

Cold & Flu Season

Harmony & Health

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Quality Products for Health

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Flu, also called influenza, is a viral infection of the nose, throat & lungs; different from the stomach "flu" viruses that cause diarrhea & vomiting. No matter which type you are working on, you want to support your immune. Even if someone had the flu before, and the immune system built up immunity against it, because of the drift & shift processes, the virus has changed to a different strain, making you once again susceptible. This is also a concern with flu vaccines designed to protect you against only 3-4 strains they predict will be prevalent, giving folks often a false sense of security. The flu virus is not only hard to predict, it is constantly changing, so it is best to focus on building your immune system overall to protect you, thus it can battle multiple viruses, as well as bacteria, fungus, parasites, and any other challenges.

Steps to strengthen immune system:

- **Drink lots of water** - 2-3 quarts a day, about half your body weight in ounces daily.
- **Stay away from sugar** - it depresses immune function.
- **Elderberry** (capsules, chewable & liquid available too)- anti-viral, aids immune & respiratory
- **Vitamin C** - 2-3,000 mg daily for health. Vit C ascorbates powder is an excellent nonacidic option.
- **VS-C** (Chinese antiviral blend) - good for boosting immune & fighting viral infections (ie. Flu, shingles, etc.)
- **Zinc lozenges** for coughs & sore throats
- **Goldenseal/ Echinacea** in capsules or liquid extract, natural anti-bacterial & viral; immune booster.
- **Ultimate Echinacea** - blend of 3 Echinacea varieties in liquid form to boost immunity.
- **Seasonal Defense** is a powerful immune & respiratory support which helps maintain the mucous membrane of the respiratory tract; a natural decongestant activity.
- **Lung Support** has a calming effect on inflamed & irritated lungs. It works for soothing coughs, cramps, & spasms. It has the ability to loosen mucus and move it out of the body. Good for many lung problems.
- **Silver Shield** is a natural antiseptic/antimicrobial which can be used to make a hand sanitizer or spritzer.
- **Garlic** is excellent to fight colds & has expectorant properties. Use CBG (liquid) for ear problems.
- **Intestinal Soothe & Build** to help intestinal flu symptoms, soothing for irritable bowel.
- **Immune Stimulator** or **My-Immune Defense** - mushroom blends to promote immune cell activity.
- **Solstic Immune** -great powdered packet to add to water and drink daily to boost the immune system.
- **Probiotics** (ie. **Probiotic Eleven**)- build up the good flora in your system & immune overall.
- **Stay home** & get plenty of rest. Drink plenty of fluids. Sit in a steamy bathroom & use a humidifier

Important: This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

Building Better Health Naturally

