

## Alternative Flu Suggestions That Work Fast and Naturally

**Keep Oscilloccinum® readily available**- Oscilloccinum (Oscillo®), one of the world's most popular natural flu medicines, can reduce the duration and severity of flu-like symptoms when taken at the onset of symptoms. Oscillo is regulated as a drug by the FDA and its use is supported by published clinical studies, as well as more than 65 years of worldwide use. Plus, unlike other flu medicines, Oscillo works without causing side effects, does not interfere with other medications, and is safe for both children (older than 2 years of age) and adults.

**Total Virx and Lonicera Formula** (Chinese Herb) - Take two tablets of each initially and then one per hour thereafter for the first day. If you can start this support early, and can start the Lonicera Formula the first day, the flu should nearly be gone in 24 hours.

**Ilex Formula** (Chinese Herb combination)- If you still have flu symptoms on the second day you should discontinue Lonicera, and use the 3 tablets of the Ilex formula every 3 hours for up to one week (day 2-6). Flu symptoms are usually better in about six hours.

**Bowel disturbance**- add Probiotics (Flora Plus, Orthobiotics, Total Probiotics), one capsule every 4 hours.

### **Stay hydrated**

When you are feeling under the weather, drinking extra fluids prevents dehydration caused by fever, loosens mucus and keeps your throat moist. Warm liquids are preferable, and there is some evidence that inhaling steam early in the course of a cold or flu may reduce the spread of viruses in your upper respiratory tract.

### **Listen to your body**

If you do come down with a cold or flu, take it easy. Spending excessive energy steals valuable resources from your immune system. Even attempting to perform normal activities at work or school may be too much. Besides, if you believe you're coming down with flu, probably the best thing you can do for friends and family is to not expose them unnecessarily to the virus.

### **Bath Soaks for Body Aches and Congestion**

**Epsom Salts & Baking Soda Baths**- soaking in a hot bath for 20 minutes with 1-2 cups of Epsom salts and 1 cup of baking soda will be very helpful.

**Ginger bath**- If you are feeling achy, adding ginger water to the bath is often helpful, or you can store the remainder of the tea in the refrigerator, and reheat as needed.

**Sinus/chest congestion**- Dr. Singha's Mustard bath mixed with one cup of Epsom salts.

### **Upset stomach, Nausea**

**Ginger tea**- Boil freshly sliced or grated ginger root, and let it steep for 10 minutes. Pour ½ cup of this ginger tea into a mug, and dilute it with ½ cup of filtered water. Squeeze 1/2 of a small lemon into the cup, and add a touch of raw honey for taste. Use this tea to soothe aches, and calm the digestive system.

### **Be careful with medicines**

Children should not take any medicines containing aspirin while they have flu. If you take over-the-counter (OTC) cold or flu preparations, make certain that you're not overdosing. For example, many decongestant OTC medicines offer "all-in-one" relief; that is, they may contain fever and pain reducers. If you are also taking acetaminophen or ibuprofen separately, you may inadvertently be ingesting too much of these compounds.

**Seek help if you get worse**. If your symptoms become significantly worse after the first 3 days of illness, especially if your fever subsides and then returns, be sure to seek medical attention right away. The reason that flu is considered a potentially dangerous infection is that it leaves the body vulnerable to other infections like pneumonia.

**Thieves® Household Cleaner** is a natural and healthy catch-all product that can serve as a replacement for at least a half-dozen toxic cleansers you may currently have in your house. This new cleaner will give you unparalleled cleaning power combined with the germ-killing action of Thieves oil blend.

**Thieves Oil Blend** - Thieves is a proprietary blend of pure essential oils tested at Weber State University, Ogden, Utah, and found to have a 99.96 percent effective rate against airborne bacteria. **How to use:** For dietary, aromatic, or topical use. Add to house soaps, diffuse for short periods of time (1/2 hour or less) in the work or home environment.

To order or receive more information about this product, call Whole Body Health at 512-328-5200