

Holistic Cold and Flu Relief

By Rebecca Tkach HHP, CST, LMT

Wellness Herbal Resistance Liquid: Made by Source Naturals. Give to anyone coming down with a cold or flu. This will shorten the severity and duration of a cold or flu. Follow the directions on the bottle. I get this from Vitamin City the health food store on Arrow Hwy. next to Cost Plus in San Dimas.

Oscillocochinum by Boiron: This is a homeopathic combination remedy for flu. Take as directed on the box. This also comes from Vitamin City.

Cold Calm by Boiron: This is a homeopathic remedy for colds. Take as directed on the box. This comes from Vitamin City.

Emergen-C: This has 1,000mg of Vitamin C as well as 7 Mineral Ascorbates and 32 Mineral Complexes B Vitamins. Take three to four a day when fighting off a cold or flu. Get this from Trader Joes.

Zinc Lozenges: Take as directed on the package. You can get this at either Vitamin City or Trader Joes.

Green Tea with Lemon and Honey: This combination will sooth the throat & boosts the immune system. Do not give to children under 1 year of age. You can get green tea at almost any store. Use fresh lemon and raw honey as these will have enzymes that will also boost the immune system.

I treat my family with this protocol and recommend it to my clients. You can typically fight off a cold or flu within a day or two.

When my husband and I first married about nine years ago he would come down with a cold or flu and be symptomatic for five to seven days. I would start feeling symptoms or see them in the children and we would be well in a day or two. My husband would moan and groan as he suffered through the illness even though I would show him what to take. He resisted taking my advice even though he would see the beneficial effect on the rest of the family. Finally he started taking the above remedies and now he gets over the viruses as they visit with the same results as the rest of us.

My son's say they like getting sick at there fathers house because when they get sick with him they get to miss almost a week of school and with me they only miss a day or two.

When you give your body the tools it needs you should be able to fight off a virus within 12 to 24 hours.

Please follow the directions on the packages and these recommendations do NOT replace the advice of your physician.

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