7 Ways to Avoid a Cold or Flu
Cold Season Started in August!

• Begins in late August
• Number of cases rises steadily through the winter, peaking in March and April
  – People are inside, in close quarters with other infected people
  – Air is dry
    • Viruses prefer dry air
    • Dry cracked nasal membranes can’t keep viruses out
• Rate will fall off again during the summer months when the air is moist and people are outside
Flu Season Started in November and Will Peak in February
Tip 1: Avoid Antibiotics and the Flu Shot

• Americans experience over 1 billion colds a year
• Colds are the leading cause of visits to a doctor’s office
• **Did you know?** Antibiotics are prescribed for 60% of colds DESPITE the fact that only 2% of colds have bacterial involvement
• Colds and the Flu are caused by a **virus**!
• Taking an antibiotic can make a cold WORSE
  – Antibiotics kill off the “friendly” bacteria that keep you safe from viral infections and bad bacteria
  – Taking unnecessary antibiotics can create resistance and the antibiotic won’t work when you really need it.
• Flu vaccine is ineffective and can actually harm you
Tip 2: Arm Your Immune System, Naturally

• Natural ingredients can keep your immune system strong
  – Black currant and Elderberry
    • Destroy bacteria and viruses and strengthen the immune system
  – Zinc, Selenium
    • Zinc can double the size of the thymus gland
  – Probiotics and Lactoferrin: Most of your immune system is in your intestines!
    • Probiotic: Lactobacillus sporogenes is less delicate than other probiotics
    • Tolerates being encapsulated and stored; heat stable; resists destruction by stomach acid
    • Lactoferrin: one study showed a 95% success rate in preventing the cold virus from attacking living cells

• Dosage: 1 – 2 capsules daily of a combination formula; up to 6 capsules when having cold/flu symptoms
Tip 3: Wash Your Hands

• Don’t do this: stock up an antibacterial soap
  – Antibacterial products can actually make bacteria stronger (increase bacterial resistance) and most antibacterial soaps contain cancer-causing compounds

• Natural soap and warm water are all you need!

• Avoid touching your eyes and face
  – Viruses enter your body through your eyes, nose and mouth
Tip 4: Concentrated Plant Oils are Natural Cold and Flu Fighters!

• Very potent, natural anti-bacterial and anti-viral agents
  – highly concentrated
  – several tons of plant material may be necessary to yield just one liter (33 oz.) of concentrated oil

• Ravensara
  – Top recommendation for treating all types of bacterial, viral, or fungal illnesses – from common colds and the flu to yeast overgrowth, pneumonia, ear infections, sinus infections, and more
    Use With: Myrtle, Thyme, Bay Leaf

• Eucalyptus/Myrtle
  – Unbeatable combination for helping clear sinuses and preventing sinus infections

• Typical dosage is one or two softgels a day
Tip 5: Feed Your Body

• Giving your body healthy fuel prevents inflammation and keeps your immune system working properly
• Avoid processed “food” – especially refined sugar and additives
• Minimize dairy – promotes mucous formation
• Consume fresh, natural, unprocessed foods
• Get plenty of water: flushes your system
• Use a good quality daily multiple to ensure proper nutritional intake
Tip 6: Get Your Exercise

- Physical activity helps improve circulation and blood flow – it increases circulation of infection-fighting cells
- One study found that moderate exercise (20 minutes a day, enough to break a sweat) reduced risk of cold by 50%
  - When a cold did occur, the symptoms were about 40% less severe than for non-exercisers
Tip 7: Stop a Cold in Its Tracks with Natural Herbal Extracts

• Andrographis
  – Decreases cold and flu symptoms with no adverse effects
  – Particularly good at reducing the intensity of symptoms, especially sore throats and runny noses

• Pelargonium
  – Antibiotic, antiviral, expectorant
  – Clinical trial results: after 5 days of use in people with a cold, doubled the reduction in symptoms versus placebo; after 10 days, 80% of users were cured versus only 30% of the placebo group

• Use at the first sign of cold or flu symptoms!
• Dosage: 280 mg of the combination daily
If you do catch a cold or come down with the flu

Symptom: Stuffed up head (sinus congestion and pressure)
  - Get Relief with... Eucalyptus and Myrtle Oil
  - Anti-bacterial and antiviral oils
  - Help stimulate the cilia – finger-like projections which help push mucous out of the sinus cavities
  - Benefits: works quickly, helps drain out mucous so you can breathe

Symptom: Cough and lung congestion
- Get Relief with... Thyme and Ivy
  - Not a cough suppressant
  - Reduces mucous thickness
  - Makes a cough more efficient, so you get the mucous out and cough less
  - Thyme and Ivy also have antibacterial/antiviral properties
  - Benefits: Safe for adults AND kids

The sooner you use them, the better they work!