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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!**

**Home Remedies For Flu**

**By Sharon Hopkins**

Flu is a respiratory infection caused by a variety of flu viruses. Flu is contagious and if you're around someone who coughs or sneezes, or simply touch any object already touched by someone contaminated with flu, you're bound to contract the infection.

Flu symptoms are easy to detect though they may appear few days later. Flu spreads at the slightest contact and before you feel the symptoms on yourself, you might have passed it to others. Symptoms include – body aches, chills, dry cough, fever, headache, sore throat and stuffy nose.

To prevent the flu bug, keep in mind the following - –Get a flu shot / vaccine.

–If there is flu epidemic in air, avoid crowded places like cinema halls, theatres, shopping centers, etc as virus spreads easily.

–Keep distance from people who sneeze and cough.

–Give up smoking and drinking alcohol as it can injure your respiratory tract and impair your resistance, making you more susceptible to flu.

–Wash your hands frequently in order to reduce your chance of infection.

–Reduce stress as stressed people are more prone to falling ill easily.

–Include low sweets diet and avoid fried foods.

–Avoid exposure to dust, chemicals as well as sudden and extreme temperature changes.

Since flu spreads at the slightest of contact, one should stay at home till fully recovered. It is best to rest in the bed as you will feel sick and tired to do anything else. If you are doing work despite being sick, you're prone to more complications.

## Home Remedies For Flu

Liquids are important as you can get the much needed nutrients when you don't feel like eating and it also keeps you from being dehydrated. Drink lots of liquids like water, soups, veg or non veg and other fluids like fruit juices. Beet and carrot juice, both are rich in nutrients. Fruit juice mixed with water in equal quantity and dash of sugar provides the necessary glucose.

By humidifying your room there will be less discomfort of a cough, sore throat or dry nasal passages. If you're blowing your nose continuously, it will be sore and red. Lubricate your nostrils with petroleum jelly products to decrease the irritation. For tired achy muscles, ease away the pain with a warm compress. Soak your feet in hot water to alleviate any headache or nasal congestion.

Ensure that your room has plenty of fresh air supply all the times. Prevent chills by wearing warm, close fitting clothes. Ask someone to give you a back rub as it activates the immune system to fight the flu. During flu, one should eat lightly. Snack on fruits, cereals, boiled food, etc.

If a sore or scratchy throat accompanies the flu infection, get relief by gargling with salt water solution. It will wash out any secretions collected in your throat.

Take a warm tbsp of honey mixed with lemon at night to get quick relief.

Warm water mixed with lemon and honey is good to loosen phlegm.

Gargle daily with 1 drop of each of tea tree oil and lemon mixed in glass of warm water. Stir well and do not swallow.

Add 10–20 drops of either tea tree, eucalyptus, lemon or lavender oil to your hot water bath. This helps your immune system fight the viral infect and ease your symptoms.

Take 1 tbsp of lukewarm honey mixed with 1/4 tsp of cinnamon powder daily for 3–4 days. It strengthens the immune system and protects the body from bacteria and viral attacks.

Juices of apple, pear, cranberry, pomegranate and dark grapes are often recommended for combating flu as they have properties that work against congestion and runny nose.

The reader of this article should exercise all precautions while following instructions on the recipes from this article. Avoid using if you are allergic to something. The responsibility lies with the reader, not the site, and the writer.

Sharon Hopkins manages

<http://www.home-remedies-for-you.com>

, providing information on home

based natural cures. If you are suffering from flu, read up on tried and tested home remedies for flu.

## **How To Prevent Flu/ Low Immune System And Natural Remedies.**

**By Pieterneel Van Giersbergen**

Years ago when worked in a small clinic the MD's stated; January, February March.....the busiest time of the year. After the holidays with too much candy, people seem to get sick. It is every year the same. Many years later: Yes I verified the fact that more people are sick, a lot of flu and complications. Doctor's offices, emergency department and hospitals these months are the busiest months of the year. Especially children and older people are mostly affected with the flu. Many people have complications of the flu from upset stomach, ear infections, chest congestion and sinus infections.

This year again many of my friends are sighing under this burden of the flu. My close family so far has not shown a sign. My remedies seems to pay of:

You want to hear my anti flu remedies:

1. Avoid sugar
2. Go on a liquid diet when feelings of run down
3. Start with every hour 2000 mg Vitamin C for at least 4 hours or when your bowel movements are starting to turn soupy
4. Start right away on Oil of Oregano at least for 14 days as flu is a viral infection.
5. Sleep well and avoiding stress is of course common sense, which is not common at all.

For more information on how to prevent flu's, see my article on my website. Keep reading: Louise Hayes says in her book "You can heal yourself" that people believe that they will get flu's...a mass believe idea.

Christiaane Beerlandt says in her book the keys to self-realization: you need time for yourself in a busy society. Your flu is a break through to not get serious illnesses, give it time. (1 ½ page more of info).

Enjoy your life eat and live healthy. Give up unnecessary suffering. Mr. Ouspensky said it is the last thing people want to give up.

For more questions please feel free to check out my website with more then 120 pages of common sense healing.

Warmly Pieterneel.

Pieterneel has been an R.N for over 25 years. She develops natural products and writes original articles on preventive health . Her site on natural health products has over 120 articles common sense healing.

<http://www.pieternel.com>



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