

My Flu Protocol

My Flu Protocol (PREVENTION):

~First and foremost, STOP degrading your immune system
by:

- Lack of sufficient sleep.
- Consumption of processed junk foods.
- Smoking cigarettes.
- Sedentary lifestyles (avoidance of exercise).
- Avoidance of sunlight (not spending enough time in nature).
- Nutritional deficiencies of important minerals like zinc.
- Exposure to pesticides, herbicides, glyphosate and other chemicals.

~Vitamin D (1,000 iu's per 35lb's of body weight - double this if you're already weak)

~Thyme & Lemon Balm Tea - for resistance of colds and flu (drink 1-2 cups a day)

~Extra Vitamin C - Preferably from CamuCamu or Rose Hips

~Other foods for resistance: Broccoli, Kale, Garlic, Onions and Cayenne

~Some people, especially those with children in the public school system or those that work with people, may want to add Wellness Formula (by Source Naturals) for added prevention (2 capsules morning and night)

My Flu Protocol (ALREADY ILL):

~Wellness Formula (by Source Naturals) - 6 capsules every 4 hours.

~NAC - 1 capsule / 3x's daily

~Umcka (cold & flu) syrup and/or Elderberry syrup - take as directed.

~Oscillococcinum - take as directed.

If the individual is already weak or elderly consider adding the following

~Yarrow Tea - (2 cups daily)

~Arrowroot: mix in water. It is easily digested and creates no digestive upset.

~Floradix (2x's daily)

~Ginseng

**My favorite home remedies (if these aren't found in your home, they should be ;) :

-Lettuce Leaves (not iceberg -_-): Take organic leaf lettuce and boil it in plenty of water. Drink 6oz's every hour.

-Grapefruit: Freshly squeezed organic grapefruit diluted with water. Equal parts water and grapefruit juice will ease the flu.

-Grapefruit Skin: Grate the skin/peel of an organic grapefruit very fine. Add the juice of 1/2 grapefruit and fill the rest of the cup with hot water. Drink this mixture daily.

-Red Onion Soup: Cut 1 large organic red onion in small pieces; cover with 2 quarts of water; simmer for 1/2 hour. Strain and add local honey to taste. Drink 2 cups every 2 hours until flu is gone.

My “FLU AWAY” Tea: Make a tea with the following: 1/2 teaspoon Yarrow flowers, 1/2 teaspoon Elder flowers, 1/2 teaspoon Peppermint leaves, 1/2 teaspoon Echinacea root, 1/2 teaspoon Schisandra berries & 3 cups boiling water
1. Combine the herbs in a teapot and pour the boiling water over them. Steep for at least 20 minutes. 2. Strain and drink throughout the day. You can make a double batch and keep it in the refrigerator. Just be sure to warm it before drinking.

Essential Oils

For Prevention

-Diffusing essential oils to prevent sickness is a good additional measure. Tea Tree or Eucalyptus are good choices, possibly with some Bergamont added.

Another anti-infectious oil to diffuse is Clove, which has been used in epidemics.

Remember, though, that this is a skin irritant, and do not use for bathing.

If already Ill

-The first thing to remember is that this is most effective if started at the very first sign of flu or infection. At this stage, a moderately hot bath with a few drops of anti-viral essential oil added will usually provoke profuse sweating, followed by a deep, restful sleep. I hardly need point out that the sick person should go straight to bed after bathing. The most spectacularly effective oils for this purpose are

Tea Tree and Ravensara. If you do not have either of these on hand, try a “cocktail” of Lavender and Eucalyptus. No more than 3 drops each.

-Recovery from the flu is often slow, and the convalescent may feel very weak and lacking in vitality. Bergamont can be very helpful at this stage, used in moderately hot baths. Rosemary is a tonic and stimulant oil, valuable in helping the convalescent to get back on his feet. It is very important to note that in this situation Floradix and Ginseng are very important.

****Please make sure that these EO's are organic****

Wishing all of you good health! <3