Natural Help 4... Flu

What is the Flu?

Flu is the abbreviated term for the **influenza virus**, which is a **highly contagious viral infection of the respiratory tract**. The virus affects the nose, throat, bronchial tubes, and lungs, and may also cause inflammation and pain in muscles and joints.

It is **spread from person to person through airborne droplets** when an infected person either coughs or sneezes. The influenza virus attacks cells in an uninfected person's breathing passages and begins to replicate within six hours.

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Are there Different Types of Flu?

The Flu virus is classified into three categories – Type A, B, and C.

- **Type A** viruses can infect people, birds, pigs, horses, seals, whales, and other animals. This type of virus can spread around the world causing **seasonal epidemics.** Recent examples included the avian flu, or bird flu.
- **Type B** viruses infect people and result in **smaller, localized outbreaks**. People infected with type B virus are often hospitalized with increased rates of death occurring.
- **Type C** viruses cause **mild illness** in humans without the onset of an epidemic or pandemic.

The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

Diagnosing the Flu

Most people are familiar with the symptoms of the flu, but they can be mistaken for a severe cold in some cases. However, **the flu infection is far more serious** and can potentially cause severe health complications.

Symptoms include a fever, muscle aches, chills, headaches, coughing, congestion and extreme fatigue – although not all of these symptoms are present in every case. If your symptoms are severe, it is usually recommended that you seek medical assistance to obtain a proper diagnosis. In particular, the **avian flu or bird flu cannot be diagnosed by symptoms alone**, so seeking medical treatment is necessary.

There are a wide variety of viral infections that may cause flu-like symptoms, therefore it is **important to rule out other possibilities** before obtaining treatment.

What Causes Influenza?

The flu virus attacks the body's cells and mutates into different forms. Because of the numerous different strains of the virus it is **not always possible to protect yourself** against the virus. The influenza virus is transmitted through direct contact with an infected person's secretions (such as by inhaling droplets when they have coughed or sneezed).

It can also be spread by handling objects such as crockery, cutlery, doorknobs, or telephone receivers that an infected person has been in contact with.

Help for the Flu

The best way to treat the flu is to **get plenty of bed rest** and **drink lots of fluids**. Conventional doctors often recommend flu vaccines for high-risk groups such as young children, the elderly, those with chronic diseases, weak immune systems, or professionals working with high-risk groups.

There are several controversies regarding the **conventional flu vaccine**, including the **risk of side effects**. In addition, recent research has suggested that elderly people who have received the flu vaccine **do not necessarily have a lower rate of infection** compared to those who do not.

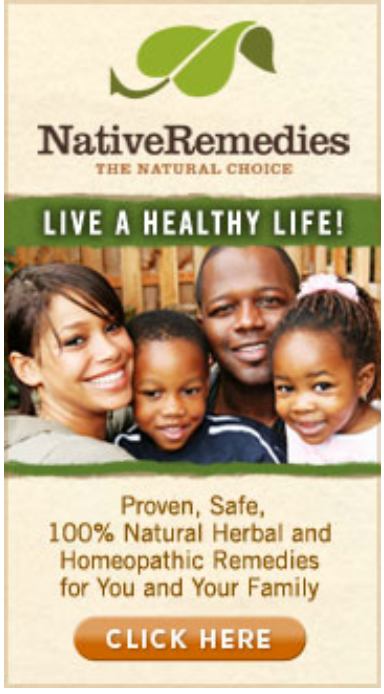
Most people who are infected with the flu **recover completely in 1 to 2 weeks**. In some cases, severe complications such as pneumonia, nerve and brain damage may develop from a flu infection. However, **most people recover from the flu without further complications**, particularly if their immune systems are strong and healthy.

Treatments for the Flu

Over-the-counter medication such as aspirin, cough syrups, decongestants or throat lozenges are widely available to relieve flu symptoms. More serious cases of the flu are sometimes treated with prescription medication such as antiviral drugs. As the flu is a viral infection, **antibiotics are not effective in the treatment** program, although they may be recommended if there is a secondary bacterial infection.

Many people are not aware that there are several **natural and holistic treatments that are also extremely effective at fighting symptoms,** in addition to homeopathic alternatives to the conventional flu vaccine. Treatments such as **herbal and homeopathic remedies address the underlying cause**, while concurrently **providing improved optimal health**, without side effects or compromising the immune system (as can occur with antibiotic use).

Using a combination of herbs such as Hypoxis rooperi and Astralagus membranaceus **boosts and strengthens the immune system**. Echinacea is another popular herb well-known as nature's antibiotic for stopping the onset of flu symptoms, preventing or shortening the length of infection, and supporting the immune system. Remember to always source your herbal and homeopathic remedies from reputable suppliers in order to ensure therapeutic dosage, safety, and maximum effectiveness.



Michele Carelse, Clinical Psychologist

All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

Natural Herbal and Homeopathic Remedies for Influenza

Natural herbal and homeopathic remedies have also been proven to be extremely beneficial in treating influenza **without drying out the mucus membranes** (which happens with conventional decongestants) and **without robbing the body of good bacteria** (which happens with conventional antibiotics). Using a natural cold and flu remedy will not only help you to address the underlying cause of influenza, but ensure that you maintain optimal health and well-being.

Herbs such as Hypoxis rooperi and Astralagus membranaceus help to boost the immune system and act as **strengthening tonics**. Other effective healing herbs that **provide a natural cold and flu remedy** include Yarrow, Elderflower, and Peppermint. When these herbs are combined together, they can help to **reduce fever** and act as an inhalant to **relieve chest congestion** effectively. Echinacea is another powerful herb that has been shown to **greatly support the immune system**, and thus help the body to ward off the flu virus. Remember to source herbal remedies from a reputable company, as therapeutic dosage and ingredient quality is important when using herbal medicines.

Many people are unaware that there are **effective homeopathic alternatives to the conventional flu vaccine**. Orally administered, homeopathic flu vaccines may be used by all ages and can help to prevent influenza infection, without the side effects and complications sometimes experienced by the conventional flu vaccine.

Prevention is Best

In order to prevent a flu infection, you need to **maintain a healthy immune system**. In addition, vaccinations do not provide protection against certain strains of influenza such as the avian flu or bird flu, so taking preventative measures can greatly support your health.

Follow these helpful hints to **reduce your chance of becoming infected** with the influenza virus this season:

- **Wash your hands frequently**, particularly underneath your fingernails
- **Eat immune-enhancing foods** that are chemical-free and organically grown
- A daily cup of natural organic **yogurt can reduce your susceptibility** to flu infections
- **Cover your mouth or nose** with a tissue when you cough and sneeze
- Drink eight glasses of water daily to **cleanse your body's system**
- **Increase your supplement intake** with Vitamin C and cod liver oil
- Strive to obtain **consistent, adequate sleep and regular exercise** help to ward off infections
- **Reduce stress** by practicing relaxation techniques, exercising, or listening to music
- **Avoid sharing personal items** such as cups with someone who has the flu

Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it HERE! We will do our best to get you an answer within 24 hours.

Great Health Sites

Pet Herbal Info Blog

The Natural Beat Blog

PetAlive Natural & Herbal Remedies for Pets

Native Remedies - Natural & Herbal Remedies

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- **Limit your alcohol consumption**, as alcohol dehydrates the body and leaves you more prone to infection

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to

Six Good Reasons to choose Native Remedies as your trusted suppliers of

promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

ComfiCoff: Supports relaxation to soothe throat and chest discomfort, irritation and congestion.

ComfiCoff is a 100% safe and natural remedy containing herbal ingredients. These ingredients are combined in a syrup base to **provide rapid and effective support for the throat and chest** in children and adults, **promoting clear and open airways**.

Like all Native Remedies products, ComfiCoff is 100% natural and manufactured according to the highest pharmaceutical standards. Individual ingredients are well-researched and have been specially chosen for their high safety profile. ComfiCoff can therefore be **safely used to help both children and adults, without any**

herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email Ask Our Experts service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional One Year Money Back Guarantee.

unwanted side effects.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

Learn more about ComfiCoff

Throat and Tonsil Dr.: Soothe & supports the throat while promoting tonsil health and immune functioning.

Throat and Tonsil Dr. is a unique, 100% natural blend of herbal ingredients chosen for their ability to **support throat tissue health,** soothe the throat and related organs such as the tonsils, as well as promote health in the lymphatic system.

Throat and Tonsil Dr. supports the body's natural ability to resist and fight infection. It also supports the **healthy functioning of the throat, tonsils, and immune system,** thereby helping to maintain the natural defense against pathogens and maintain optimum performance.

Throat and Tonsil Dr. can benefit those individuals needing to support routine immune strength to guard against common conditions associated with childhood. In young, developing immune systems (such as in childhood) the throat and tonsils may be especially vulnerable, so measures to **support tonsil health** are essential.

Throat and Tonsil Dr. can be used when needed, without compromising health and **without the risk of serious side effects**.

Learn more about Throat and Tonsil Dr.

Kiddie Boost: Support healthy immune functioning in children.

KiddieBoost is a 100% safe and natural formula containing carefully selected herbal ingredients known for their **tonic effects on the immune system**, as well as their high safety profile in children's remedies, compared to possibly harsh antibiotic side effects in children.

When children attend school, daycare, or preschool, they are particularly prone to picking up viruses and bugs. To help protect their immune systems, KiddieBoost has been specifically formulated to **support a child's immune system** from the age of 12 months. KiddieBoost comes in a convenient drop formula that is easy to administer to children.

KiddieBoost is developed with care by our team of specialists, is 100% natural, and manufactured according to the highest pharmaceutical standards using the **whole spectrum method** of herbal extraction.

This method ensures the bioavailability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly **reduces the likelihood of side effects** and maintains all active ingredients in perfect

Read more about the Native Remedies Full Spectrum Approach™

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balance – exactly as nature intended!

Learn more about Kiddie Boost

Immunity Plus: For full immune system support for adults and teens

ImmunityPlus is a 100% safe, non-addictive natural herbal remedy formulated to safely maintain the **health and systemic balance of the immune system**, without harmful side effects and stimulants.

ImmunityPlus contains a selection of herbs known for their supportive function in maintaining immune system health and well-being. It supports the healthy functioning of the immune system, thereby helping to maintain the **natural defense against pathogens** and optimum performance.

As we grow older, we sometimes begin to notice that our immune systems are not as good as they used to be. ImmunityPlus can especially benefit those individuals needing to support routine immune strength to guard against common conditions associated with the maturing of cells.

ImmunityPlus can be used consistently, without compromising health and **not causing serious side effects,** to help maintain the body's natural ability to fight viral and bacterial infections-- while also supporting healthy convalescence.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bioavailability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

Learn more about Immunity Plus

Read the testimonials for these quality products here!

The statements regarding these products have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. The information on this Web site or in emails is designed for educational purposes only. It is not intended to be a substitute for informed medical advice or care. You should not use this information to diagnose or treat any health problems or illnesses without consulting your pediatrician or family doctor. Please consult a doctor with any questions or concerns you might have regarding your or your child's condition.

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