

What to do for the flu?

The key is to stay healthy - here are some reminders:

- Always call your doctor
- Get plenty of sleep
- Drink plenty of water
- Limit sweets
- Eat good fats
- Have homemade chicken stock (using apple cider vinegar)
- Take a good multi vitamin like CATALYN (Standard Process)

However, even in the best circumstance, you may come down with a cold or flu. There are two things I would have in my 'medicine chest.'

One is a product, CONGAPLEX, which supports the Thymus that is the critical gland in antibody production and transforming white cells into infection-fighting killer cells. It also provides vitamins from whole-food concentrates that are full of real vitamins, A, C, J, K and bioflavonoids and more. It is derived from organically grown plants, processed in a way that keeps all vital forces intact. It also contains fish oil and support for bones. Finally, CONGAPLEX contains Calcium Lactate, the easiest form of calcium to utilize and magnesium (it is not a dairy product). It is critical for those prone to fevers and infections.

If you have continual problems during cold and flu season, take 3-6 daily. If you don't have continual problems, you might consider 1-2 daily as preventive.

At the first sign of problems, take 2 per waking hour for 48 hours. This will almost always stop the problem. Even infants can take it – one every two hours will almost always bring a fever to normal within 8 to 12 hours and end most colds and flu in a day or two. It can also be used at the first sign of an ear infection.

The second product I would get is a homeopathic product called, OSCILLOCOCCINUM. At the first sign of flu, open a small bottle and drop a few pellets into the mouth. The directions suggest a whole bottle each time but that is more than necessary. The exact number is not important, you need just enough to allow them to dissolve and make contact in your mouth. Follow the directions as to how often. (Safe for all ages.)

With these two items, you are well-armed to do what you can to avoid or lessen the flu: