

Healthy News:

DO YOU HAVE A COLD, OR THE FLU?

HERE'S HOW TO TELL:

Colds and flu are distinct and separate upper respiratory infections, triggered by different viruses. (Outdoor environment--drafts, wetness, temperature changes, etc. do not cause either of these illnesses.) The flu is more serious, because it can spread to the lungs, and cause severe bronchitis or pneumonia.

In the beginning stages, the symptoms of colds and flu can be similar. Both conditions begin when one or more of the over 200 hundred viruses that cause a cold or flu penetrate the body's protective barriers. Viruses don't breathe, digest food or eliminate, but they replicate themselves with a vengeance. Nose, eyes and mouth are usually the sites of invasion from cold viruses. The most likely target for the flu virus is the respiratory tract. Colds and flu respond to different treatments. The following symptomatic chart can help identify your particular condition and allow you to deal with it better.

A Cold Profile looks like this:

- Slow onset. No prostration.
- Body aches--largely due to the release of interferon (an immune stimulator).
- Rarely accompanied by fever and headache.
- Localized symptoms such as sore throat, sinus congestion, listlessness, runny nose and sneezing.
- Mild fatigue and weakness as a result of body cleansing.
- Mild to moderate chest discomfort, usually with a hacking cough.
- Sore or burning throat common.

A Flu Profile looks like this:

- Swift and severe onset.
- Early and prominent prostration with flushed, hot, moist skin.
- Usually accompanied by high (102°-104°) fever, headache and sore eyes.
- General symptoms like chills, depression and body aches.
- Extreme fatigue, sometimes lasting 2-3 weeks.
- Acute chest discomfort, with severe hacking cough.
- Sore throat occasionally.

HOW TO PREVENT THE COLD OR THE FLU

1. Vitamin C – Citrus Bioflavonoid - 3,000 mg. per day for prevention. "Try to feed your body in advance by taking extra vitamin C during cold and flu season. This way, when you're exposed to an onslaught of germs, you won't be as likely to come down with it.
2. Stock up on probiotics. Bifidophilus & Probiotic 11 are friendly bacteria, which help your gastrointestinal tract function and keep invading bacteria at bay. Probiotics also counteract problems caused by taking antibiotics, which kill the friendly flora, wreaking havoc on your digestive and immune systems. 70% of your immune system is in your colon so keeping lots of good flora in the gut will help the immune system.
3. Go for the garlic. NSP has given us High Potency Garlic, covered by Chlorophyll and coated to dissolve in the intestinal tract, not in the stomach where it can affect your breath. Garlic is a natural antibiotic.
4. Wash your hands and keep them out of your mouth, ears, nose and eyes. Put a dab of NSP's Silver Shield gel on your hands when shaking hands, going out in public or traveling. It can aid in killing viruses and bacteria for up to 4 hours. Great for kids as well. Lemon, Lavender, Tea Tree, or Guardian Essential Oil can be added into your bottle of liquid soap to help make it naturally antibacterial.
5. Drink your quota of water every day between meals. To stay hydrated I use this formula: Your weight in pounds divided in half = how many ounces of water you need to drink per day. Drink between meals not with meals so you don't dilute your digestive enzymes.

6. Get enough sleep. Your body heals while you sleep.
7. Don't wait till you get the flu – use NSP's PREVENTION HOMEOPATHIC when you have been around someone sick. You can also drink Thai Go. This super antioxidant not only tastes good but also boost the immune system and is the highest antioxidant on the ORAC scale according to Brunswick Laboratory. Other antioxidants from NSP are Defense Maintenance, High Potency Grapine, Super ORAC and Super Antioxidant.
8. Use Guardian Spritzer
 GUARDIAN SPRITZER
 1 - 2 ounces glass spritzer bottles - (must be glass)
 Fill 3/4 full with Nature's Fresh
 Fill 1/4 full with Silver Shield
 For use with children add 20 drops NSP's Guardian Essential Oil for Adults add 40 drops Guardian oil. Spritz in the room, on hands, bottom of feet, computer key boards, phones, door knobs and anywhere you need to kill germs

IF YOU GET THE COLD OR A FLU

1. Stop eating sugar, which impairs the immune system. There are plenty of studies which shows even a teaspoon of sugar will reduce the immune system's killer cell activity in your body for three hours after you eat.
2. Increase your intake of vitamin C to 6,000-8,000 mg. a day. Reduce this amount if you develop diarrhea. Vitamin C shortens the duration of colds and reduces severity of symptoms. NSP has chewable and tablets or Rose Hips in capsules.
3. Drink plenty of water, herbal tea and vegetable juice to hydrate the respiratory tract. Minimize or dilute fruit juices, which contain natural sugars that cripple immune function. NO SODAS and no artificial sweeteners or DAIRY while you are in recovery.
4. Eat warming, nourishing foods such as homemade chicken soup. To chase away the cold, damp qualities, stay warm, eat hot foods and get plenty of rest. Don't use the microwave, steam or warm in the oven.
5. Avoid mucus-forming foods. Dairy products, grains and red meat can worsen clogged sinuses. Stick with vegetables and quality proteins.
6. Eliminate coffee, alcohol and cigarettes, which make it hard for the immune system to function, especially when the body should focus on getting well.
7. Rest, stay home and keep your germs to yourself.
8. Use aromatherapy - Guardian Blend, Lavender, Lemon and Tea Tree are antiviral so is Myrrh. Diffuse into the air, put 10 drops in your bath, smell the drops on a handkerchief; rub some on your feet mixed with olive oil or aloe vera gel. Put some drops on a cotton ball and put in your bra ladies. Sleep with a humidifier with 8-10 drops of Guardian Essential Oil in it.

HERBS TO HELP YOU OVERCOME THE COLD OR THE FLU

IF YOU HAVE MUCUS - Use ALJ to break up the mucus. This is great for congestion from a cold or allergies. ALJ comes in capsules or liquid and can be used for mucus in the head or chest area.

IF YOU HAVE A RUNNY NOSE/WATERY EYES - NSP's Histablock is excellent natural antihistamine.

IF YOUR LUNGS ARE CONGESTED - NSP'S Bronchial Formula (For congestion in the chest)

FOR FEVER AND YELLOW MUCUS – NSP'S High Potency odor controlled Garlic (To warm up the body up and get things moving out of the body)

FOR A LYMPHATIC SYSTEM WHICH IS NOT MOVING - Lymphatic Drainage (to get the Lymphatic system moving) or Lymph Gland Cleanse HY (to fight off infection anywhere in the body).

FOR A WEAKENED IMMUNE SYSTEM - Chinese Trigger Immune and or Immune Stimulator

FOR ANY COLD OR FLU - Silver Shield

FIGHTING A FEVER - Take a bath in 2 heaping tablespoons of Ginger or Yarrow in your tub mixed with 2 cups of Epsom salts it will help you sweat it out and break a fever.

FOR OVERCOMING VIRAL INFECTIONS - Olive Leaf (for viruses, bacteria or fungus) Elderberry Defense in capsules or chewable (for respiratory & viral issues)

IF YOU HAVE A VIRUS - STOMACH OR OTHERWISE - VS-C for the herpes family of viruses: cold sores, chicken pox or shingles. This comes in liquid or capsules. Silver Shield is also a good choice.

IF YOU HAVE A SORE THROAT - Sore Throat/Laryngitis Homeopathic or Cellu-tone essential oil rubbed on the throat can be very beneficial. Gargle with Silver Shield for up to 6 minutes

IF YOU HAVE THE STOMACH FLU - Aloe vera juice settles the stomach. Slippery elm is excellent for diarrhea. Use peppermint oil on the tongue for nausea.

IF YOU HAVE A VIRUS - VS-C for the herpes family of viruses: cold sores, chicken pox, and shingles.

IF YOUR LYMPHATIC SYSTEM IS CONGESTION – Lymphatic Drainage and Oregon Grape

FOR CHILDREN WITH COUGHS AND COLDS - The liquid CC-A is especially good for those with coughs and colds

FOR VIRUSES - Elderberry Defense, Olive leaf, Silver Shield

HERBS FEED YOUR BODY SO YOUR BODY CAN FIX ITSELF, THE WAY GOD INTENDED.

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