

Helpful Ideas for Cold & Flu Season

Harmony & Health

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Flu(s) are in the viral category and consist of multiple strains; therefore a vaccine covering only a couple is not the best insurance. Boost the immune system so it can battle multiple viruses, as well as bacteria, fungus, parasites, and any other challenges.

How to strengthen immune system:

- **Drink lots of water** (half body weight in ounces). **Stay away from sugar** - it depresses immune function.
- **Elderberry Combination** (chewable available for kids) - anti-viral, aids immune & respiratory systems
- **Vitamin C** - 3,000 mg. per day for health. Vit C ascorbates powder is an excellent option.
- **VS-C** is good for viral infections (ie. Flu, shingles, etc.)
- **Zinc lozenges** for coughs and sore throats.
- **Goldenseal/ Echinacea** in capsules or liquid extract which is a natural anti-viral and immune booster. **Ultimate Echinacea** is for those who prefer a blend of 3 Echinacea varieties in liquid form.
- **Seasonal Defense** is a powerful immune and respiratory support which helps maintain the mucous membrane of the respiratory tract. It has a natural decongestant activity.
- **Lung Support** has a calming effect on inflamed and irritated lungs. It works for soothing coughs, cramps, and spasms. It has the ability to loosen mucous and move it out of the body. Good for all lung problems.
- **Silver Shield** is a natural antiseptic/antimicrobial which can be used to make a hand sanitizer or spritzer.
- **Garlic** is excellent to fight colds & has expectorant properties. Use **CBG** for ear problems.
- **Intestinal Soothe and Build** to help intestinal flu symptoms. Add an immune product, such as **Immune Stimulator** to increase immune proteins in the intestinal tract and promote immune cell activity.
- **Solstic Immune** is a great powdered packet to add to water and drink daily to boost the immune system.
- **Probiotics (Bifidophilus or Probiotic Eleven)** to build up the good flora in your system & protect from bad.

Important: The information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness we recommend you consult a competent health practitioner before beginning a course of treat-

Help Your Body Stay Healthy with Natural Remedies.

