures (30 drops 4x/day), or in capsules (2 capsules 4x/day).

\*These are adult dosages. Consult your physician regarding dosages for infants and children.

### Give Yourself a Home Hydrotherapy Treatment

*Sweat it out*: Take a hot bath with a cup of diaphoretic tea such as ginger, honey and cayenne, with some Vitamin C. Best done at bedtime when you can bundle up and sleep while sweating. Be sure to remove chilled wet clothing if awoken. May be followed by Warming socks treatment (see below).

*Hot Foot Bath*: Soak feet in hot water while wrapped in a warm wool blanket. Put a cold cloth on your head and relax while you sit in a comfortable position for 10-15 minutes. Take care to avoid getting chilled after this treatment. May be followed by Warming socks treatment.

*Throat or Chest Compress*: Warm the throat or chest with a warm washcloth or hot shower. Dry the skin thoroughly and apply a thin cotton wrap (to throat) or thin cotton T-shirt (to chest) that has been soaked in cold water and wrung out so that it is not dripping wet. Cover this with a wool scarf (throat) or wool sweater (chest). Go to bed this way. By morning, the scarf or T-shirt will be dry. This treatment increases circulation and increases white blood cell activity.

*Warming socks*: This is a similar treatment to the throat or chest compress. It will clear mucus from the head, open the nasal passages, stimulate the immune system, and provide a restful nights sleep. This is can be used for children and adults alike. Begin by thoroughly warming the feet in a shower, tub or footbath. This is essential for a successful treatment. Soak a pair of cotton socks in cold water, lightly wring out, and place on the pre-warmed feet. Place a heavy pair of wool socks over the wet cotton socks and go to bed. The feet will only feel cold for a few minutes, and the socks will be dry by morning.

## Home Remedy: Garlic Tea



To fight colds and flu of any kind-sinus, chest, aches, chills, cough...

Take 1 whole bulb of garlic, cut in 1/2 horizontally to open the cloves so the juices can flow.

Add this to about 8 cups water in a saucepan. Bring to a boil, then simmer covered for 1 hour.

Strain the garlic out from the water and discard the garlic.

Now you have Garlic Tea. Add a pinch of Cayenne pepper, the juice of 1/2 a lemon, and small amount of honey. Drink the entire batch in one day.

Repeat for 3-5 days, but never for more than 5 days.

It is recommended to take some probiotics after finishing use of this home remedy.