



IHHS-HEALTH & WELLNESS CENTER

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The Local People Serving You

IHHS Cold and Flu Support OTC's

Cold's and flu's are the result of a viral assault on an impaired immune system. They are not an inevitable result of viral exposure alone. A number of factors influence your immune function, including diet, well chosen supplements, exercise, and proper sleep. It becomes hard to think of what to do when ill, this is to assist in those times.

A Nutritional Approach:

Drink plenty of clear fluid's ie Water [50% of body weight in ounces],

Green-Ginger-Lemon+Grapefruit-Echinacea-Peppermint-Butterbur-Chamomile Tea's

Note: **Ginger** tea and raw honey works to break up chest congestion and loosen phlegm. It strengthens the immune system and acts as a natural antihistamine. **Green tea** blocks the production of histamine and is one of the best homemade remedies for building the immune system. **Echinacea** works well also. **Peppermint** tea relieves nasal and sinus congestion. Drink it cold to soothe coughing associated with hay fever and allergies. **Butterbur** reduces inflammation, blocking histamines. Studies suggest the herb is effective for relieving sneezing, itchy eyes, sinus congestion and headaches. People allergic to ragweed or chrysanthemum should avoid butterbur. **Lemon and Grapefruit** boiled in one cup of water for 15 minutes for hay fever. Use only the fruit, not the rind. Cool and mix with raw honey to relieve symptoms

Get plenty of proper sleep [Tryptophan-Melatonin-Sleep homeopathic's] and rest, and appropriate exercise.

Decrease stress

Consume one to two organic protein shakes and add Turmeric, Milk Thistle, Cinnamon, and *Colostrum*.

Chicken soup, mushrooms, fish oils, can be of benefit

Avoid GMO's and HFCS high fructose corn syrup

A Nutritional Supplement Approach:

Increase intake of *Vitamin C* to 1gm to 10 gm a day in tablets or convenient powder for 10 days.

Increase *Vitamin D* intake to 10k to 40k units a day for 5-7 days

Increase *Zinc* intake up to 50 mg daily in tablets or lozenges and *Vitamin E* 400iu to 1000iu

Increase Fish oil to combat inflammation caused by illness

Increase other anti oxidants:

Alpha Lipoic Acid and *Grape Seed Extract* 100mg to 400mg of each in divided doses daily for 7 days.

It can be beneficial to use *Immune Pro* or *Lactoferrin 2* to 4 caps 3 times a day

Make sure to take a *therapeutic multi-vitamin and mineral trace mineral* every day

Continue to take the *Energy and Wellness Complex* program daily

An Herbal Approach:

IHHS Herbal Immune Support Use 2 tablets every 2 hours for the 1st day then 1 tablet 4 times a day thereafter until well, if relapsing repeat cycle.

A Homeopathic Approach:

Try *Guna Flu Program* = *Guna Flu- Guna Flam-Citomix* for a speedy recovery in an acute phase. [90% are better after one day]

Anas Barbariae Heptis E 200c At the 1st sign of flu or feeling bad use one dropper-full 3 times a day. If not better in 3 doses, increase to one dropper-full every 6 hours for one day the STOP. Also everyone else around you uses one dropper-full every week to stay well.

IHHS Immune Support Program increase use from once every 2 months in acute phase to 3 times a day for 3 days of the Bacterial and Viral and Immune Sprays.

Various symptomatic IHHS homeopathic's: *Cold-Flu-Cough-Allergy-Echina Comp* per directions on bottles

Essential Oils by Helen Weygand "Essentially Yours of North America" [EYNA] (501) 255-1859

4 Blends for bacteria and virus are; Viral Blend, PASS, Breathe Easy, Frankincense