

TIPS TO FIGHT COLDS AND FLU'S NATURALLY AND BOOST YOUR IMMUNE SYSTEM

Before we begin I would like to say that it is important to get plenty of rest daily, drink a minimum of 8 glasses of plain water daily, eat plenty of fruits and vegetables daily, eliminate all refined sugars from your diet, and exercise 30 minutes a day. This is a good start to keeping your immune system strong during the cold and flu season or any time of year.

TIPS

1. Eat a clove of raw garlic daily. You can mask the taste and the smell by slicing a lemon in half and squeezing the juice into a glass. Then, take a garlic press and press the clove into the lemon juice. Add a little water and drink in one shot. Then drink a glass of water following this remedy. If you are already fighting something then I recommend doing this 4-6 times a day.

Garlic: Used to treat an array of ills since the dawn of civilization. Broad-spectrum antibiotic that combats bacteria, intestinal parasites and viruses. In high doses it has cured encephalitis. Lowers blood pressure and blood cholesterol, discourages dangerous blood clotting. Two or three cloves a day cut the odds of subsequent heart attacks in half in heart patients. Contains multiple anti-cancer compounds and antioxidants and tops the National Cancer Institute's list as a potential cancer-preventative food. Lessens chances of stomach cancer in particular. A good cold medication. Acts as a decongestant, expectorant, anti-spasmodic, anti-inflammatory agent. Boosts immune responses. Helps relieve gas, has anti-diarrheal, estrogenic and diuretic activity. Appears to lift mood and has a mild calming effect. High doses of raw garlic (more than three cloves a day) have caused gas, bloating, diarrhea and fever in some. Aged garlic may be better than cooked garlic. Eat garlic both raw and cooked for all-around insurance.

2. Drink Braggs Raw Unfiltered Apple Cider Vinegar daily. This remedy is amazing. Take 1.5 ounces of raw apple cider vinegar and add it to 12 oz of water. Drink this throughout your day. CAN PURCHASE AT SPROUTS OR NATURAL FOODS GROCER.

Bragg's Raw Unfiltered Apple Cider Vinegar: The many uses for this super food are extraordinary. So I will just list them for you to see for yourself. Animal proteins and fats have a tendency to thicken the blood. Blood has to circulate all over the body through the arteries, blood vessels and tiny capillaries, and it's impossible for blood to circulate freely through these incredibly thin pipes when it's thickened with too much protein. However, the natural acids in ACV help keep the blood healthier and thinner. It's been reported that soaring blood pressure can be dramatically reduced by a 48-hour fasting program with only ACV, raw honey and water (five glasses a day plus additional water) being taken; a longer program, without the fasting, is said to work just as well. Its benefits also include alleviating respiratory infections and may reduce symptoms such as watery eyes and nasal discharge with complete relief of

pollen, food and pet allergies. If you live in a highly polluted area where allergies and sinus infections are rampant, your system may better balance itself with a small dose of ACV each day. ACV has also been reported to cure sinus infections, acne, high cholesterol, chronic fatigue, Candida, acid reflux, sore throats, contact dermatitis, arthritis and gout. Many find it to be a general energy tonic. It can be used to sooth sunburns and insect bites, to make your hair shine, and to treat dandruff. A wonderful side effect of drinking ACV every day is that it brings a healthy, rosy glow to one's complexion. ACV has been helpful as an aid for digestion, helping to break down minerals, protein and fats. It also inhibits the growth of unfriendly bacteria in the digestive tract. ACV has detoxifying properties strengthens the immune system and may ameliorate viral, bacterial and fungal infections. It's used as an antibacterial and anti-inflammatory medicine and has a natural antibiotic effect.

3. Oil of Oregano: Nature's Answer to Bacterial, Viral, and Fungal Infection. Buy the oil in a glass bottle with an eye dropper. Put 2 oz of liquid (orange juice, rice milk, lemon juice) in a glass. Place 5-10 drops of Oregano Oil in the center of the liquid. Drink this mixture quickly and follow with a glass of water. The oregano oil is spicy so be sure to keep it in the center of the liquid when drinking. This remedy is for internal issues. To learn about topical uses contact Wellness Therapies For Me at 760-815-1888 or www.wellnesstherapiesforme.com

¹The uses of oil of oregano are wide and varied. It functions as an antibiotic, antibacterial, antiviral, antifungal and is a powerful antiseptic used both internally and externally. Wild oregano is rich in calcium, magnesium, zinc, iron, potassium, copper, boron, manganese, vitamin C, vitamin A (beta carotene) and niacin, just to name a few nutrients. It is powerful oil and should not be ingested or applied to the skin unless the following four criteria have been met:

1. Be certain it is derived from a Mediterranean species (P73 wild oregano). Medicinal oregano or wild oregano is rich in essential oils, rare and difficult to produce.
2. Be certain it has been tested and its thymol levels are low. (There are numerous species of oregano that have higher levels of thymol and are therefore toxic.)
3. Be certain it has been tested and proven to have high levels of carvacrol, the major healing element in medicinal oregano.
4. Be certain it is diluted in a carrier oil, such as olive or coconut oil.

Most of the oregano produced in the United States is actually marjoram or thyme and relatively useless. It behooves the consumer to carefully research whether the oil they are buying is indeed distilled from the P73, true oregano.

Conditions that have been proven to be helped via numerous scientific and medical studies are as follows:

Acne, animal/venomous/insect bites, asthma, bed sores, bronchitis, burns, canker sores, cavities, coated tongue, cold sores, common cold or flu, cradle cap, crohn's disease, croup, dandruff, diarrhea, diverticulitis, ear infections, eczema, erysipelas/cellulites, folliculitis, frostbite/frost burn, furunculosis/boils, gastritis, headache, head lice, hepatitis, impetigo, irritable bowel syndrome, laryngitis, leukoplakia, lichen planus, mastoiditis, nasal polyps, peptic ulcer, pneumonia, psoriasis, pyorrhea, rhinitis, ringworm, rosacea, scabies, sinusitis, sore throat, thrush, toenail fungus/athlete's foot, tonsillitis, toothache, tooth abscess, ulcerative colitis, warts, wounds. For more information on how to use oregano oil with each condition contact Monika at Wellness Therapies For Me. www.wellnesstherapiesforme.com

¹ Woodland Publishing:Book Name: Oil Of Oregano; www.woodlandpublishing.com 800-777-2665