

NATURAL FLU SOLUTIONS

Simple suggestions to avoid the flu:

1. **Avoid sugar.** Since sugar works by breaking down the immune system, it is especially important to eliminate during times of stress.
2. **Get enough rest.** Getting the proper amount of sleep will help build up your resistance to potential invaders.
3. **Have tools to address stress.** We all deal with some type of stress on a daily basis. Our bodies lose the ability to fight off the flu and other illnesses when we let the stress overwhelm us. Research has shown that over 90% of illness is stress-related. Many tools are available to help minimize the effects of stress: journaling, meditation, walking and other exercise, support from friends, etc.
4. **Exercise.** Exercise helps your immune system by improving circulation, lymphatic flow, and toxin release. It also stimulates endorphins “the happy hormones” and it is harder to get sick when you are happy!
5. **Eat Garlic Regularly.** Eating fresh garlic everyday will help keep the flu at bay. The anti-fungal, anti-viral, and anti-bacterial components in garlic are destroyed within one hour of smashing a garlic clove. Therefore, it is best fresh. Many of the garlic pills on the market are worthless.
6. **Wash Your Hands.** Good hand hygiene will help decrease the spread of those ever-present germs. Avoid disinfecting with anti-bacterial soaps, gels, and wipes. Most of these are loaded with toxins and are more harmful than the germs!!