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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

How To Beat The Coming Flu & Cold Season, Naturally

By Judy Thompson

In the last year or so, have you experienced one or more bad colds, or possibly had a bout with the flu? Numerous people, some even in our own local area, have actually been laid up with pneumonia!

In the last three decades there have been several viral and bacterial epidemics—and this at a time when we should have been able to expect the eradication of many infectious diseases. Why is this? Why does it seem that in recent years, in spite of all the wonderful medical help available, that people are sicker than ever?

Some people say this is due to the overuse of too-potent antibiotics or it might be because of the widespread use of vaccines. Plus, with globalization and the increasing availability of long distance flights, it is easier for infections to be spread around the world. There are already a number of infectious organisms that can and will be a major problem to patients, physicians, health care workers and others throughout the world.

With Methicillin Resistant Staphylococcus Aureus (MRSA) now reported in the "healthy community" it becomes clear that we need something that can take on these superbugs! A big concern is the possibility that multi-drug resistant germs will spread throughout our communities. If we can reduce the extent to which pharmaceutical antibiotics are used and not be so dependent on them, it stands to reason that when really needed, the drugs may be more effective.

What can the average person do to help prevent the common cold or some major illness? A lot! Learning how to eat healthy, get adequate exercise, and the right amount of sleep, are all important to preventing illness. However, just living a "healthy lifestyle" may not be enough to keep you from getting sick. We have so many viruses and toxins in our environment, that staying well can be quite a challenge.

But research has recently produced some really great solutions that can help you reduce your chance of being attacked by one of the superbugs, or if you do get hit with a superbug, the severity of your illness probably will not be as bad. Research has shown that low concentrations of allicin, derived from

garlic, is able to kill most of the superbugs. For more details, go to

www.4thebuzz.com

Here are some statistics from a Cold & Cough study conducted by Peter Josling. This was a double-blind, placebo-controlled survey. The purpose of the study was to determine whether a unique garlic supplement (Allisure) that contains stabilized allicin could prevent colds in healthy volunteers.

Here are the results.

- 65% reduction in common cold
- 80% reduction of severity of symptoms and duration
- 90% reduction of re-infection
- Product is well tolerated and offers many other advantages according to volunteer reports

It was concluded that allicin was overwhelmingly favored as a supplement. It was also determined that garlic is effective against salmonella, food poisoning, streptococcus and a host of other things. Garlic

can stimulate and boost the human immune system and is used in both treatment and prevention of diseases. Again, see

www.4thebuzz.com

for more details.

Another nutrient, ginger, when combined with allicin, has been shown to make allicin even more effective. Ginger provides nutritional support for the digestive and circulatory systems. There have been 19 double-blind studies about ginger and it is probably the best medication for treating nausea and sickness.

Since it may take awhile to build up your immune system to the point where you will be able to ward off most, if not all, of the possible superbugs that come your way, I believe that it would be wise to start now. Take care of your body from all angles: adequate sleep, improved nutrition, exercise, and consider the addition of nutrition supplements. A good general multi-vitamin and mineral supplement, plus allicin could be great starters for you to help prevent illness in your family.

﻿Judy Thompson is a former health teacher who believes that a person's lifestyle has a big impact on their health. She would like to help you be healthier by guiding you to some of the best and most reasonably priced nutrition supplements on the market. You are also invited to join her team in sharing these great products with others.

<http://www.ARealHealthNut.com>

Flu Shot Alternative – Seasonal Change

By J. Ratliff

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If you are among the millions of Americans this year who was not able to get a flu shot, then you should be aware of alternative medicines.

A product called Seasonal Change may help keep you from getting the Flu this season.

What is Season Change?

Progressive Health's Seasonal Change formula may be able to strengthen your immune system and help you recover from your seasonal illness such as the flu.

The national institute of health estimates over 108 million cases of a cold or flu are reported on a yearly basis.

People who take Progressive Health's Seasonal Change have a reduced risk of becoming ill. Studies show vitamins in our product may be utilized by white blood cells at 4 – 6 times the normal rate during an incidence of a cold or flu.

The common cold and flu are caused by viruses that attack the upper respiratory system. Natural supplements are almost always recommended before OTC drugs, here are some reasons why:

Possible side effects with pre-existing conditions or medications may prevent the use of OTC drugs
Certain occupations are restricted from use of antihistamines, such as pilots and truck drivers
Many believe natural products are better for you and more effective in the long run
Vaccinations may not be adequate protection.

To learn more about Seasonal Change, please visit

<http://www.flushot-alternative.com/>

Jamie is a technical and health writer for numerous websites. This article was recently written for

<http://www.flushot-alternative.com/>



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