



the centre for

# Health & Well Being

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## “FLU AND COLD BUSTERS” : How they will support your immune system

The aim of this program is to increase your immune system response with specific nutrients and self-help techniques.

The first step is prevention. However, if preventive measures have not stopped the condition, you can use these self-help techniques as well as increase your supplement intake to support a more vigorous immune system defense and shorten recovery time.

### The substances included in the program are as follows :

**MUCOCOCCINUM** - homeopathic tablets that have been used in Europe for many years to stimulate the immune system

**VITAMIN C** - good quality vitamin C that contains bioflavonoids such as these brands: Ester C by Sisu, Poly C by Natur-Pharm, Orti-C by Genestra, or Formula EC+ by Genestra

**ECHINACEA COMBO** - use at initial onset of symptoms to boost immune system

**USNEA COMBO** - use for lung congestion and respiratory distress

**ASTRAGALUS COMBO** -use as tonic to boost immune system before flu and cold season begins

**THYME & EUCALYPTUS ESSENTIAL OIL OR SOLVAROME OIL AND/OR AROMATHERAPY DIFFUSER** - use essential oils in a diffuser to cleanse the atmosphere or put a few drops on a handkerchief or tissue, and inhale several times daily; refresh with more oil as needed. Also, place in your pillowcase before retiring. Thyme oil is such a powerful agent against viruses and bacteria that scientific studies show it has the ability to destroy the bacteria in sewers!

**LYMPHAGEN CREAM** – use to drain congestion from sinuses, throat, chest, low back, abdomen and groin.

### General guidelines for prevention:

- Eat a varied diet of fresh, whole foods
- Reduce sugar, salt and fat
- Get enough rest for your needs
- Maintain a moderate exercise schedule
- Practice stress reduction; the effects of stress decrease our immune system's ability to protect us against viruses
- Wash your hands with very warm water and soap frequently assuring that you clean around the fingernails and in between the fingers. Rinse them thoroughly and use paper towel or air to dry in public places
- Do not touch your nose, mouth or eyes with your hands unless you have washed them
- Assure that the air in your home and work areas have enough humidity in the winter months when the heating is on

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## STEP 1 – Prevention program:

**Mucococcinum** 1 tablet per week; do not swallow the tablet. Let it dissolve under the tongue in a clean mouth (nothing in the mouth for 15 minutes before and after taking the tablet).

## STEP 2 – Treatment program:

The sooner you take action when symptoms of a cold or flu begin, the more effective the treatment will be.

1. **Homeopathy**- Mucococcinum - at the first hint of cold and flu symptoms, to stimulate resistance. Use 3x's daily for the first two days by letting 1 tablet dissolve under the tongue in a clean mouth (nothing in mouth 15 minutes before or after). As symptoms improve, decrease to 1x's daily for a couple of days. Homeopathic drainage with Unda #'s 2, 15, 37 (or 710 for sinuses) 5 drops of each altogether 6 times per day.
2. **Increase supplements** immediately to promote immune response and decrease recovery time – Gammadyn Zn for cold and Cu for flu, 1 vial per day; Orti C, 1 capsule 3x/day.
3. **Usnea, Echinacea or Astragalus combination** depending on symptoms. Echinacea combo is used at initial onset of symptoms to boost immune function, 15 drops 2 to 6X daily for 1 to 2 weeks. Usnea combo is used for lung congestion and respiratory distress, 15 drops 3 to 6x daily for 1 to 2 months. Astragalus combo is used on a long term basis as a 'tonic' boost to enhance the immune system; it is good to start taking it the beginning of August before cold and flu season begins, 15 drops 2x daily for two to four months.
4. **Fluids** - drink 8-10 glasses of water or clear fluids per day to loosen mucous. Avoid coffee or black tea as these are dehydrating. Diluted juices, herbal teas, or hot water with lemon, honey and ginger are also soothing.
5. **Steam** face at first sign of nasal or throat symptoms. Put boiling water in a pan or dish on table. Put face over bowl and cover head and bowl with a large towel to trap in steam. For added effect, place 1-2 drops of eucalyptus and thyme oil or pre-bottled Solvarome Oil in the water; this is available at health food stores. Being careful not to spill or touch the water, breathe in the steam. Do this as often as you can the first few days to kill off the virus in the nose and soothe the passages.
6. **Drainage of lymph** by applying Lymphagen Cream to the face, throat, chest, low back at least twice per day to drain congestion in lymph system.
7. **Gargling and nasal sniffing** soothes and cleanses throat and nasal passages. Nasal sniffing is especially helpful for dripping or plugged nose, and congested sinuses. Use homeopathic Euphorbium Nose Spray or use this recipe - 1/4 - 3/8 tsp. sea salt in 8 oz. of body temperature water. With clean hands, sniff drops off finger, which have been dipped in the mixture.
8. **Wash hands frequently** as cold viruses and bacteria spread easily by hand contact.