

Natural Remedies for Flu

The flu is a viral infection easily spread by droplets from the nose, throat, and lungs. We spread the virus from the day before symptoms appear. The virus is then washed out of the body through mucus production for about 7-10 days by sneezing and coughing.

Millions of people in the United States get the flu each year. Most people will recover completely in about one to two weeks. Since influenza is caused by a virus, antibiotics have no effect on the infection.

Whole food probiotics provide nutrients and beneficial microbials to balance the gut. The gut is 70-80% of our immune system.

Immune Boosting Foods: Green Smoothies, Nettle Infusions, Real Kefir, Fermented Veggies, Bone Broth, Master Tonic, Liver, Coconut Oil, Cod Liver Oil... and Epsom salt baths.

“Infection” is the body healing itself.

The Flu is treated with rest and fluids.

Homeopathic “Cold Calm” can help relieve symptoms of sneezing, runny nose, nasal congestion and minor sore throat.

Chicken soup has been documented to shorten the duration of a virus. Fever reducers lengthen the duration of viral illness. **“Master Tonic” is awesome, potent and healing!**

How to Support the Body To Heal:

- Astragalus
- Cayenne
- Echinacea
- Elderberry
- Garlic
- Honey
- Lemon
- Licorice
- Thyme
- Turmeric
- Herbal teas
- Chamomile
- Catnip
- Rosemary
- Cinnamon
- Oatstraw

• Vitamins A, B, C and D, Magnesium and Zinc.

Avoid: • Alcohol • Allergens • Dairy • Smoking • Stress • Sugar • Toxins

Garlic and honey are a natural anti-viral and anti-bacterial and work well to address infections. Just chop 6 cloves of raw (peeled) garlic, place the garlic in a jar and pour (raw) honey over it. Steep for at least 3-4 hours; give one teaspoon every hour as needed.

Alternately, **onions, apple cider vinegar or lemon juice, or cayenne pepper** can be added to honey for the antiviral, antibacterial and immune boosting benefits. The honey syrup can be made and stored unrefrigerated for up to 3 months.

Bone broth is easy. Roast a chicken, put the carcass in a pot of water, and simmer for 1-2 days. Strain, use as soup, or for cooking rice, pasta, gravy or drink it straight.

Whole Food Probiotics

Probiotics help strengthen the immune system by balancing your gut with good bacteria. Eat probiotic rich foods even after symptoms are gone (for prevention).

Fermented foods, such as kefir and yogurt, are easy, inexpensive and healthy options.

Dairy Free Juice Kefir

1. Purchase Real Kefir grains, inexpensively.
2. Buy 100% juice, organic grape works great and is delicious.
3. Pour equal amounts of water and juice into a jar and add the kefir grains. Cover loosely with the lid.
4. Store in a cool, dark place, for 24-72 hours. (cupboard)
6. Twist cap regularly to release the carbonation build-up.
7. Strain out kefir grains and store kefir in fridge. *Drink a glass every day.* The grains can be reused several times.

Website with more information about traditional foods and natural healing: **Heal Thyself!** @ <http://FoodHasPower.com/>