

COLD/FLU SEASON

*Common Cold, Cough, Fever, Flu Symptoms?
Here are some solutions!*

Supplement Suggestions

Concern	Suggestions
Allergies	D-Hist, B-Complex, Raw Local Honey, Bee Pollen <i>(itchy-watery, eyes, sneezing, post nasal drip)</i>
Cough	Peppermint Oil, ALJ, Mullein, Magnesium, Mud Packs, Cough & Bronchial Syrup, Children's Cough & Bronchial Syrup, Black Elderberry NightTime Syrup, Mustard Packs <i>(spasmodic coughing)</i>
Constipation	Magnesium, Bowel Detox, Cleanse Blend, Slippery Elm
Diarrhea	Psyllium Hulls
Ears	Fenugreek & Thyme, Gaia Ear Drops, Wally's Ear Oils & Candles <i>(earache, fluid in ear)</i>
Fever	ABB Liquid, Catnip & Fennel, Ginger Tea, Ginger Bath
Flu	Influaforce, Flu Tonic, Virotox, Influenzinum, NucleoImmune, Medi-Soak, Oscillococinum (Boiron), Garlic Tea
Immune Building	Colostrum, NucleoImmune, Elderberry, Probiotic, Othro B-Complex, Cod Liver, Vitamin D, Liquid Silver, Trans Factor, Zinc, Vitamin C
Infections	Allucidin, Nutricillin, Colloidal Silver, BAC
Sinus	Sinatrol, Baraka Sinus Rejuvenation Oil, Neti Pots with Infused/non-infused mineral salts, Natural Mineral Salt Inhalers, Nature's Sunshine Four
Vomiting	Activated Charcoal, Ginger Tea (nausea)
Virus	Monolaurin, L-Lysine, Virotox, Olive Leaf
Bacterial	Colloidal Silver, Nutricillin, Olive Leaf

TIPS:

- Wash hands more frequently
- Avoid sugar. 2-5 hours after consumption, immune goes down by 50% or more!
- Keep humidity in home, either a room humidifier or whole house humidifier.
- Protect your nasal passages...infections enter many times through them! Use a Neti pot, Baraka Sinus Oil, Colloidal Silver
- Take Vitamin D
- Get plenty of rest...increase if necessary.