



Fight the Flu

Cough, Cough... oh the sweet sound of flu season. The flu is a very contagious disease that spreads through droplets made when people with the flu cough, sneeze, or talk and others breathe in these droplets or touch surfaces where the droplets have landed. Typical symptoms of the flu includes: slight sore throat, high fever, headaches, cough, congestion, muscle aches and soreness.

Each flu season, various flu viruses spread and affect people differently based on their body's ability to fight infection. Certain people are at a greater risk for severe illness. This includes young children, older adults, women who are pregnant, and people with long term health conditions such as asthma, diabetes and heart disease. While we cannot always prevent the flu, having a strong immune system is one of the best protections against these pathogens. Here is some flu fighting strategies to help you stay well:

1. **Clean Hygiene**

Clean hygiene is the best way to limit the spread of viruses. You should always sneeze into your elbow or tissue and wash your hands often with soap. Try to keep your hands away from your face because of the different entry points from where the virus can enter.

2. **Drink plenty of fluids**

When an individual is chronically dehydrated, thirst is most often confused for hunger. Drinking water is critical for all major physiological systems and will help flush toxins and keep your respiratory system hydrated.

3. **Get plenty of rest and sleep**

Sleep is important for strengthening your body, including your immune system, healing damaged tissue, mental recovery and hormonal balance.

4. **Steam Inhalation with essential oil**

This is an effective home-care treatment for any head or sinus congestion. Pour hot water into a bowl and add 3 drops of a chosen essential oil, then place your head about 12 inches above the bowl and cover your head with a towel. Keep your eyes shut and breathe deeply through your nose for 1-2 minutes.

5. **Add immune boosting food to your diet**

Eating unpasteurized honey, oatmeal, ginger, onions, raw garlic and foods containing vitamin C make for great immune strengtheners.

6. **Get your flu shot**

While there are many different flu viruses, the flu shot will protect against the viruses that research indicates will be most common.

Source:

http://www.huffingtonpost.ca/dr-alison-chen-nd/cold-and-flu-remedies_b_9438644.html

<https://www.cdc.gov/flu/protect/preventing.htm>