

Flu Season: 10 Best Practices to Keep You Well

Influenza or "flu" refers to the many strains of viruses that are more intense than the viruses that cause the common cold. Symptoms include fever, aching muscles, headache, fatigue, and may involve the digestive tract, causing diarrhea, nausea, or vomiting.

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1. ADEQUATE SLEEP IS ESSENTIAL

Get plenty of rest to revitalize the body and mind; about 7 to 9 hours a night. Take time out from the busy holiday schedule and relax. Skip a party or two. Schedule time for activities you truly enjoy.

2. PROPER NUTRITION

Avoid sugars, refined foods, and caffeine; they create a strain on one's health. Eat plenty of fruits and dark green leafy vegetables. Winter is the time for citrus, apples, and pears. Raw fruits are naturally sweet & loaded with fiber, antioxidants & Vitamin C. Dark leafy green vegetable such as spinach, kale, and chard regulate the body's temperature. Winter squashes are a great source of Vitamins A, C, B1, B5, niacin, folate, and Omega 3 fatty acids.

Buy the freshest fruits and vegetables. Look for locally grown produce. Many farmers' markets are open year-round. Bone broths are warming, easy to digest, and support immune function.

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3. VITAMINS B12, C & D ARE IMPORTANT DURING THE WINTER MONTHS

Look for vitamins that are balanced blends derived from food sources. Studies have shown that Astragalus, a Chinese herb, has antiviral properties and stimulates the immune system.

4. WASH YOUR HANDSAVOID SANITIZERS

Viruses can be transmitted from direct contact with people who are sick. Avoid spreading viruses; cover your mouth and nose when you sneeze or cough with a tissue or by using the crook of your elbow. Hand sanitizers can irritate the skin.

(see reverse)

5. HOMEOPATHIC SUPPORT DURING FLU OUTBREAK

Influezinum 9C, once a week during flu outbreak. Every year homeopathic pharmacies create a new version designed for the most current strains of flu viruses. Influenzimum is not recommended if you have had a flu shot.

6. FEEL THE FLU COMING ON?

Oscillococcinum 200C; can be the perfect thing to throw off an oncoming virus.

My favorite is Ferrum Phosphoricum 6X. Take four pellets in warm water every hour for the first 12-hours. Children ages 1-6 should take two pellets.

7. HAVE THE FLU? TAKE CARE OF YOURSELF!

Rest. Drink lots of liquids. Stay warm - wear a hat, scarf, and slippers. Use black elderberry herbal syrup to soothe a cough and sore throat. Try a neti pot or saline spray to open blocked sinus passages.

8. TWO HOMEOPATHIC REMEDIES TO CONSIDER

There are hundreds homeopathic remedies that can aid in a cold or flu. Here are two common remedies. Aconite napellus 30C a likely choice when a fever comes on suddenly after being exposed to a chill.

Dull, dizzy, or drowsy? Increased desire to urinate with only dribbles? Gelsemium sempervirens 30C for flu that comes on slowly with fatigue.

9. TEST A REMEDY

Drop one pellet in a glass of water, stir and take one spoonful, repeat every 15 to 20 minutes. If you aren't starting to feel better in an hour, discontinue it is not the right remedy for you.

10. GET MORE INFORMATION & HELP

If you have gotten the flu or a cold and you can't seem to recover, it is time to see a professional homeopath. Remember, if you are under the care of a homeopath, consult with your homeopath first before taking any homeopathic remedy.

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HOMEOPATHIC WOMEN'S WELLNESS PACKAGES OFFERED

- Regulating Symptoms Associated with PMS & PMDD
- Understanding and Regulating Symptoms Associated with Menopause
- Improving Thyroid Health
- Reducing/Eliminating Fibroids
- And More

Call Myra Nissen, CCH, RSHom(NA), Board Certified Classical Homeopath, at 925.826.3858 to schedule a wellness assessment. See what Homeopathy can do for you.

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