

Natural Healing Express Weekly

Column Volume 165 Colds and Flu

We are taking a quick break this week from our Longevity Series to discuss something that seems to be hitting about family in the area in one form or another...Those darn colds and a bad strain of the 24 Hour flu.

We will resume the Longevity Series right after Christmas. We are just beginning our interviewing process so I still have room for two more candidates if you have someone you would like to nominate. Check back to Last Week's article for specifics.

So, let's talk about the crud that seems to be floating around everywhere. We will begin with the very definition of the word Epidemic - 1: affecting or tending to affect a disproportionately large number of individuals within a population, community, or region at the same time <typhoid was *epidemic*>, 2a: excessively prevalent: CONTAGIOUS <*epidemic* laughter>, 3: characterized by very widespread growth or extent: of, relating to, or constituting an epidemic <the practice had reached *epidemic* proportions>.

Like most of us out there this week, I have been exposed to the nasty flu strain that seems to be hitting Northwestern Illinois like an "epidemic". As to not alarm, I am not saying we are in an "epidemic" situation as many people are calling it pertaining to the number of folks suffering from it; I am using the term to discuss how contagious it appears to be. Understand the difference?

At Natural Healing Express, we are on the front lines of exposure, knowingly and unknowingly sometimes. Call it an occupational hazard, stupidity, or whatever you will, like the nurses, Md's, EMT's, police officers, school teachers, firefighters, we sometimes put our own health at risk while trying to help others, especially during viral and contagious exposure. So, how do we help others while managing to protect ourselves?

The key lies in knowing our Bio-Individuality and protecting and building our Immune System. So here's where we begin. Knowing how we "feel" when we are about to get sick is a key. When your body begins to show signs of strain for instance, feeling fatigued, runny nose, achy, temperature; these are leading indications that something is amiss.

At the first sign of symptom such as these, we highly recommend utilizing our IMMUNE BLEND, preferably the earlier the better.

It contains Echinacea. Echinacea (Purple Coneflower) is commonly referred to as Nature's Antibiotic. It works to quickly get into the system to help fight and eliminate infection by stimulating the production of white blood cells. This polysaccharide also has anti-viral properties. Echinacea is often called the wonder herb for acute inflammatory conditions.

It also contains Elderberry. Elderberry is anti-viral which key defender at the onset of the flu is. Elderberry also helps to metabolize nasty bacteria, as it is a strong detoxifying agent. However, the best reason to utilize elderberry at the beginning of flu as it is a fantastic general blood purifier. It is also very high in Vitamin C.

The Immune Blend also contains Astragalus which is an immune-stimulant. This means it helps to produce more phagocytes which are cells that destroy bacteria and viruses. I highly, highly recommend it for everyone's Natural Medicine Kit.

I have several folks who have come into NHE thinking they are starting the flu or know they have been exposed. We immediately start with the Immune Blend, many times helping to lessen the symptoms and severity, and at other times eliminating outbreak. So, if you want to protect yourself, please get so for your household and learn your symptoms.

On a daily basis, during flu season, I personally utilize a product by Bells Lifestyle called Supreme Immune. These are capsules. They help to stabilize and strengthen the immune system. It's not for everyone, but for those of us on the front lines, and I highly recommend it.

For the colds, we recommend the Immune Blend as well, but add another product, a tea which is called Minus Sinus. For some reason, this tea, many times on the first cup, seems to drain out mucus from the depths. I mean, like RIGHT NOW. If you have congestion at all, give this a whirl. It has been one of our leading sellers and we do sell out quite frequently.

I also recommend getting lots of Vitamin C and Vitamin B. Get plenty of good liquids – water and hot tea or a good orange juice, and rest.

Also, know your limits on negativity and stress while you are already in a weakened state. Adding insult to injury only deepens its aggressive hold.

Stay Well and Be Well!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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