

Natural Remedies to Beat the Cold & Flu Season

There's a lot we can do to keep ourselves healthy during the Fall/Winter months. The key is to make sure our immune system is functioning at 100% to fight off whatever we come in contact with.

Here are some preventative measures:

- **Cut out the sugar!** Sugar suppresses the immune system. It also feeds the "bad" bacteria in the gut, where a large portion of our immune system lives.
- **Get enough sleep** - Lack of sleep weakens the immune system and is associated with a wide variety of health issues.
- **Eat well** - Nutritional deficiencies are a recipe for illness. Eat real food.
- **Get fresh air and movement** - Exercise will help strengthen your immune system and getting outside will boost your Vitamin D level.
- **Manage stress** - Chronic stress will elevate cortisol and cause inflammation - both foster illness.
- **Supplement** with a good multi vitamin, extra Vitamin C, Vitamin D, Zinc & probiotics.
- **Practice good hygiene** - wash your hands often, especially after shaking hands, wipe down phone's computers & doorknobs. don't use antibacterial hand sanitizers, sprays or soaps. These are loaded with toxic ingredients and are not better than good old soap & water. **7th Generation** makes a safe cleaning wipe for surfaces.



If you do happen to catch a cold or the flu, here are a few natural remedies:

- **Rest!** - Don't go to work, your body needs all its energy to heal. No one else wants your germs anyway.
- **Stay hydrated** - plenty of water, broth soups and hot tea's like ginger or peppermint to flush out the virus. Avoid soda and sports drinks.
- **Elderberry syrup** - very helpful for reducing bronchial inflammation, coughs and boosting the immune system.
- **Echinacea** - this herb has been around for thousands of years. It helps your body fight upper respiratory infections & reduces inflammation.
- **Oregano Oil** - known as nature's antibiotic, has been clinically proven to knock out viruses. **Note** - this is potent stuff. Must be taken with food, lots of water and not for longer than 1 week.
- **Supplement** with Quercetin, Zinc, Vitamins A, C & D and Probiotics



Interesting fact:

The use of Elderberry as medicine dates back to Ancient Egypt. It's a powerful anti-viral and has been used for nerve pain, infections, reducing inflammation, allergies, constipation, cold/flu relief, chronic fatigue, sinus issues and even cancer.



