

# TAKING CARE OF COLDS AND FLUS

Colds and flus are caused by viruses. Lowered resistance can result from poor diet, lack of exercise, stress, and inadequate sleep. Much of prevention involves common sense personal care and positive lifestyle habits. Vital and energized bodies don't get sick as easily as stressed, toxic, and tired bodies. In the prevention of most illnesses, it's important to eat a wholesome and balanced diet, get regular exercise and proper sleep, and learn to deal healthfully with daily challenges.

## SPECIFIC TIPS FOR PREVENTING AND TREATING COLDS AND FLUS.

- **At the first sign of a cold or flu exercise to sweat** if your energy level is sufficient. Wear sweat suits during exercise to avoid exposure.
- **Get plenty of rest.**
- **Avoid excess sugar**, alcohol, and chemicals in your diet as these can weaken immune function. Eat natural, wholesome foods.
- Consume lots of vegetable soup with added garlic. Fresh garlic has antibiotic effects.
- **Drink lots of fluids**, especially water, unsweetened fresh juices and hot herbal teas.
- **Take additional vitamin C** preferably in the form of **unsweetened** citrus fruits juices.
- Take a basic multivitamin/mineral supplement appropriate for your age and gender, if necessary.
- **Use natural herbal remedies.**
- Zinc lozenges may be helpful for sore throats. For coughs and sore throats, also try slowly savoring and then swallowing a mixture of honey (1 tsp) with 1-2 teaspoons of lime juice. Ginger tea is also good for sore throats and chest congestion.
- Hot compresses ease coughing and chest congestion. This is warming tends to stimulate blood circulation and helps break up congestion.

## MINIMIZING THE TRANSMISSION OF THE VIRUS

Viruses are easily transmitted from person to person, particularly through coughing and sneezing. It is important to minimize exposure to persons who are ill and to be careful about the spread of germs.

- Take care of yourself at the **first sign** of a cold or flu.
- If you are coughing and sneezing excessively, you are encouraged to stay home, rest and drink lots of fluids.
- Cough and sneeze away from others, into a clean handkerchief or tissue.
- Dispose of soiled tissue appropriately. A small clear plastic bag is suggested.
- Wash your hands frequently during the day to protect yourself and others.
- Always have your own supply of tissue.
- Have a bottle of tap water handy for coughing fits.