

# Natural Answers for Natural Worries - COLDS AND FLU

## Bottom line Prevention Is the Best Medicine

### Avoid the Panic and Plan Ahead with NSP Products

Every day we are receiving information on the Viruses and Flus and the pushing of people to get their flu shot. AND headlines across the globe continue to draw attention to this new rising threat to our health. The Swine Flu, first reported in Mexico where thousands of individuals first contracted it then was said to spread throughout North America, Europe, Asia and the Middle East. AND every few years we have another scare and a new disease that puts the world in a panic – Visit Dr. Marcolas Site and read his indepth report on the Swine Flu and find out all the reasons why pregnant women should never get the H1n1 VACCINE.

<http://articles.mercola.com/sites/current.aspx>

### This WAS GIVEN TO ME BY AN ARTICLE FROM NATURES SUNSHINE - Know the Difference between Cold and H1N1 Flu Symptoms

<u>Symptom</u>	<u>Cold</u>	<u>H1N1 Flu</u>
<b>Fever</b>	Fever is rare with a cold.	Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100°F or higher for 3 to 4 days is associated with the flu.
<b>Coughing</b>	A hacking, productive (mucus- producing) cough is often present with a cold.	A non-productive (non-mucus producing) cough is usually present with the flu (sometimes referred to as dry cough).
<b>Aches</b>	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with the flu.
<b>Stuffy Nose</b>	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	Stuffy nose is not commonly present with the flu.
<b>Chills</b>	Chills are uncommon with a cold.	60% of people who have the flu experience chills.
<b>Tiredness</b>	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the flu.
<b>Sneezing</b>	Sneezing is commonly present with a cold.	Sneezing is not common with the flu.
<b>Sudden Symptoms</b>	Cold symptoms tend to develop over a few days.	The flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
<b>Headache</b>	A headache is fairly uncommon with a cold.	A headache is very common with the flu, present in 80% of flu cases.
<b>Sore Throat</b>	Sore throat is commonly present with a cold.	Sore throat is not commonly present with the flu.
<b>Chest Discomfort</b>	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the flu.

**The only way to stop the spread of the epidemic is to spread the awareness** So when I am asked the question. **“WHAT DO WE DO?”** For all who know me well I say, **“MAN YOUR WARRIORS.”** Our health is really in our own hands. It's up to us to help ourselves, our families, and our neighbors stay healthy. So, how can we **MAN OUR WARRIORS????? WHAT CAN WE DO** in times like these? I believe strongly that there are three ways in which you can protect your body from unwanted invaders.

1. **NUTRITION** – while this virus and flu scare is about take charge of your diet. Cut out **ALL SUGARS AND GRAINS**. Eat lots of steamed vegetables, fruits and if you are a meat eater try and get as organic as possible. Stay away from high starches and high caffeine intake. Drink lots of mineralized water supplement your diet with Enzymes. Do the new **CANDIDA CLEANSE** that Nature's Sunshine has just come out with.
2. **DESTROY THE INVADERS BEFORE INFECTIONS SETS IN.** This means keep your immune system built up. **Chinese Mineral Chi Tonic** is a favorite of many.
3. **STIMULATE THE IMMUNE SYSTEM** to fight off infections more quickly and effectively. Essential Liquid Minerals daily, along with Enzymes are all part OF keeping the bowel clean an important factor of stimulating the immune system. If the center of the STOVE, your digestive system cannot burn the fuel given and if the STOVE is sooted up and clogged up how do you expect a good source of HEAT to come from it. We clean the chimney in our house for winter why would we not clean our own BODIES????? Try the 10 day TIAO HE Pak. It is an excellent cleanse.

### **Preventative Measures**

Our bodies naturally offer some immunity to most diseases we come across; but whether it's a simple cold or something more serious, it seems that some people will always get sick while others seem to always stay healthy. Though there are genetic and other factors that play a role in this phenomenon, whether we get sick or not is mostly due to nutrition. AND over and over you will hear me say, **“DOES THE SWAMP GO TO THE MOSQUITO OR THE MOSQUITO TO THE SWAMP?????”** A properly nourished individual will often have a stronger immune system that is better able to provide protection from infection. AND Nature's Sunshine offers an assortment of **SUPER FOODS AND SUPPLEMENTS** that support general nutrition in the body – Nature's Gold Level 1 and Flax Hull Lignans and Green Zone are just a few. In addition keep your **HERBAL MEDICINE CHEST STALKED UP WITH THE NECESSITIES!**

**My favorites are: Chinese Mineral Chi Tonic, Cats Claw Combination, HRP-C CAPSULES AND HRPC LIQUID for small children, Silver Shield liquid and Silver Shield Gel, Zambroza, Liquid Chlorophyll, Children's Vitamin Pak.**

Your body is constantly fighting off invaders of all sorts. Thousands of bacteria, viruses and other infections are doing their best to enter our bodies and cause infection every day. A great way to address this concern is to target invaders before they have a chance to enter the body. In times like these, you can turn to products that are specifically formulated to address the need at hand: Colloidal Silver (Silver Shield, Silver Shield Gel), Pau D'Arco (capsules and lotion), Essential Oils: Tea Tree Oil can be mixed with water and sprayed on surfaces to combat microorganisms. Silver Shield Liquid can be added to your water to ensure its purity.

### **Stimulate Your Defenses**

Infection and illness can come from a variety of causes, but regardless of the cause, your body's reaction is similar. Generally, illness triggers a chain-reaction of activity among T-cells, killer cells, macrophages and other defenses within the body. Using simple products like, Zambroza,

Astragalus, Probiotic supplements (Bifidophilus Flora Force, Herbasaurus Chewable Bifidus), Echinacea/Golden Seal (liquid extract or capsules), Echinacea (Ultimate Echinacea liquid extract), Nature's Noni liquid, Vitamin C (chewable 250 mg, 500 mg with bioflavonoids, 1000 mg timed release) and Chinese Mineral Chi Tonic are products to use to stimulate

As with any cold or flu, one of the best ways to prevent contracting or spreading disease is by washing your hands several times a day. Teach your kids to do the same. I love how most everywhere I go now I see a little squirt bottle of disinfectant on the counter for washing our hands with. Most germs that infect us are first passed from our hands to our mouths and noses and then go on to infect the rest of the body. So this preventative measure alone will cut down on the spread of a virus or flu. Buy a little bottle and keep it on hand in your purse and car. Keep a spritz bottle of Tea Tree Oil also in your vehicle and spray it around to assist in disinfecting the area.

Just by reading this news letter has already put the thought out to encourage you to take **CHARGE OF YOUR HEALTH** – I pray that you all look at your diets closely and make sound decisions on how you can supplement your programs so that your body is in a **HEALTHY STATE** and **YOUR WARRIORS ARE MANNED!**

In closing I am passing on a story about onions and the flu that I received from a friend of mine. Onions come from the same family as garlic. Interesting that they both would have a form of sulfur in them and react like a natural penicillin. If you try the onions send me your testimonies along with your holistic testimonies.

### **ONIONS FOR COLLECTING THE FLU VIRUS**

“In 1919 when the flu killed 40 million people there was this Doctor that visited the many farmers to see if he could help them combat the flu. Many of the farmers and their family had contracted it and many died.

The doctor came upon this one farmer and to his surprise, everyone was very healthy. When the doctor asked what the farmer was doing that was different the wife replied that she had placed an unpeeled onion in a dish in the rooms of the home, (probably only two rooms back then). The doctor couldn't believe it and asked if he could have one of the onions and placed it under the microscope. She gave him one and when he did this, he did find the flu virus in the onion. It obviously absorbed the virus, therefore, keeping the family healthy.

Now, I heard this NEXT story from my hairdresser in AZ. She said that several years ago many of her employees were coming down with the flu and so were many of her customers. The next year she placed several bowls with onions around in her shop. To her surprise, none of her staff got sick. It must work.. (And no, she is not in the onion business.)

The moral of the story is, buy some onions and place them in bowls around your home. If you work at a desk, place one or two in your office or under your desk or even on top somewhere. Try it and see what happens. She said, “we did it last year and we never got the flu.” If this helps you and your loved ones from getting sick, all the better. Whatever, what have you to lose? Just a few bucks on onions!!!!!!!!!!!!!!

Blessings and appreciation to you all - Kathy Deane Health Educator  
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*December and January I will be at Yuma Arizona. If you need to contact me you may do so via email [nwhhi@junction.net](mailto:nwhhi@junction.net) also I will be able to call out using my 250-469-9583 – so if you need a telephone call leave your tel number for me via email and I will get to it as soon as I can.*