



NATURAL APPROACHES TO COLD AND FLU SEASON

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QUIZ

- Which is responsible for colds and flus. **Virus or Bacteria**
- Viruses can replicate outside the body. **True / False**
- Antibiotics do not work at all against viruses and may make colds and flus worse. **True / False**
- Colds/ Flu are typically spread through infected respiratory secretions **True / False**
- Decongestants merely relieve symptoms and do not shorten the duration of the flu. **True / False**
- Cough suppressant medications used for a productive cough (a "wet" cough that produces phlegm), can cause pneumonia due to toxic material retained in the lungs **True / False**

Flu vs. Cold Symptoms

Flu

Common

Fairly Common

Common

Common

Common

Common

Fairly Common

Sometimes

Sometimes

Sometimes

Symptoms

Aches

Chills

Cough

Exhaustion

Fatigue

Fever

Headache

Sneezing

Sore Throat

Stuffy Nose

Cold

Mild

Uncommon

Mild to Moderate

Uncommon

Sometimes

Mild

Mild

Common

Fairly Common

Fairly Common

WHAT IS A COLD



Virus from an **infected** person enters through nose or other mucus membranes

Enters a cell and begins to replicate

Immune system reacts, releases inflammatory agents

Antigens stimulate the production of anti-bodies that which will bind to the virus and disable it



SUPPORT IMMUNE SYSTEM

- Get enough sleep / rest
- Manage stress
- Stay warm, avoid drafts
- Eat to support your health – avoid sugars, refined foods, processed foods and eat more fruits, vegetables, whole foods, green powders, fermented food
- Avoid dairy and gluten which add to congestion and inflammation
- Supplements – probiotics, anti-oxidants, medicinal mushrooms, anti-virals

ANTI-VIRALS



Echinacea
anti-biotic, antiviral,
antifungal



Elderberry
Anti-viral, excellent
for respiratory system



Cat's Claw
Stimulate WBC to
fight infection



Wild Oregano
powerful germ-killer
including viruses



Olive Leaf
wide-spectrum
natural antibiotic
and antiviral



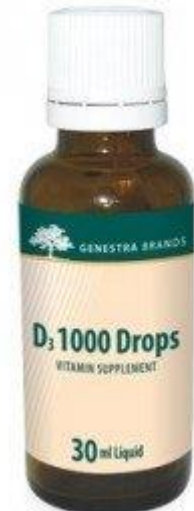
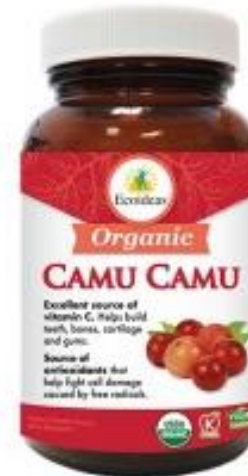
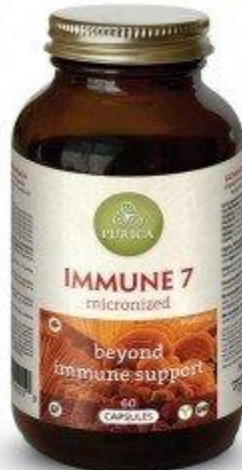
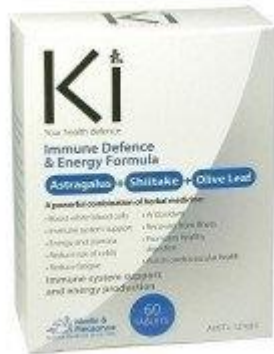
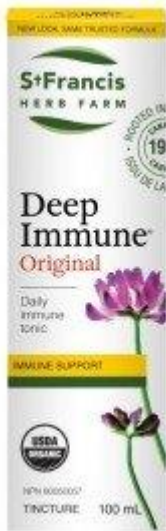
Astragalus
Has been used in
TCM for almost 2000
years. Resists viruses
and bacteria.



Ginseng
used for infections
of the airways such
as colds and flu –
Caution Warfarin
(Coumadin)



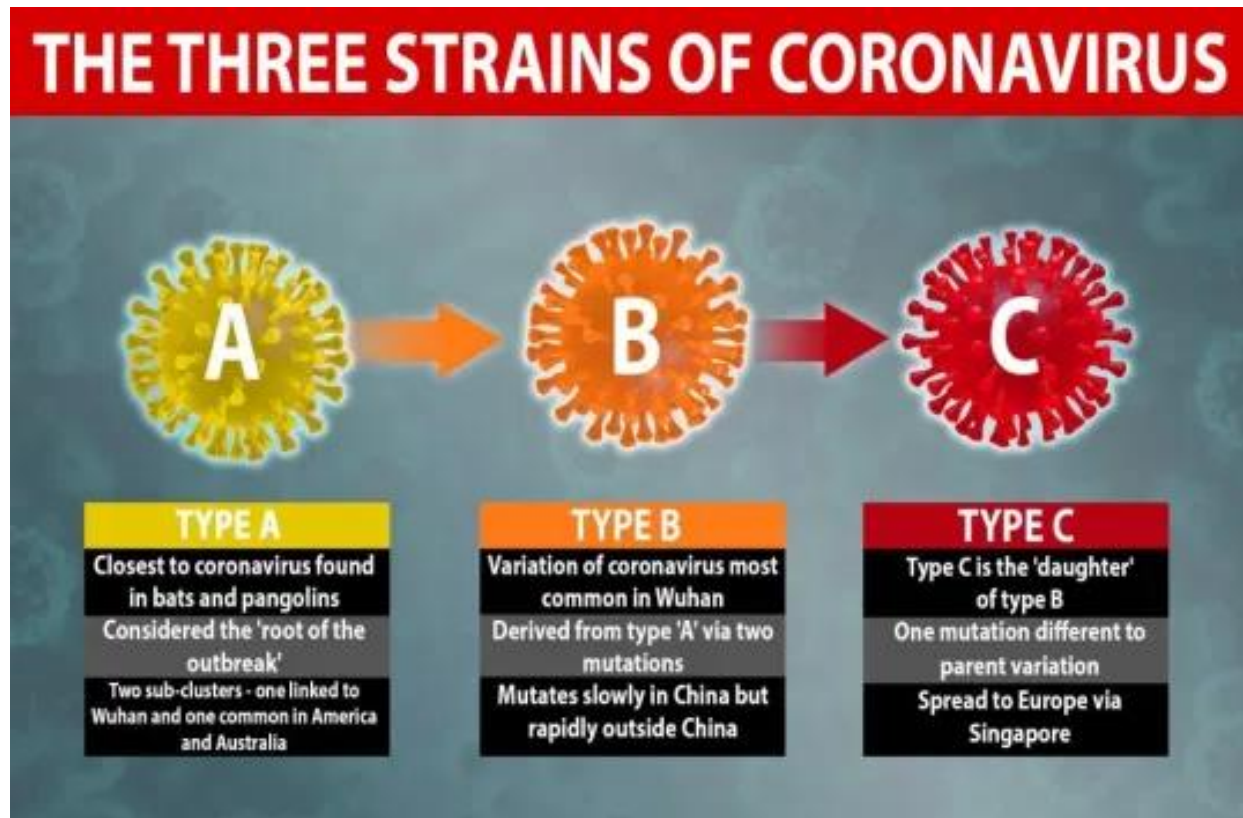
Andrographis
stimulating the immune
system / prevent viruses
from binding to cells in
the body.



WHAT IS A FLU

- Influenza is a viral infection that attacks your respiratory system — your nose, throat and lungs.
- Influenza viruses are constantly changing, with new strains appearing regularly. If you've had influenza in the past, your body has already made antibodies to fight that specific strain of the virus. If future influenza viruses are similar to those you've encountered before (previous exposure) those antibodies may prevent infection or lessen its severity.
- Influenza viruses are classified as types A, B and C.
 - Type A and B cause the annual influenza epidemics that have up to 20% of the population sniffing, aching, coughing, and running high fevers. E.g. H1N1 caused "Spanish flu" in 1918 and the 2009 swine flu pandemic
 - Type C also causes flu; however, type C flu symptoms are much less severe.

A WORD ON COVID



- Scientists believe the virus - officially called SARS-CoV-2 - is constantly mutating to overcome immune system resistance in different populations.

FIRST SIGNS OF COLD / FLU

- Add immune boosting supplements ASAP
 - Tonics / Herbs
 - Anti-virals
 - Medicinal mushrooms
- Increase Vitamin C and Vitamin D
- Avoid dairy and gluten which add to congestion and inflammation
- Drink herbal teas
- Use a salt inhaler
- Nutrient dense foods / Green supplements

SALT INHALER



inhale through the mouthpiece, the passing moisture absorbs micron particles of pure Himalayan Pink Salt, which penetrates and cleanses the entire respiratory system including sinuses, nasal cavities, throat and lungs.

- Promotes bronchial drainage
- Eases respiratory symptoms quickly
- Helps reduce asthma attacks
- Helps to clear and open sinuses
- Helps with coughing and shortness of breath
- A must have for colds / flu

Use for 15-25 minutes daily (depending on intensity of symptoms)

STEAM INHALATION



This type of treatment can be effective when you are suffering from a cold, wheezing chest, sinus discomfort, headaches, cough and congestion

Eucalyptus - antibacterial, anti-fungal, anti-inflammatory, antiviral, antimicrobial and a natural decongestant

Peppermint - expectorant, helping to clear the sinuses and chest

Oregano - expectorant, un-bunging your sinuses and clearing mucous from the lungs, but also simultaneously soothes the mucous membranes.

Lavendar - expectorant, helping to clear the sinuses and chest

Thyme - expectorant, help shift stubborn, trapped mucous.



Pour hot water into a bowl and 3 drops of the essential oil that you have selected, place your head about 12" above the bowl and cover your head with a towel in such a way that the sides are totally closed and you in actual fact form a tent over the bowl.

Keep your eyes shut and breathe deeply through your nose for 1 to 2 minutes.

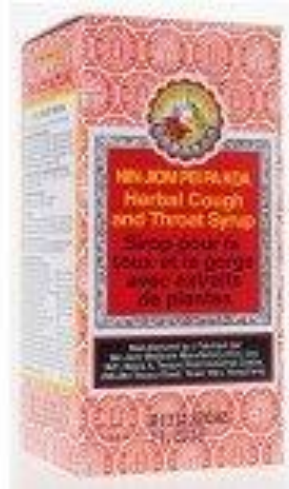
Should you at any time feel uncomfortable discontinue the treatment.

When using this treatment with children or elderly people make sure that they do not burn themselves.

COUGHS



Hyssop - expectorant



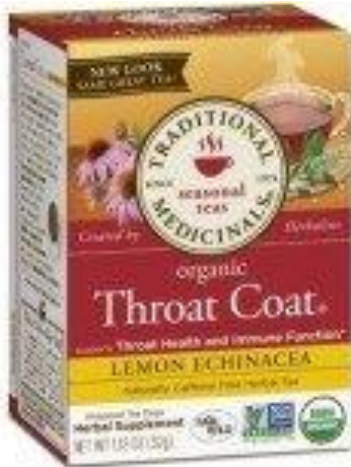
bulb of the Himalayan lily
(*Bulbus fritillariae*) -
nourish yin of the lung, resolve
phlegm and relieve cough



relieve **coughs**, promote
expectoration (loosens
and expels mucus)



SORE THROATS



ANTI-BACTERIAL



Echinacea
anti-biotic, antiviral,
antifungal



Goldenseal
Anti-bacterial



Garlic /
Allicin

Anti-fungal / anti-
bacterial



Wild
Oregano
powerful germ-killer
including bacteria



Natural Approaches to Cold and Flu Season



Support Immune System

Wash hands frequently and avoid touching face

Increase Vitamin C & D in the winter months

Keep herbal teas on hand

Consider a salt inhaler

Get plenty of rest and drink plenty of water

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Cookbook Author



HEALTH & WELLNESS

Nutritional Consulting, Acupuncture, Food
Sensitivity Testing, Cooking Classes, Detoxing
Programs
Dowsing for people and pets

STAY CONNECTED

