

Herbal Remedies-Colds/Flu



NETTLE LEAF

Some natural doctors say this is the only herb needed for illness treatment. It contains large amounts of vitamins and trace minerals and helps the body stay hydrated and remove toxins. In a tea with Red Raspberry Leaf, Alfalfa and Peppermint, it makes a powerful immune supporting and illness preventing remedy.



ELDERBERRY

Elderberry is well known for supporting the body, especially during flu. You can find conventionally purchase this at Natural Paths in syrup or pill form, or to save money, make your own.

To make: Boil 3 cups of water with 1/2 to 3/4 cup dried elderberries. Once it has boiled, reduce heat and simmer about 45 minutes. When cool, mash berries and strain to get liquid. Add 1 cup of honey to the liquid and mix well. Store in the fridge for up to 3 months and take 1-2 tablespoons a day (adults) or 1-2 teaspoons a day (kids) for illness prevention.



GINGER

In capsule form, ginger can greatly help with nausea and vomiting associated with the flu. It can also help with high fever and headache. Fresh ginger root can be steeped in boiling water to make a tea that is very effective against sinus symptoms and congestion.



YARROW

Unsurpassed for flu and fever, and great for children. If used abundantly in tea or tincture at the beginning of an illness, it will usually shorten the illness to less than 24 hours. It is especially good for fevers as it induces perspiration and is great for all childhood type illnesses. It is naturally bitter, so it is often good to include peppermint and stevia leaf when making a tea. It is great for the liver and kidneys and supports the endocrine system.



CHAMOMILE

An absolute staple, especially for kids. Chamomile calms the nerves, helps children sleep better and reduces inflammation or fever. Soaking a chamomile tea bag in warm water and placing over an eye for 15 minutes every 2 hours will relieve pink eye in less than 24 hours. Chamomile tastes great and is easy to get kids to take. It is also great for regulating hormones and for the skin and can be used regularly for good sleep. Great for blood type A.

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PEPPERMINT

Great for all digestive disturbances (from heartburn and nausea, to gas) and for lowering fever. It can be used as a tea or tincture rubbed on the skin to bring a high fever down. It is antimicrobial and antiviral and kids usually love the taste. It can be consumed as a hot tea or cold tea during illness in any amounts.



CATNIP

A traditional cold and flu remedy, and a great herb for children. It helps induce sleep and settles the stomach. As a tincture or tea, it is a great herb for combating flu, cold or other illness.



RED CLOVER

Very high in nutrients, Red Clover purifies the blood and relaxes the body, it is useful in any illness. It can be used in tea or tincture. It is beneficial to drink these teas on a regular basis especially during illness. Good for blood type O not recommended for blood type A.

Vitamins for Cold and Flu treatment



VITAMIN D3 (MUST INCLUDE K2)

A hormone precursor, this vitamin is now getting recognition as a necessary nutrient for health. Optimizing Vitamin D levels can help prevent illness in the first place and can speed recovery. Blood tests can help determine a deficiency.



VITAMIN C (ASK DELYNN ABOUT HER LIPOSOMAL VITAMIN C)

Perhaps the best vitamin for cold and flu; taken in large doses it can greatly speed recovery. The Adult dose when sick is 2,000-5,000 . Kids may need up to 2,000 mg. It is water soluble, so it is rare to overdose. In severe cases, patients were given 100,000 mg/day in an IV formula and they recovered from cases of the flu that were diagnosed as terminal. Use the ascorbic acid form, and chewables are available for kids. (Liposomal Vitamin C making classes available - see calendar tab)



ZINC

Can prevent a cold or flu virus from reproducing and can help relieve respiratory symptoms. Adults dose 50-75 mg a day when sick in capsule or lozenge.