

Supporting the body - once infected and you have a cough

- 1.** Reduce inflammation - Turmeric extract - standardized turmeric - 2 caps 3x a day take with food (in a few individuals stomach upset can occur - cut the dose then to 1 - 3x a day - if you can't find any Turmeric - make a tea with fresh grated ginger root and drink this in a tea 3 to 4x a day
- 2.** If you have a fever - do a fever reducing bath - see *the info sheet from Donald Yance*
- 3.** Essential Oils - Tea Tree Oil and Eucalyptus in a diffuser can kill the virus in the air in 10 minutes
- 4.** Take mucous dissolving supplements - Bromelain, NAC (N-acetyl Cysteine) and Serrapeptase are 3 natural compounds that break up and liquify mucous - if using Bromelain or Serrapeptase - take between meals - if using Bromelain - take 2 to 3 capsules 4x a day between meals. Try to take NAC also 600mg caps are the most common ones to find - take 2 caps - 3x to 4x a day
- 5.** Make a tea with thyme - from your spice rack - if you can find herbs at the health food store - Elecampane is my favorite - With Thyme take a heaping teaspoon and pour a cup of boiling water over it - cover it and let it sit for 10 - 15 min - strain and drink - 4 cups a day - Elecampane - boil it for 20 - 30 min. Other tea ideas - Yogi Herbs or Traditional Medicinals - any of their tea blends for the lungs - ie. Breathe Free, Gypsy Cold Care ect can be helpful
- 6.** Eat Raw Garlic - mash it up in avocado - guacamole - its anti-bacterial
- 7.** Take plenty of vitamin C - 1,000mg - 4x a day - Eat fresh oranges also

Quit eating any sugar - sugar suppresses the immune system - see the dietary suggestions on the top of the Fortifying the body during the flu season.