

Natural Remedies and Relief for Cold and Flu



If it's too late to prepare, and you are already suffering from the runny nose, headache and fever from a cold or flu, these recommendations can help you get you back on your feet in no time!

- At the first sign of a cold attack, drink scallion and ginger tea, and lots of liquids.
- Over-the-counter zinc lozenges can help reduce the effects of a flu or cold. Taking up to 50 milligrams of zinc a day may help reduce the symptoms of the common cold.
- Vitamin A—Some experts recommend 25,000 IU four times daily for at least three but not more than five days, provided you weigh at least 120 pounds and do not have a liver problem, during the acute phase of flu or colds.
- Garlic - Garlic has natural antibiotic effects, and some experts suggest ten capsules a day of a high allicin content garlic in the first six hours of cold symptoms. Top scrambled eggs with minced raw garlic. Put chopped raw garlic on pasta and cover with tomato sauce. Try minced raw garlic on a piece of hot buttered toast. Delicious! Add minced raw garlic to your baked potato. Mix chopped raw garlic and olive oil with hot cooked greens like kale or spinach.
- The other highly recommended natural treatment is Vitamin C. The suggested dosage would be 1000 mg every 2 hours, unless diarrhea or gas occurs.
- Echinacea - take the maximum recommended dose when symptoms are acute.
- It is helpful to inhale eucalyptus, oregano, and lavender, which are antibacterial, antiviral, and decongesting.
- Fasting or light eating is sometimes recommended when you have a cold or flu, so as not to detract from the body's healing by having to digest heavy foods. In general, eat as little solid food as possible to avoid burdening the immune system, but drink plenty of warm fluids such as soups, porridges and tea. Don't forget the water!
- Cold and Flu Formulas that contain natural herbs like honeysuckle flower, burdock root, apricot seed, mulberry root and others support healthy immune function, and comfort cold and flu symptoms.
- In Chinese medicine, the abdomen is considered the storehouse of the body's energy. Keeping your abdomen warm and protected from weather extremes has immense immune benefits. A good way to replenish your energy bank is to regularly place a hot water bottle on your abdomen. Also beneficial is applying abdominal wraps soaked in rejuvenating herbal solutions, or pouches containing similar herbs.

****See your doctor prior to any supplementation.*