

Fight the Flu

Recently there has been a lot of concern about a flu epidemic spreading from the region of Wuhan in China. Every flu virus is different, and some are encountered by people all the time.

Why do we seem to get colds and flu more often in the winter? Often our bodies are experiencing more stress. Keeping warm and dry may be more challenging. Driving on winter roads can be challenging. Stress can reduce your body's ability to fight infectious disease.

What can you do about flu?

Support your immune system. Eat healthy foods. Take nutrition supplements to be sure you have enough of the vitamins and minerals your body needs to be healthy. Exercise every day. Spend time relaxing every day. Everything you can do to reduce stress in your life may help improve your immune response to any disease.

Use immune support herbs. There are known properties of elderberry, reishi mushroom, astragalus, and echinacea that help the immune system. These are readily available in nutritional supplements or as dried herbs from sites like Amazon and at vitamin stores.

Use colloidal silver. Silver kills microbes, including bacteria, viruses, and fungi. A high quality colloidal silver may help you combat an infection before it gets going strong.

Use a nebuliser. A nebuliser and compressor can help you get healing compounds into your lungs if they become infected.

Masques can reduce the total amount of fluids entering your mouth and nose, which are the primary sites where flu infections take place. Although many virus particles are smaller than the masques can filter, reducing the amount of spittle you inhale is still a good idea. Similarly, if you have the flu, wearing a masque helps others avoid being infected by you.

Keep your hands clean. Don't touch a potentially infected surface and then your face.

Using these guidelines can help you fight the flu and other diseases. However, if you are infected you should seek medical advice.

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