

Natural Healing Express Weekly

Column Volume 69 The Flu

Let's look at 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](#), b: [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 pertaining to the number of folks suffering from it; I am using the term to discuss how contagious it appears to be. See 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 the Echinacea/Elderberry combination, preferably the earlier the better.

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.

You may have noticed that we have chosen to blend Echinacea with Elderberry instead of as it is commonly sold as Echinacea/Goldenseal. For one, good Goldenseal is getting more and more difficult to purchase and it is not being preserve as well as we would like on a global level. We are conscience of sustainability.

Elderberry is anti-viral which is key at the onset of the flu. 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

At Natural Healing Express, we carry Echinacea/Elderberry in tincture, tea and capsule form. 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 Echinacea/Elderberry, many times helping to lessen the symptoms and severity, and at other times

eliminating outbreak. So, if you want to protect yourself, please get some Echinacea /Elderberry for your household and learn your symptoms.

On a daily basis, during flu season, I personally utilize a tincture called Deep Health which helps to stabilize and strengthen the immune system. It's not for everyone, but for those of us on the front lines, I highly recommend it.

So what if you have already contracted the nastiness? Absolutely utilize the Echinacea / Elderberry to lessen the blow. It will help to metabolize toxins through the body and aid in building back the already compromised immune system.

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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