

THE FLU

HOLISTIC REMEDIES



It's that time of year again where colds take hold and fevers run rampant. You can feel it in the sudden achiness of your body, the sudden chill, and the pallor of your complexion...flu season is coming!

The flu takes hold and spreads swiftly throughout the body producing in its wake several body-wide symptoms like fever, aches, and general fatigue. The flu is very contagious and can be spread via coughing, sneezing, or even touching infected surfaces.

While most people get over a cold in a few days, the flu can take a few weeks before its last symptoms disappear.

The flu virus is constantly mutating making it difficult to build immunity. Therefore, flu immunizations are useless because the virus only has to change ever so slightly for the flu vaccine to be ineffective. Moreover, the flu vaccine contains mercury, which is very harmful to your health!

As with the common cold, there is no cure for the flu, however, there are many natural alternatives at your disposal that have the potential to eradicate the virus as quickly as possible, especially in its early stages.

When faced with potential exposure to the flu, it's a good idea to begin strengthening your immune system so that it's healthy and robust during the fall and winter months. This will reduce the virus's ability to take root in your body. Eating nutrient dense foods, staying hydrated, getting meaningful rest, and keeping your hands clean this time of year will help immensely as well. Don't forget about implementing the flu-fighting herbs and supplements such as: Vitamin C, Vitamin D, Zinc, Thyme, Echinacea, Elderberry, Garlic, Fresh Ginger, Oregano; and essential oils - Eucalyptus, Lavender, Peppermint, Tee Tree, Lemon, Clove, Cinnamon.

On behalf of Dr. Ilona Fotek and her staff, we wish you a healthy autumn! Stay well!



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