



7 Tips to Treat Flu and Cold Naturally

submitted by American School of Natural Health, Tampa

Boost your immune system and stay healthy this winter by using some of the most common natural remedies. Avoid taking drugs and pain killers as they don't really treat the cause of any disease, and often start or contribute to chronic conditions such as allergies, asthma, Candida, and tiredness. Are there vaccinations to avoid the flu? We have seen many people become really sick after the shot. Here is what you can do if you get the flu.

Diet: Keep an anti-inflammatory diet, eliminating sugar, white flour,

dairy products (milk, cheese, etc.), tea and coffee, malt and white vinegars, chocolate, soft drinks, wheat and all over-processed foods.

Vitamins/Minerals: Vitamin C—take 3 to 4 times a day, 1000 mg each time (if you get diarrhea, reduce the amount). Vitamin D3—take 3 to 4 times a day, 1000 IUs each time. Zinc—take 50 to 100 mg a day.

Salt Inhalation: Boil water in a large pot and add a lot of salt to it, best is Himalayan Crystal Salt or Sea Salt. Breathe in the steam as hot as possible, not burning yourself, while the

head is covered with a large towel.


Herbs: Mix Elderberry, Nettle Leafs, Yarrow and Chamomile in water, boil, and drink a couple of cups during the day. You may want to add honey, no sugar. Cayenne on top of it will certainly boost the immune system. And if you still feel cold, chew some Ginger. Ginger improves capillary circulation instantly if it is the right remedy for you.

Take a bath. Taking a hot bath helps to detox via skin and can get you back on your feet within a short period of time. Take 3 lbs of Sea Salt or Himalayan Crystal Salt on a full bath, stay there for at least 1/2 hour. Pamper your skin after getting out of the tub and go to sleep.

Rest and drink water. The body needs energy to heal itself. You therefore should take it easy, rest, reduce your food intake and make sure you have plenty of water (filtered water). When a pet cat was sick, she stopped running around, didn't eat for a couple of days till she was cured.


No bad news. Not feeling well is a time where you should not read a newspaper or listen to the news as they mainly give you bad news which weakens the immune system. It is better to read about natural health and well-being.

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