

**“Learn from yesterday, live for today, hope for tomorrow. The important thing is to not stop questioning.”
– Albert Einstein**

I really love this quote because it's so perfect. With everything being thrown our way these days, hopefully we have all learned from yesterday, when many were overwhelmed with fear that led to poor decisions. I wrote about this very thing last month. We need to live for today, because tomorrow isn't promised. But yet, it's important to have hope for tomorrow, because hopefully, tomorrow will be better than today. Now more than ever, it's critically important to ask questions and demand answers. We must learn from our mistakes and just never stop questioning. We can't rely on others to provide the answers. As I always say, do your research! Don't blindly trust what you're being told by the media or even your doctor. If you have any questions, be sure to reach out.

Yours in health,
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Be Prepared for Cold and Flu Season



It's that time of year when people come down with the sniffles, coughs and sore throats. The change of seasons seems to be the culprit. As you know, I'm a firm believer in letting food be your medicine, so it's a good time to go back to that focus. So this cold and flu season, I want to arm you with information on some common items, likely sitting in your pantry right now, which will help you through it. No, you **DO NOT** need a flu shot. No, you **ABSOLUTELY DO NOT** need the latest COVID booster. But what you do need is information that you won't get from the media, who is bought and paid for by the pharmaceutical companies who want you to be sick. They can't make money otherwise. So this month, I'm going to give you six simple products to help you weather the coming germ storm. You'll be surprised how simple it is.

1. **Honey** – This wonderfully natural product has been found to be more effective than over-the-counter medicines for relieving a cough. Not only is it soothing on a sore throat, but it's also a natural antiseptic. It's best to choose raw local honey as opposed to the processed stuff you get at the store in the cute bear bottle. You can simply add a few spoonfuls to your tea or even take it just by itself. The good news is you can use it as often as you want with no ill effects other than potentially too many calories. Overall, honey helps boost your immune system. Manuka honey in particular has strong antibacterial properties. Keep in mind you should **NEVER** give honey to children under the age of one year.
2. **Ginger** – This is one of the healthiest and most delicious spices in the world. In fact, I dedicated an entire newsletter to ginger in *October 2020*. Many alternative practitioners consider ginger to be the “universal medicine” because it has a number of positive effects on the body. It can calm the digestive system, stimulate the circulatory system and prevent respiratory tract infections. It's a powerful anti-inflammatory and antioxidant, which has been proven to reduce the risk of both bacterial and viral infections. A great remedy for a cough is to grate about an inch of fresh ginger into boiling water. Let it steep for a while and then add a bit of honey and lemon for an even greater soothing effect when you drink it.
3. **Lemon** – This wonderful fruit has a ton of Vitamin C, which promotes immunity, as well as other vitamins and minerals. It also has antiseptic, astringent and antioxidant properties. Did you know that there's an old remedy for a cough in which you suck on a salted slice of lemon? If you think that's way too sour for your taste, try squeezing the juice into a cup of hot water and drink it that way. It's also great for a sore throat. Additionally, the astringent effect of lemon juice helps shrink mucous membranes as well as get rid of bacteria and viruses.
4. **Apple Cider Vinegar** – I wrote in detail about this wonderful product in *March 2023*. ACV is a powerful antimicrobial, which creates an alkaline environment in your body. As I wrote about in my *June 2021* newsletter, disease can't live in an alkaline environment. Our diets tend to be pretty acidic. But if you can make your body more alkaline, you'll be healthier. The best thing to do is mix about a tablespoon of ACV in a glass of water. Never take it straight. ACV can also help with weight management and blood sugar levels. To help the taste, feel free to add a touch of raw honey.

5. **Cayenne Pepper** – If you love hot stuff like I do, you'll love this natural remedy. Check out my *September 2021* newsletter on this topic. But I recently came across a fantastic tonic that will help suppress coughs and clear up colds. It actually doesn't even taste that bad. Interestingly enough, it includes all of the ingredients I've already listed above. Mix them all in a jar, store in the refrigerator and take a spoonful as often as needed.

- 1 teaspoon ground cayenne pepper
- 1 teaspoon ground ginger
- ¼ cup apple cider vinegar
- ½ cup filtered water
- ¼ cup raw honey
- Juice of ½ lemon

6. **Elderberry** – This amazing berry has been used for centuries to help combat viruses that cause colds and the flu. You can even make your own elderberry cough syrup, which is also an effective cold remedy and it's way better than anything you can buy at the drugstore.

- 1 cup fresh organic elderberries (or ½ cup dried)
- 3 cups purified water
- ¾ cup raw honey
- 1 cinnamon stick
- ½ teaspoon ginger
- 2 whole cloves

Bring berries, spices and water to a boil. Reduce heat and simmer for 30 minutes until thick. Smash berries and strain. Let cool. Add honey and stir well. Store it in the refrigerator for up to 3 months. This is safe for anyone over 12 months old.

In closing, I'll reiterate that for staying healthy, I'm a very big proponent of taking 35% food-grade hydrogen peroxide. Disease can't live in an oxygenated environment. However, there is a very specific protocol for using this product that must be followed for both safety and efficacy. I originally wrote about food-grade hydrogen peroxide in *February 2015*, with a follow-up newsletter in *November 2016*. Be sure to reach out if you want more information. I've also recently started taking a liquid form of ivermectin, which is cheaper and easier to get than the prescription tablets. I've been traveling quite a bit for work, so I've been taking it the day I leave as well as the day after I return, in case any bugs try to attack me and make me sick. They won't get past the armor of my ivermectin shield. The bottom line is this: you typically don't need medicine and you certainly don't need a "vaccine" to keep you healthy this winter. Look no further than your own pantry for foods to use as medicine.

Have a wonderful and healthy month.