



Combat Cold & Flu *Naturally*

Simple ways to improve the overall health of yourself and your family while increasing natural resilience to colds and flu this season with the use of all natural, time tested remedies .

The FACTS on Flu

Otherwise healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. So **WASH YOUR HANDS & cover your mouth** when coughing/sneezing.

Colds and Flu are **VIRAL**, therefore antibiotics are not effective and should be avoided unless bacterial infection is present.

Symptoms typically run their course in about 10 days.

What to Do if the Flu Has You Down

Eat warm, easy-to-digest foods like soups and stew

Focus on hydration - water, broths, herbal teas

Avoid dairy. Dairy products increase mucous and phlegm

Avoid sweets. Sugar weakens the immune system

SLEEP 8-10 hrs. and just SLOW DOWN!

IMMUNE BOOSTING SUPERFOODS

Fermented Foods - kimchi has been proven to kill H1N1!

Lemon - alkalizing, detoxifying, rich in vitamin C

Garlic - antiviral, antibiotic, antiseptic.

Manuka Honey or Raw Honey - Antibacterial, antimicrobial, antiseptic. * Do not give to children under 1 year old.

HOMEOPATHICS THAT WORK!

Oscilloccinum - 1 vial taken 3x over 24 hours at very onset of symptoms; 1 vial per week as prevention during flu season.

Gelsemium - for high fever with extreme fatigue

Bryonia - for high fever with aches and pains, excessive thirst, and grumpiness

Rhus toxicodendron - for fever with aches and restlessness.

Homeopathic Injections for prevention and treatment of cold/flu symptoms provided at Deep Roots Family Wellness (954) 434-1800 call for details.

ESSENTIAL OILS

Doterra **Breathe** - relieves sinus congestion.

DoTerra **OnGuard/ Young Living Theves** - antibacterial, antiseptic.

Oregano Oil - antiviral, antimicrobial.

HERBAL THERAPY FOR EVERYONE

Elderberry/ Sambucas - known to shorten duration of flu symptoms

Ginger - Warming, antimicrobial, anti-inflammatory

Astragalus/ Hunag Qi- Immune boosting adaptogenic herb

Cold Quell & CQ Jr. - Herbal formula for initial stages of cold and flu symptoms