

It's Cold & Flu Season

Preventing Colds and Flu

Preventing colds and flu involves common sense, personal care and positive lifestyle habits. Vital and energized bodies don't get sick as easily as stressed, toxic and tired bodies. For prevention of most illnesses please adhere to the following tips:

- Eat a wholesome and balanced diet, get regular exercise, adequate sleep and learn to cope with daily challenges.
- Wash hands throughout the day. Handwashing for 10-15 seconds with soap and water reduces the spread of germs.
- Get adequate sleep (8 hours per night).
- Avoid refined carbohydrates (sweets, all foods made from white flour, most boxed cereals, most packaged snack foods and juice).
- Eat a colorful variety of fruits and vegetables.
- Avoid close contact with those suffering from cold or flu symptoms.
- Create balance and help reduce stress with yoga, pilates, nature walks, stretching and Tai Chi.

Prevention Supplements for Adults & Children

Year-round	September-February (cold & flu season)
Multi-vitamin/mineral	FOR KIDS: Children's Winter Health tincture or Echinacea Astragalus tincture
Vitamin C	FOR ADULTS: ViraCon or Herbal Biotic: 1 capsules 2 times per day with or without food
Probiotic ("good bacteria")	
Dosing is variable and based on individual health concerns.	

Pay close attention to your body's signals and do not allow a mild scratchy throat, runny nose or cough to manifest into a cold or flu. Treat early with natural remedies.

Treating Colds and Flu

Successful treatment of colds and flu depends on early intervention. Natural remedies for colds and flu work best when used at the first sign of illness. When treating colds and flu always follow the guidelines for prevention as well as...

- Drink plenty of fluids (water and herbal teas). Organic Echinacea Elderberry Tea by Traditional Medicinals is ideal for both colds and flu.
- Avoid eating large meals while you are ill. Digestion requires a lot of your body's energy. Conserve your energy to fight infection.
- Consume organic vegetable or free-range chicken-based soups with added ginger and garlic.
- Add garlic to your food (4 cloves per day is recommended). Garlic is a powerful anti-microbial and immune booster.
- Depending on your energy level, exercise to break a sweat or sit in the sauna for 10-15 minutes per day. In general, exercise is recommended for **colds** whereas, rest is recommended for **flu**. Listen to your body.
- Take more time to rest and sleep if necessary. Listen to your body.
- Before bed, apply a warm vapor rub to chest and back to reduce congestion. (Warming Vaporous Rub by Gaia Herbs)
- Steam-inhalation with organic essential oils to reduce congestion. (Sinus Oil Blend by Wise Woman Herbals)
- Reduce cough with cherry bark natural cough remedies (Cherry Bark Blend by Herbs For Kids) and chamomile tea.

Cold and Flu Immune Supplements for Adults

Use for 10 days or until symptoms resolve.

- Vitamin C capsules: 1000 mg every 2 hours. Reduce dose if loose bowels occur.
- Herbal Biotic by Vital Nutrients: 2-3 capsules 3 times per day with or without food.
- Echinacea Goldenseal tincture by Herb Pharm: 4 dropperfuls mixed in a small amount of water 3-4 times per day.
- Echinacea Elder herbal tea: 1 cup 3 times per day.

Cold and Flu Immune Supplements for Children

Use for 10 days or until symptoms resolve.

- Vitamin C tablets: 500 mg every 3-4 hours. Reduce dose if loose bowels occur.
- Echinacea Goldenroot tincture by Herbs for Kids: Follow directions on label.
- Warming Vaporous Rub by Gaia Herbs: Follow directions on label.

All products are available to current patients from our on-site dispensary.