



Get a Free Pass on the **Cold & Flu Season**

(or at least get better quicker)

By Morning: Spirit: Wolf-D.R.M.

You may already know about the wonders of vitamin C and Echinacea for nipping colds and flues in the bud, but do you also know about the natural arsenal of other immune-boosters and germ-fighters that give you the edge over seasonal conditions and pathogens?

Sure you do your best to take good care of yourself, however, by year's end you may find the grind of daily minutia and stresses are wearing you down, and may be causing you more susceptibility to cold and flu bugs. When you need something extra, here are a few of nature's tricks for sidestepping the sniffles, or if a germ catches you by surprise, might shorten your illness and get you feeling better quicker.

Adding any or all of these supplements to your daily regimen during winter season are a sure bet to preventing and/or speed healing colds and flues:

B-Complex

The vitamin of vitamins, B-Complex is the great stress reliever and energy booster for every system of the body, including digestion, immunity, circulation, metabolism, respiratory, and elimination. Consider taking it daily to keep all systems firing and in high performance mode. Liquid, whole plant derivatives are best absorbed.

Thyme

Keeping your digestion of vitamins, minerals, enzymes, and proteins in tip top shape year round makes Thyme the herb of choice, every time. It also fortifies the strength of physical and mental capabilities; pH balances; reduces fevers; and wipes out nearly every pathogen on contact. Use it in extract, capsules or tea.

Horseradish

One of nature's "sleeper" herbs, it can repair damage to nerves while eliminating bacteria, dilating waste removal paths, and stimulating circulation to lymph, air passages, and kidney/adrenal blood balancing. Take it as a daily food, in extract form, or dried in capsules.



Feel Better

If prevention falls short, you can still fight back. Try these natural remedies to ease your most bothersome cold and flu symptoms.

Cough: Anise extract or tea to relieve spasmodic coughs, and deeply penetrating wintergreen or peppermint essential oils on the throat and chest.

Fever: Chamomile tea or sponge bath fights fever by pH balancing body fluids and wiping out germs.

Sore throat: Bee propolis, topical applications of rosemary or tea tree essential oil, and Real Salt gargles.

Stuffy nose: Marjoram or peppermint essential oil across the forehead and cheeks, and lettuce leaf inhalation for 20 minutes.

Body aches: Thyme tea and/or bath can neutralize acids in tissues & muscles and rid both bacterial and viral agents.

Cayenne lemonade

The herb that repairs thyroid damage, and keeps metabolism humming, cayenne is a pepper-upper during winter blues. A complete source of anti-germ fighters contained in a deliciously spicy cold or warm drink that you can make Cayenne lemonade in a jiffy and get long term benefits.

- 1 cup warm or cold water
- Juice of one lemon (1-2 Tbsp)
- 1-2 Tbsp Grade-B maple syrup
- 1/8-1/4 tsp. cayenne pepper (or to taste)

Mix it all together and drink 2-4 times daily to get fast relief while killing off infection, congestion, stuffy head, and body aches.

Pro-biotic microbes

For more than just keeping your gastrointestinal tract in balance, these friendly bacteria go head-to-head with winter viruses. Studies indicate that daily use of these microbes keep children and adults alike healthier and provide faster recovery from colds, especially strains of lactobacillus and bifidobacterium.

Zinc

Often called the "immune mineral" zinc shores up the kidneys, spleen, liver, lungs, and skin, making infection more difficult, and cuts healing time in half. Great for sore throats, zinc lozenges can be soothing and healing while Chard-Zinc (75 mg or more) goes to work for you on all immune organs and systems, preventing and healing on all fronts.

Raw honey

Not only is it filled with natural collagen, raw honey, especially Monuka, keeps virus from spreading and kills bacteria on contact. Most honey is heated and over-processed, even watered down, so beware of cheaper brands, and find the best at farmers markets and high quality health food store, expecting to pay a little more for this medicinal nectar from bees.

AHCC

This extract from Maitake, Cordyceps, Shitake, and other medicinal mushrooms has been used in Japan as a highly effective immune booster since the 1980's. It perks up the activity of your body's killer cells, which target and destroy virus-infected cells.

Real Salt® baths and gargles

The Real Salt Company of Redmond, Utah provides the perfect electrolytes for neutralizing bacteria and virus, pH balancing all body fluids to ward off attackers, and replenishing lost or deficient major and trace minerals. A gargle made of 10-12 oz. water and 1/2 tsp Real salt, or putting 2-3 Tbsp Real salt in the tub pulls out toxins, and rids germ threats.

Marjoram & Eucalyptus essential oils

The most concentrated healing agents of medicinal plants are contained in their essential oil. These two plants have especially effective results with killing viral invaders, opening and stimulating elimination paths, and reducing congestion, swelling, and acidity. Use them topically in carrier oils such as olive or coconut, and apply often to forehead, throat, chest, and pulse points.