

# NATURAL REMEDIES THAT SUPPORTS BETTER HEALTH DURING FLU SEASON

**Ginger Root:** Improves digestion, reduces inflammation, weight-loss, boost metabolism

*Add to warm teas, cold juiced drinks, food*

**Turmeric Root:** Helps fight off viral infections, lowers blood sugar levels, high cholesterol

*Add to warm teas, cold juiced drinks, & foods, also a good skin mask*

**Elderberry:** Fights off cold and flu systems, supports your immune system, supports heart health

*Buy in syrup form (take a tablespoon a day) & add to warm teas*

**Pineapples:** Natural cough suppressant, anti-inflammatory, helps break up mucus

*Eat in its natural form, juice & add to warm teas*

**Oranges:** Boost immune system, anti-inflammatory, high in vitamin C

*Eat in its natural form, juice & add to warm teas*

