

AS SEEN IN

natural awakenings

HEALTHY LIVING HEALTHY PLANET

Natural Therapies for Preventing Colds and Flu

by Laura Kovalcik, D.O.

As the temperatures drop many of us are enjoying the cooler weather. As summer turns to fall this, unfortunately, is also the beginning of the cold and flu season. The best way to stave off infection is common-sense things that we have all heard: frequent hand-washing, cover your mouth and nose if you sneeze or cough, try to avoid crowds and air travel, and **STAY AT HOME IF YOU ARE SICK!**



Also important is prevention. There are a number of things you can do in advance to build up your immune system to reduce the risk of getting sick in the first place. Some natural supplements can be individualized by dose or used in combination with an individual's specific needs.

Some, like homeopathics, may require a few doses per day for several days to get the full effect. Other options include oils, mushrooms, herbs or various plant sources. Talk to your medical professional to determine which products would be best for you.

Here's a short list of some natural supplements and homeopathic remedies to consider if you are looking for a natural way to prevent getting a cold or flu this winter:

- Vitamin C IVs (requires a lab test)
- Use *Influenzium* through the season
- Colostrum or Beta Glucan
- Optimize your vitamin D3 status
- Echinacea: 2 weeks on / 2 weeks off, through the season

If you feel like you're getting sick:

- Take big doses (to bowel tolerance) of vitamin D3 and Vitamin C
- Elderberry 3x/day *at the first signs*, whether it be a runny nose, sneezing, sore throat, etc. (available as lozenges, capsules or syrup)
- Monolaurin 3x per day
- Colloidal silver nose spray: 10 days on / 10 days off
- *RC Oil*-rub on the chest for cold relief
- *Thieves* essential oil (with diffuser)
- *Metagenics* Immune Defense Pack (25 different supplements included)
- For a cough: local honey is the best cough suppressant.

Supportive approaches are also very important:

- Chicken soup is not an "old wife's tale."
 - Avoid dairy, which thickens mucus
 - Don't forget to stay hydrated
 - Warm tea with lemon and honey can be soothing
 - Stay warm and rest as much as possible
 - Stay home from work or school to cut down on spreading infection
- Many of the products mentioned are available from local health food stores or at your holistic medical practice. Make sure your supplements are a good brand.

Here's to a healthier cold and flu season this year!

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