



Combating the Flu

Preventing and Treating the Flu Naturally

Every year, when flu season rolls around, media reports urge people to get flu shots. Well, flu shots aren't the only answer. There are plenty of natural remedies for the flu, too. For starters, there are things one can do to keep one's natural defenses in tip-top shape, which will not only help ward off the flu; it will help ward off anything that's going around.

To build your immune system, limit foods that stress your adrenals and immune system, including sugar, caffeine and alcohol. Practice stress management, breathe deeply and stay relaxed. Fear depresses your immune system, which may be part of the mechanism that allows plagues to happen. As more and more people become terrified and depressed, they have less and less immunity to resist disease. If you have trouble with fear and stress, then support your adrenals with some Adrenal Support or Chinese Stress Relief.

Of course, it goes without saying that sanitation is important. Pay attention to basic sanitation (like washing your hands) and use essential oils, like Guardian, to limit the spread of infectious organisms. These can be diffused in the home with a diffuser, used in a hydrosol spray, or mixed with Herbal Trim for a natural hand sanitizer.

Basic supplements that can help keep you healthy include antioxidants like Thai-Go, Omega-3 essential fatty acids to reduce inflammation and probiotics and fiber to maintain bowel health. Add an immune tonic like Elderberry Defense, Seasonal Defense or Elderberry Plus when things are "going around" to keep your immune system strong so you won't "catch" things.

Chewable Elderberry Plus is great for children and is a very safe tonic for long term use. Trigger Immune is more for the elderly or those who are immune compromised and tend to get sick easily. If you have weakness in the lungs, Seasonal Defense is the best choice. Remember that it is the immune-compromised that are most likely to have problems with the flu or other contagious disease, so if you take something to stimulate your immune system during cold and flu season, it will reduce your chances of getting sick.

To understand how to treat the flu naturally, one needs to understand that most infectious diseases enter the body through the lungs or the gastrointestinal tract, both of which are lined with mucus membranes. This is where the bulk of your immune response lies, is in the mucus membranes.

The mucus membranes will do their best to flush this irritant from the system either through the respiratory passages (sneezing, coughing, watery eyes, runny nose, etc.) or through the gastrointestinal tract (nausea, vomiting or diarrhea). If the body is

successful at stopping the disease at this state, it won't get worse. So, at the first sign of colds, flu or infectious diseases, your job will be to support the body's efforts to flush out the disease. The remedies you choose will depend on whether the lungs or digestive tract are the primary site of infection, and what stage the illness is at.

When the illness is primarily affecting the respiratory system, then it is at the most superficial stage. Remedies that help the body flush the irritants from the lungs, such as ALJ and Seasonal Defense, will be beneficial. If your lungs tend to be weak, Cordyceps is a good choice, because it acts as a lung tonic.

When the illness is primarily affecting the digestive tract, it is affecting the surface immune system (mucus membranes) in the gastrointestinal tract. This is usually a little more "deep-seated" than the lung stuff, but it is again aided by using remedies that support the body's efforts to flush the infection. You can help your body succeed with remedies like HCP-X (one of the best cold and flu formulas around), Small Intestine Detox, colloidal silver and ALJ.

When the flu (or other illness) gets deeper into the system, one starts to experience symptoms such as fever, fever with chills, muscle ache, and a feeling of general weakness and malaise. At this point, remedies such as IF-C, Immune Stimulator, VS-C, Blue Vervain, Olive Leaf or Colloidal Silver may be helpful. IF-C is particularly helpful for alternating fever and chills. Boneset is an ingredient in ALJ and is a great herb for flu that makes the whole body ache.

All of these remedies will work better if several rules are followed. First, when we get sick with a cold, flu or any other contagious disease, stop eating! If you are hungry have some clear soup or fresh fruit or vegetable juice. Second, drink lots of water. Water is the most important thing your body needs to flush the infection.

Finally, don't be "chicken" with the remedies you're using. ALJ, for example, works best when you take 3-4 capsules every couple of hours. IF-C requires similar amounts. HCP-X works great at a dose of about 2 capsules every hour. In other words, take a sufficient amount of the remedy, and take it frequently enough, to really do some good.

For additional information on natural flu remedies, consult your local herb specialist or one of the following sources.

Selected References

The Comprehensive Guide to NSP by Tree of Light Publishing
Dr. Mom-Dr. Dad course by Steven H. Horne

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Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing
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