

## Flu Fighters Nature's remedies to fight the flu

In the winter we often suffer from several immune disorders and health problems. Having a balanced level of energy enables us to fight many diseases and cope with the many weather changes and instabilities.

One of the most common diseases that many people suffer from during the winter months are the flu and colds. 'Flu' is an abbreviation of influenza – a highly contagious respiratory infection. Influenza causes more severe illnesses compared to the normal common colds. Main flu symptoms are fever, cough, sore throat, fatigue, muscle ache; headaches, runny nose and some people may have watery eyes and acrid laceration.

Diarrhea is another symptom of the flu – usually more common in children than adults, as are ear infections. Older people may develop more serious complications especially if they suffer from lung or heart weakness. Complications of the flu can include bacterial pneumonia, dehydration, and worsening of chronic medical conditions. The best way to deal it is to try and prevent it by finding ways to naturally boost your immune system through the following:



### NUTRITION

Eating vegetables and fruits that contain vitamin C such as oranges, lemons and guava.

Eating foods which contain beta carotene (Vitamin A) such as broccoli, carrots, garlic and tomatoes, which also have a good affect on boosting your vital energy. However, too much vitamin A is not recommended especially for pregnant women.

Drinking lots of water when you have the flu also helps to get the toxins expelled from your body for a quicker recovery.

### VITAMINS

#### AND EXERCISE

Antioxidants are very useful (Vitamins C, E and A, grape seed extract, pine bark extract, Q enzyme q10 and alpha lipoic acid).

Regular exercise such as Tai Chi and Yoga maintains the body's energy level and will make it more difficult for diseases to get through.

On the other hand, what should you do if you already have the flu? Here are some natural ways to help the body recover faster.

### NUTRITION

Chicken soup is recommended as it contains mucus-thinning amino acid called cysteine, and research shows that chicken soup helps control congestion-causing white cell and expels mucous to accelerate the recovery process.

Drinking half a glass of water every hour helps the body get rid of waste.

White honey is also very effective, especially if you have a sore throat.

### HERBS

Sandalwood paste applied on the temples of the head relieves flu headaches and reduces temperature.

Echinacea is another herb that is now safely used during and even before the flu attacks to

help boost your vital energy and your immune system through the stimulation of the white blood cells.

#### VITAMINS

Take vitamin C and Zinc lozenges. Get some rest, as resting also shortens the time of illness.

Other ways of dealing with flu

#### HOMEOPATHY

Taking homeopathic remedies is always effective during flu attacks.

Here are some remedies to enhance the recovery process:

Aconite; Nat-m – For runny nose; Allium Cepa – Runny nose with watery eyes; Bella Donna – Fever; Kali B – Mucous, runny nose

Note: You must check with your homeopath to make sure that these are the suitable remedies for your condition.

#### ACUPUNCTURE

Having an acupuncture treatment is good for balancing your energy and stimulating your immune

system; which is good to speed up the recovery.

#### REFLEXOLOGY

Same as acupuncture, reflexology treatments will boost your vital energy; stimulate your immune system to shorten the time of illness.

#### AROMATHERAPY

Also using oils such as clove, ginger and applying thyme oil on your feet is quite useful.

#### COLDS

A common cold is an illness caused by a virus infection located in the nose and its main affected organs include sinuses, ears, and bronchial tubes.

The symptoms of a common cold include sneezing, having a runny nose or a nasal obstruction, sore or scratchy throat, cough, hoarseness, and some general symptoms like headache, fever, chilliness along with a general feeling of "not well".

Colds are milder than flu and adults catch colds on average from 2 to 3 times a year while children from 6 to 10 times depending on their age and exposure.

Some of the main complications of colds are acute bacterial sinusitis; which can further develop into a chronic case if not properly treated.

Another complication of common colds may be acute middle ear infection; which occurs when the tube from the back of the throat to the middle ear does not function properly and hence middle ear pressure also gets abnormal.

A further complication of a cold is asthma attacks (especially in children); hence, asthmatic people should stay away from people suffering from colds as much as possible.

Needless to say those colds are contagious especially in the first 2 -4 days.

#### CURES FOR CHILDREN'S COLDS

In children, it is advisable to use natural remedies and herbs instead of anti biotics as a first option which will certainly have a quicker effect to alleviate the flu symptoms but will also have a much worse impact on the long term especially if regularly taken.

Using petroleum jelly under the nose to smooth the rawness, and having a warm bath or applying hot pads to ease the aches.

#### AROMATHERAPY OILS

Eucalyptus and menthol oils are very effective in treating common colds as they relieve nasal congestion by causing a cool sensation in the nose and also relieve the symptoms of sore throat and cough.

Also using ginger, lavender, orange, peppermint, rosemary and thyme oils is useful in colds.

## VITAMINS

Zinc Lozenges are very effective in common colds.

## HERBS

Cinnamon seeds, ginger, cumin seeds and onions are very effective in treating common colds. Boil cinnamon seeds in powder form – enough to make a large glass – with some honey and a tablespoon of cumin; allow it to simmer and leave to cool. This is very useful for common colds. If you have a sore throat, add a dry ginger root to the water to soothe the irritation. Also gargling with salt water and lemon helps soothe the throat.

You must always consult your doctor on the above mentioned remedies.

It is vital to keep yourself warm, especially your feet, as feet are the first thing which connect us to the energy of the earth from which we derive our necessary energy and by keeping feet warm many diseases can be prevented. ?

By Nada Rashed  
CAM Practitioner