

ESSENTIAL COLD AND FLU SEASON TOOL KIT

All of these have been shown to improve immune system function. You can implement these at the first sign of cold or flu symptoms; or use them daily to prevent onset of colds and flu.

Vitamins

- **Vitamin D:** 5,000 to 10,000 IU/day
- **Probiotics:** In general, 1-2 capsules/day of most brands will provide enough probiotics to improve immune function. These are best taken on an empty stomach.
- **Zinc:** Up to 15mg/day
- **Omega 3 Fish Oil:** 2,000-4,000 mg/day (EPA/DHA)

Essential Oils

Essential oils have been used for thousands of years for medicinal and health purposes. You may have to dilute the Essential Oil with coconut or extra virgin olive oil.

- **Thieves:** A blend of Clove, Lemon, Rosemary, Cinnamon and Eucalyptus Essential Oils. Put a few drops in a capsule and swallow with water to support your immune system; diffuse for 15–30 minutes and/or apply on the bottoms of feet.
- **Peppermint:** Great for sinuses, nausea, and stomach aches. Place a drop directly on tongue; inhale; diffuse for 15–30 minutes and/or apply on stomach.
- **Lavender:** Aids sleeping, relieves nausea. Diffuse during the night; apply to palms, behind ears, or on pillow.
- **Oil of Oregano:** Antifungal, antiviral, and antibacterial properties. Apply 1-2 drops on the bottom of your feet.

Hot Liquids

- **Warm Lemon Water:** Squeeze ½ to 1 whole lemon into 12-16 ounces of water and drink in the morning before eating anything.
- **Ginger Tea:** Effective for nausea, digestion, inflammation, sinus symptoms, and congestion.

Secret Weapon

- **Colloidal Silver:** By having a direct effect on cellular respiration, colloidal silver benefits the body in numerous ways: Antibacterial, antiviral, and anti-inflammatory; Pink eye and ear infections; Sinusitis, Colds, and Flu. It may be taken as follows, but don't use it for more than 14 days in a row: 1 eyedropper taken orally for immune support; 1-2 drops into eyes for pink eye; 5 drops added into a neti pot or directly sprayed into the nose. (We use Silver Shield from Nature's Sunshine.)



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