

Get Rid of Colds and Flu Naturally



By Yole Yogi Raam

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I created this e-book, for my family and friends. This is my gift; you can share it with your friends. It is written in *sutra* or seed form, concentrated, more as a reminder than a detailed explanation. It is not written to convince or persuade, but to help those who are looking for natural solutions.

LEGAL DISCLAIMER

Our information and opinions are not a substitute for professional medical prevention, diagnosis, or treatment. Please consult with your physician, pharmacist, or health care provider before taking any home remedies or supplements or following any treatment suggested by anyone. Only your health care provider, personal physician, or pharmacist can provide you with advice on what is safe and effective for your unique needs or diagnose your particular medical history.

After parties and holidays with too much candy, people seem to get sick. It is the same every year. **During the months of January, February, March the doctor's offices, emergency clinics and hospitals are the busiest months of the year. Unfortunately children and older people are mostly affected by the flu.** Many people have complications of the flu including upset stomachs, ear infections, chest congestion and sinus infections.

REMINDER:

The information below is based on the personal experience of a yogi, so it is intended for spiritual people looking for natural health solutions:

To Heal Your Self for Good... REMEMBER... You ARE the Source of your own Health!!!

- *Health comes from deep inner happiness that is produced by inner peace and experience of life in bliss (unconditional love) ananda.*

For centuries, **wise people have been sharing this eternal truth using words suitable** to their culture and religion as experience of: Holy Spirit, communion with God, Samadhi, Satori, and Nirvana **to name a few.**

What is Health

Total health is balance of inner and outer, the balance of individual ego and cosmic ego (small “I” and Big I”). When all inner energies flow freely without counteracting the flow of energies of nature (universe), then we are healthy. Perfect health **is the effortless flow of harmony between the intellect, mind, ego, emotions and bodily systems with the nature/intelligence of the universe.**

How Health Gets Disturbed

When the free flow of personal energy begins deviating from the natural flow of energies of the universe, then our system starts experiencing resistance. **We can perceive it only if we are not only alert and simultaneously also settled and quiet. It is a very tender feeling of discomfort and uneasiness.** At that point we start losing energy **(since we are going against the natural flow of energies of nature and universe).** As we continue deviating from the flow/ intent of nature, **unknowingly until** the discomfort increases and finally culminates in pain and disease. **Or Dis- ease- with out EASE**

When we get sick

We are sick at the point of departing unity with the intelligence of the universe, but usually we perceive it much later, at the time the discomfort becomes so disturbing that we cannot neglect it further. Disease happens due to the mistake of our intellect (illusion) and our free will to act upon the illusion. Perception of the object or information that is not real is called illusion. Our intellect is restricted to functioning in the field of senses and material objects. It is not suited for analysis of quantum/transcendental/eternal reality of life.

Why we feel pain

Since the order in the universe is a natural state of existence of all, when human beings deviate from that natural state of functioning in tune with all pervading intelligence, then naturally resistance on our path increases. We are (pictorially explained) trying to swim up-stream, against the flow of nature's energies. Our action of swimming up stream can't last for long, since our energy gets depleted relatively quickly. The first signs are getting mentally/emotionally indifferent, then tired, then unhappy and then small symptoms of inner discomfort start. If we continue persistently our way without noticing/understanding that it is opposite of nature's flow, then our discomfort increases, and pain becomes more perceivable. As we know from our personal experience, some people do not stop opposing/fighting with nature until they become seriously sick. In such situations the medical intervention becomes more serious and dangerous.

That is usually the time when humans who are already out of tune with nature start inventing a variety of artificial helping methods, today's modern approaches to health. The most natural reaction would be to re-establish balance/unity/ alliance with intelligence of the universe and all complications would be prevented. Then "heaven" would not be lost.

Now back to flu and other viruses that disturb us in so many different forms and degrees. It is going on all the time, but most of us are not aware of mild chronic cases that pave the road to more severe conditions.

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What I Do To Get Rid Of Flu!

(For Immediate Results)

When I notice the onset of a viral infection, a flu or cold, the first thing I do is to take a lot of fluid and drink a tea that will stimulate a bowel movement.

Then I reduce my intake of food and I take only light food, no sugar, no meat, no eggs, no milk or oily **foods**. I usually replace a meal with a vegetable juice, AND GET PLENTY OF REST THAT NIGHT, EARLY TO BED. **Be sure you are lying in bed between 8 PM to 10 PM- not later.**

If I have a chance I **take** a hot shower or tub with Epsom salt and hydrogen peroxide. Usually this is enough to stop the incubation/infestation of a virus/flu but in case of mutants and lab generated viruses, it might take one, two or even three days of treatment. If you are not strict with the treatment, the flu may continue for one or two weeks, but without severe, painful symptoms.

Simultaneously I shift focus on myself, I stop focusing on business and other obligations, and just postpone it all. If you have family, kids, just reduce your activity to the most important.

This decision is critical to give a chance to our system to regain strength and balance necessary to stop a viral invasion. When we focus on the self, naturally our breathing becomes more balanced; we should have long deep inhalations and even longer exhalations. It's important is to breath naturally without forcing so that we do not get tired from the exercise. We can repeat the exercise as often as we can since what we are doing is just **changing our** "sick breathing" pattern to normal/natural healthy breathing. It is desirable to do it in a place with fresh air, open a window, or walk in the park, forest: whatever is available.

If the symptoms persist I take herbs or minerals proven to have effect on viruses, fungi and bacteria. I usually combine a few of methods until I get desired results. The fastest is sauna, then hydrogen peroxide, lemon and Ginger juice, Oregano oil, Goldenseal, and Neem leaves.

Below is a list of general recommendations and a list of natural remedies and methods you can use to fight cold, flu and other viruses. Brief description is just to get you started in emergency, but it is recommended to consult with your medical provider/ **physician** and do further research on each remedy you would like to use.

How to Get Rid of Flu NOW

(Instructions for friends)

Remember this and Know it Forever:

I can heal myself,

I can enjoy my life,

I can eat and live healthy,

AND

it is not too difficult,

I CAN DO IT,

I AM STARTING NOW!!!

This guide is to start you on your way to health self- sufficiency, your freedom from disease and dependency. Give up unnecessary suffering. You need time for yourself. This busy society is just one of many mass illusions.

Usual Flu Symptoms include - body aches, chills, dry cough, fever, headache, sore throat and stuffy nose, and similar.

*Note: **Viruses** are known to be resistant to pharmaceutical antibiotics. A flu virus mutates frequently and sometimes a new strain emerges (natural mutant or artificially created in labs) that humans have not been exposed to, so it takes little more to get it under control.

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A comprehensive, holistic approach should strengthen your immune system, so you can get rid of viruses by combining a variety of methods:

It is of utmost importance that we strengthen our immune system naturally. Certain herbs, foods, supplements and homeopathic remedies can help you avoid catching a cold or flu and build your immune system. If you do catch a virus, they can help relieve the symptoms and shorten the duration and severity of the illness.

Daily diet has huge impact on the strength of your immune system.

Viruses love sugar- If you or your child is eating sweets daily, heavy processed foods, junk food, drinking soda or other sweetened beverages regularly, you are weakening your immunity and will be more likely to catch viruses. One teaspoon of sugar (soda has about 9-11 tbsp.) can weaken your immune system for 4 hours. I believe that this is one of reasons so many people are now having an extreme difficulty fighting illnesses (besides repeated antibiotic use).

Eat more vegetables, at least 4-5 servings a day! Have a salad with lunch, and at least two vegetables with dinner. Fresh fruit can also bolster vitamin C and help build resistance.

Avoid all white flour (eat only WHOLE grains), baked goods, sugary cereals, cookies, cakes, candy, and sweets. You'll feel so much stronger than you realize! **(The best are old sorts of grains that are not modified)**

Natural Vitamins-It is important to take a good quality, plant-based, not synthetic, multi-vitamin/mineral supplement which supplies you with vitamins, minerals, trace minerals, amino acids, essential fatty acids, proanthocyanadines, bioflavanoids, green foods, enzymes and more.
Taking 2000-4000 mg. of Vitamin C every day will help you fight infections.

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Herbs And Oils That Will Boost Your Body's Immune System Naturally And Fight Viruses And Bacteria

(Look for organically grown herbs and make sure they are fresh)

It is best to start thinking about immune health before you become ill with the cold or flu virus.

Now is THE BEST time to start:

- Improving your diet by finding your dietary gaps,
- Learning to **cope with stress** and relax (meditation & Yoga) to reduce stress
- Find which **supplements** will be of most benefit to you.
- Regular **daily exercise** and fresh air will keep your lymph moving and your immune system strong.
- **Rebounding** (jumping on a mini-trampoline) everyday, 2-5 minutes or more, several times a day.
- Getting **plenty of sleep** and daily
- Keeping yourself strong and healthy brings many side benefits not only protection from the flu and cold.
- **Maintaining good colon health.** The traditional medicines like Ayurveda have long equated respiratory problems with poor bowel function. If waste product is not being removed in a timely fashion then toxins build up in the body, and especially in the respiratory system. We recommend herbs which perform a good **bowel detox**, as well as keep the intestines performing well with **friendly bacteria, such as acidophilus or bifidophilus. Enzymes are a must.** Take a broad spectrum enzyme combination, both with meals and between meals.

Aloe Vera: Supplementation with Aloe Vera has been shown to be extremely effective in bolstering and balancing the immune system. Recommended dosage is a quarter glass of juice each morning. Take twice a day when you feel a cold or flu coming on.

Apple Cider Vinegar and Honey: Mix apple cider vinegar (half to 1 tablespoon) and raw honey (half to 1 tablespoon). (Note: Apple cider vinegar is actually made from fresh, organic, crushed apples that are allowed to mature naturally in wooden barrels, but you can get it easily from the grocery shops or supermarkets.) Dissolve in a glass of water (10-20oz). Take it once or twice daily. **Note:** For this vinegar and honey remedy, do not get commercial distilled vinegars as they do not contain the same health values of organic, raw apple cider vinegar. The powerful enzymes and minerals like potassium, phosphorus, sodium,

magnesium, sulphur, iron copper, fluorine, silicon, pectin and natural malic and tartaric acids, which are important in fighting body toxins and inhibiting bacteria growth, are all destroyed during the distilling process.

Astragalus: Used for nearly 4000 years in traditional Chinese medicine. Early Chinese writings refer to it as "the superior tonic". Astragalus is a favorite immune system builder among the natural health community. It is good for colds, immune- deficiency- related disorders, including AIDS, cancer, and tumors. Those with autoimmune diseases should consider using Astragalus instead of Echinacea to strengthen the spleen and immune system. It is a safe, long term immune system tonic.

Bee Propolis: is known as Russian penicillin and is often found in natural vitamin supplements. It is collected by bees to protect the hives from infection.

Catnip: A traditional cold and flu remedy, and a great herb for children. It helps induce sleep and settles the stomach. As a tincture or tea, it is a great herb for combating flu, cold or other illness.

Cinnamon: Good for more than just stabilizing blood sugar, cinnamon is an effective antiviral and antibiotic. When sick, mix 1 tablespoon with 1 teaspoon of honey and stir to make a spicy and very effective tea that helps relieve cough and congestion and lower fever. Do not put honey in until the tea cools to body temperature.

Coconut Oil: Coconut oil is high in lauric acid and is thought to dissolve the lipid coating around some viruses and make them more susceptible to attack by the immune system. If sick, aim for 5-6 tablespoons per day in food or melted and stirred into hot tea. Coconut oil has many other health benefits as well and is known to boost the immune system.

Echinacea: (purple coneflower): herbal extract used regularly can help you avoid or reduce the severity and duration of viral illnesses. Just 40 drops for an adult taken 4-6 times a day at the first sign of a cold can help you avoid it completely.

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Elderberry: Elderberry is well known for supporting the body, especially during flu. Take daily to boost immune system. Usual dose for kids is 0.5 tsp to 1 tsp and 0.5 Tbs to 1 Tbs for adults. In case of flu, take the normal dose every 2-3 hours until symptoms disappear.

You can buy it at health food stores.

Ingredients to make your own:

- 2/3 cup black elderberries
- 3.5 cups of water
- 2 T fresh or dried ginger root
- 1 tsp cinnamon powder
- 1/2 tsp cloves or clove powder
- 1 cup raw honey (we get from our farmer's market)

Pour water into a pot and add elderberries, ginger, cinnamon and cloves. Bring to a boil. Then simmer for about 45 minutes or until the liquid has reduced by almost half. Remove from heat and let cool. Use a strainer to pour it into a glass jar. Discard the elderberries. When it is cooled down to body temperature, add 1 cup of honey and stir. Store it in the fridge.

Garlic: A natural antibiotic, anti-fungal, and antibacterial. Finely mince 1-2 cloves of garlic and eat with a slice of bread and butter. Spice it for taste. Taking garlic regularly or taking odorless garlic capsules helps fight viral, bacterial, and yeast infections.

Ginger: In capsule form, ginger can greatly help with nausea and vomiting associated with the flu. It can also help with high fever and headache. Fresh ginger root can be steeped in boiling water to make a tea that is very effective against sinus symptoms and congestion.

Ginger and Lemon juice: Make a juice from ginger and lemon and mix it: 1 part of ginger : 3 parts of lemon, add water according to your tolerance, until you can bear the strength. Do not dilute it too much. You may add some honey to make it more drinkable.

Goldenseal: You will find this remedy very effective in not only preventing infection but also reducing inflammation after you have a cough or flu symptoms.

Licorice: Scientific studies have shown that licorice stimulates immunity. Its ability to fight flu viruses and bacteria allows using it not only for treatment, but also for flu prevention during epidemics. Licorice root should not be used in cases of high blood pressure, water retention, pregnancy or if on medication.

Maitake: These mushrooms enhance immunity, and are especially effective in helping the body to inhibit cancer growth. Maitake appears to activate the immune response by stimulating the T- cells that are the body's defense against viruses and cancer cells. Recommended dosage is 3-7 g per day.

Mustard and Ginger Foot Bath: This is an old recipe for clearing the sinuses, opening the bronchial tubes, and allowing the mucus to release its grip on your lungs. Get a bowl of boiling water, add a couple of teaspoonful of black mustard or ginger powder, it will have a burning effect, like when you eat them. It stimulates the nerves in your body. Then leave to cool only slightly, and then put your feet into the water as soon as you can tolerate the temperature and stay there as long as possible. If it is possible, get a large sheet and place it over your body so that it covers your feet as well as the bowl. This way you will reap the benefits of being able to breath in the steam at the same time. The mustard bath works because it opens up your capillaries and warms the blood and most viruses can't stand temperatures over 113 F.

Nettle Leaf: contains large amounts of vitamins and trace minerals and helps the body stay hydrated and remove toxins. In a tea with Red Raspberry Leaf, Alfalfa and Peppermint, it makes a powerful immune supporting and illness preventing remedy.

Oil of Oregano: Is a potent natural antibiotic and antiviral. It is a very powerful agent against bacterial, viral, parasitic, and fungal infections. It's an excellent general tonic and immune stimulant. You can take one or two capsules a day, or place one or two drops of the oil under the tongue to go immediately into the blood and lymph system. 4-5 drops can also be placed in juice and taken several times a day. This can be your best defense against the flu! Oregano oil When 5-6 drops are put in a glass of water and gargled, it can stop a sore throat in its tracks. 5-6 drops in a glass of water swallowed can help kill flu or infection in under 24 hours. Pregnant women should not take oregano oil.

Olive Leaf Extract: is proven more powerful than penicillin in fighting upper respiratory infections, sinus, strep and throat infections! **Olive leaf:** Olive leaf extract is a powerful tool in the fight to kill viruses such as the cold, herpes, and Epstein-Barr. Its power also extends to helping wipe out sinusitis and bronchitis, as well

as reducing hypertension and cholesterol levels. The most important element in olive leaf extract is a compound called oleuropein. When purchasing this supplement, look for capsules standardized to 6 percent oleuropein. The recommended dose is 500 mg daily to fight an existing bacterial or viral infection.

Tea tree oil: Melaleuca alternifolia tree, has various uses in medical treatments because of its triple antibiotic features: it's an antiviral, antibacterial, and antifungal agent. Just because a substance is naturally-occurring with no known side effects, does not mean it can't be effective. Tea tree was an important medicinal for native Australians. They drank tea made of the leaves and applied tea tree poultices to treat wounds, cuts, and various skin disorders. In 1920, Dr. A. Penfold tested the oil's properties for the first time. He discovered that tea tree oil was 12 times more potent than the accepted antiseptic at the time, carbolic acid. Its complex chemical composition makes it extremely difficult for germs to develop resistance. Tea tree oil is readily absorbed and it continues to block germ growth at the site for several days after the initial application. The oil is a proven immuno-stimulant and anti-viral agent; it is even currently being tested in the treatment of AIDS.

**You should apply a small test amount to the skin before using it for the first time, as with any product, there is always the chance of sensitivity in any particular individual. Adding a couple drops to a vaporizer and inhaling the steam helps to freshen and disinfect the air, killing germs that infect the sinuses and lungs, and opening clogged respiratory passages. The oil can be rubbed into the skin at full strength, or mixed with a carrier oil or lotion. The oil can also be added to a hot bath and is then assimilated both through the skin and the nasal passages.*

The presence of Colloidal Silver near an invader disables its oxygen-metabolism enzyme, its chemical lung, so to say. Within a few minutes, the invader suffocates and dies, and is cleared out of our bodies by the immune, lymphatic and elimination systems. Unlike pharmaceutical antibiotics, which destroy beneficial enzymes, Colloidal Silver leaves these tissue-cell enzymes intact, as they are radically different than those enzymes of primitive single-celled life. Thus, Colloidal Silver is absolutely safe for humans, reptiles, plants and all multi-celled living matter.

Thyme and Thyme Oil: A tea made from thyme is very effective against cold and flu. Thyme oil rubbed on the skin will help the body fight infection. Pregnant women and small children should not use thyme.

Turmeric: This herb is a member of the Ginger family and also known as Curcuma. We have a good article on the UHR site on Turmeric along with a chicken recipe that uses this exotic spice. Animal research has shown this herb to be beneficial as an immune stimulant. Recommended dosage is 200 mg per day to support immune health.

Yarrow: Unsurpassed for flu and fever, and great for children. If used abundantly in tea or tincture at the beginning of an illness, it will usually shorten the illness to less than 24 hours. It is especially good for fevers as it induces perspiration and is great for all childhood type illnesses. It is naturally bitter, so it is often good to include peppermint and stevia leaf when making a tea. It is great for the liver and kidneys and supports the endocrine system.

Vitamins and Minerals

C vitamin: At first signs of flu start with 2000 mg Vitamin C every hour, for at least 4 hours and stop it when your bowel movements turn soupy. Most adults need 2,000-5,000 mg a day or more when ill, and kids can need up to 2,000 mg. It is water soluble, so chance of overdose is low. In severe cases, patients were given 100,000 mg/day and these patients recovered from cases of the flu that were deemed terminal. The **best form of Vitamin C is a mineral ascorbate** because it has already been made ready for the body to use. It does not leech minerals from your body since it already has the minerals.

Chromium supplements: (chromium chloride) tablets, Vanadium (sodium vanadate), or Tungsten (sodium tungstate). You can also find it as ingredients of good multivitamins.

These minerals normalize the sugar in your body, but at the same time, it prevents sugar metabolism from occurring in virus and fungus and that eliminates the pathogens.

Colloidal Silver: Also consider using Colloidal Silver for excellent anti-viral protection! It works great to help avoid or reduce symptoms of colds and flu. The body has an innate ability to rejuvenate and restore itself to optimum health. When taken daily, Colloidal Silver acts as an optimal immune system supporter by helping the body fight invaders. Medical tests indicate no known adverse effects from the use of properly prepared Colloidal Silver, and there has never been a recorded case of drug interaction with any other medication.

The body does not develop a tolerance to Colloidal Silver and no allergic reaction has ever been recorded.

D3 Vitamin: is actually a steroid hormone that you get primarily from either sun exposure or supplementation. Its ability to influence genetic expression produces many of wide-ranging health benefits. Appropriate sun exposure is the best way to optimize your vitamin D levels. Vitamin D fights infections,

including colds and the flu, as it regulates the expression of genes that influence your immune system to attack and destroy bacteria and viruses.

Vitamin D Dose General Recommendations (blood test is necessary for the exact dose you may need)

Age	Dosage
Below 5	35 units per pound per day
Age 5 - 10	2500 units
Adults	5000 units
Pregnant Women	8000 units

Hydrogen Peroxide -the 3% Food Grade: Natural doctors report remarkable results in curing colds and flu within 12 to 14 hours when administering a few drops of three percent hydrogen peroxide (H₂O₂). It can be sprayed in throat, nose or into each ear. Hydrogen peroxide is effective about 80 percent of the time, especially if done when your symptoms first appear.

Hydrogen peroxide nasal spray: Get a simple, non-medicine nasal spray and use it several times a day, or whenever your nasal passages feel irritated. This device flushes cold, flu, and dust particles from your nose, while it keeps the mucous membranes moist. Hydrogen peroxide is much more effective than saline water.

Fill an eyedropper 1/4th full with 3% food grade hydrogen peroxide. Lay on the floor or lay on the bed and lay on your side. Empty the eyedropper into your ear. The hydrogen peroxide should stay in your ear for 3-5 minutes. When you get up you can gently use a Q-Tip to clean your ear out. Then do exactly the same thing to your other ear as you lay on your other side. Do this 3 or 4 times a day.

(**Note:** If a child accidentally drinks 3% food grade hydrogen peroxide it is perfectly safe and will cause no harm. However, they will very likely get sick to their stomach.)

L-Arginine: Is a non-essential amino acid that promotes wound healing and improves the immune response against bacteria, viruses and tumor cells. Levels of L-Arginine drop during periods of increased stress. Recommended dosage is 3-6 g per day.

Magnesium supplements: (Magnesium Chloride) of 250 mg/day is effective to fight both the **fungus, and virus**. Magnesium chloride / Magnesium lactate contain only 12 percent magnesium, but has better absorption than others. Anytime you're taking any of the following: magnesium, calcium, vitamin D3 or vitamin K2, you need to take all the others into consideration as well, since these all work synergistically with each other.

The best ways to consume this mineral is through organically bound magnesium, found in whole foods. Green leafy vegetables like spinach and Swiss chard are excellent sources of magnesium, as are some beans, nuts and seeds, like almonds, pumpkin seeds, sunflower seeds and sesame seeds. Avocados are also a good source. Juicing your vegetables is an excellent option to ensure you're getting enough of them in your diet.

MMS or Miracle Mineral Supplement: **MMS kills 95% of all pathogens:** The chemical chlorine dioxide, which is what MMS generates, is one of the most effective killers of disease pathogens. When properly used at low levels of concentration it can select pathogens and not affect body parts. For a list of companies using chlorine dioxide because it is selective, Google “chlorine dioxide selective.”

Detailed instructions for use find at: <http://mmsautism.org/> and <http://www.h2oairwateramericas.com/>

Note: You may purchase it on Amazon.com. Stabilized oxygen products are sold as “water purification” products to avoid FDA persecution.

Saline nasal spray: If you can't affect the humidity around you, affect the moisture level inside your head. Get a simple, non-medicine saline nasal spray and use it several times a day, or whenever your nasal passages feel irritated and dried out. This device flushes cold, flu, and dust particles from your nose, while it keeps the mucous membranes moist.

Super Antioxidants: I HIGHLY recommend using Super Antioxidants daily! Not only because they help reduce the signs of aging, along with aches and pains, but they can greatly increase your immune system, being 20 - 50 times more potent than Vitamin C and E!

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Zinc: an antiviral and antibacterial medication, can prevent a cold or flu virus from reproducing and can help relieve respiratory symptoms. Adults should consume 50-75 mg a day when sick in capsule or lozenge. For best absorption grind the tablets or just chew it. **The best ones are zinc acetate, zinc chloride and zinc gluconate.**

In special cases when you do not have any other natural option you may use an **aspirin** but only in the form of acetyl salicylic acid. Acetyl salicylic acid tends to destroy the fungus and the protein of the viruses. Aspirin (for adults) is usually taken three times a day, only for 3 or 4 days.

Traditional Natural Methods

Sauna: (my best kept secret) By indulging in a sauna twice a week, you may be able to reduce your susceptibility to colds by more than 50 percent. It also diminishes viruses so body can fight it fast, usually within one to three days. It is excellent for detoxification and chronic fatigue, mild depression, rheumatoid arthritis, musculoskeletal pain, skin conditions.

You may find it in recreation centers, country/wellness clubs, or you may build/order your own. Infrared saunas are becoming popular due to their practicality.

Homeopathic Remedies for Flu:

1. Take “Cold and Flu” tablets this homeopathic preparation has help people avoid getting infected with the flu virus by taking 1 tablet a day throughout the flu season.
2. Take Arsenicum album if thirsty but feel better drinking warm fluids, lack of appetite, body aches, and feel worse during the night.
3. Take Bryonia if cough, throat and chest pain, dry mouth and lips, very thirsty.
4. Take Eupatorium perfoliatum if you have pain in your bones and eyeballs.
5. Take Gelsemium if feeling chills, aches, fever, not thirsty.
6. Nux vomica is used when a simple cold has developed into influenza.

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Putting It All Together -Essential Recommendations

There are a lot of options in natural illness treatment. So, you may start with whatever is the most practical for you and over time you will develop your own method that fits your needs the best:

1. Include low sweets diet and avoid fried foods- avoid or minimize sugar
2. Go on a liquid diet when feeling run down/tired
3. Remove all grains, especially white flours, dairy, etc
4. Hydrogen Peroxide in ears, nose, throat, or drink it with water
5. Take 2000 mg Vitamin C for at least 4 hours and stop when your bowel movements begin to be loose.
6. Use vitamin D3 if it is not possible to get appropriate sun exposure.
7. Start right away on Oil of Oregano at least for 14 days.
8. Sleep as much as possible, at least 8 hours **a night**.
9. Give up smoking and drinking alcohol as it can injure your respiratory tract and impair your resistance, making you more susceptible to flu.
10. Reduce stress - stressed people are more prone to falling **sick more** easily.
11. Avoid exposure to dust, chemicals as well as sudden and extreme temperature changes.
12. Drink lots of liquids: water with chlorophyll and herbal teas, soups, and other fluids like fruit juices. Beet and carrot juice are rich in nutrients. Fruit juice mixed with water in equal quantity and dash of honey provides the necessary glucose. **The goal being to keep you hydrated.**
13. By humidifying your room there will be less discomfort of a cough, sore throat or dry nasal passages. If you're blowing your nose continuously, it will be sore and red. Lubricate your nostrils with coconut oil to decrease the irritation. Put in humidifier essential oil of: lavender, eucalyptus, or tea tree.
14. For tired achy muscles, ease away the pain with a warm compress or hot tub if available. Soak your feet in hot water to alleviate any headache or nasal congestion, to make it more effective add a cup of vinegar, or Epsom salt or a few drops of essential oil of eucalyptus, tea tree or lavender.

15. Ensure that your room has plenty of fresh air supply all the time. Prevent chills by wearing warm, close fitting clothes. Ask someone to give you a back rub as it activates the immune system to fight the flu. During flu, one should eat lightly. Snack on fruits, cereals, boiled food, etc. The best would be to consume food recommended for your body type (**Ayurveda**).

https://doshaguru.com/blog/dosha_quiz/

<http://www.joyfulbelly.com/Ayurveda/assessment/Dosha>

16. If a sore or scratchy throat accompanies the flu, **you can** get relief by gargling with salt water solution. It will wash out any secretions collected in your throat.
17. Take a tbsp. of honey mixed with lemon at night to get quick relief. Warm (body temperature) water mixed with lemon and honey is good to loosen phlegm. Ginger added to formula would make it more effective.
18. Gargle daily with 1 drop of each of tea tree oil and lemon mixed in glass of warm water. Stir well and do not swallow.
19. Add 10-20 drops of either tea tree, eucalyptus, lemon or lavender oil to your hot water bath. This helps your immune system fight the viral infect and ease your symptoms.
20. Take 1 tbsp. of lukewarm (room temperature) honey with 1/4 tsp of cinnamon powder daily for 3-4 days. It strengthens the immune system and protects the body from bacterial and viral attacks
21. Drink elderberry juice every 2 hours. Apple, pear, cranberry, pomegranate and dark grapes are often recommended for combating flu as they have properties that work against congestion and runny nose. Hot tea with melted coconut oil before bed. . Nettle, red raspberry, alfalfa and peppermint tea to sip with grapefruit seed extract is very effective.
22. In case of long-term low-grade viruses, funguses like organisms are often being introduced into the body. Fungus like organisms is harder to get rid of than viruses and bacteria. Strong alkalinity is natural cure. Mix 6 drops of hydrogen peroxide 3% food grade in 1 glass of water and drink (at least 4 times a day) than follow by alkalizing formula: squeeze one fresh lemon (or lime) and add a few 1/4 teaspoons of baking soda (until the fizz stops) then add 1 glass of water.

Thank you for making your first step toward healthier and better life, creating more joy and light for you and the world family!

I believe this information is beneficial to you, if you like what you learned here share with your friends.

Click the link below if you have questions, you will also find other useful information, tips and techniques for healthy, green, self-sufficient and free, independent living. www.GreenFamilyRaam.com

About the author



Yole Yogi Raam helps people regain total self-sufficiency: health, food, housing, renewable energy, education, family economy, and guides families toward the joy of natural living in abundance.

We may call it different names, green living, holistic life, sustainable living, self-sufficient life, healthy living, life in total freedom, enlightenment, but it all comes to one simple truth: returning to what you really are, your original, natural setup. Since this is disturbed by “malware”, our job now is to reset the system, get rid of bugs, and viruses, energy draining and time consuming loops that have created vicious circles in

life. Achieving the use of full inner/mental potential brings a life of freedom and independence. We achieve this when we live life in accord with nature/ natural law, cosmic law or God’s will.

Yogi Raam was fortunate to be a disciple of Maharishi Mahesh Yogi for more than 35 years and personally guided and supervised by Maharishi for about 10 years. Yogi Raam is trained to practically apply Vedic knowledge in daily life, to improve health, business, social relations, and living conditions, so that we have all that is necessary for self-realization/ freedom/ enlightenment.

Yole received his education at public and private schools and universities in Europe, India and the USA, and founded and managed several successful companies in Europe and the USA. After his spiritual teacher left, he started a transition from family service to global humanity service. Raam’s Domain, L.L.C., web sites and books are created to spread eternal message of life, especially Maharishi’s message: “It is not necessary to suffer in life, nature of life is bliss”.

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