

Cold & Flu Remedies

Cold & Flu viruses reproduce in the nose and throat. Sore throat, runny nose, sneezing, etc. are all manifestations of this process. This is the time to stop the progression, and the best way to do this is by making the environment as inhospitable as possible for the virus. Here are some ways to kill or inhibit the viral activity.

Heat: Steam inhalations with or without antibacterial herbs. These include Lavender, Tea Tree, Rosemary, Sage, Thyme. All these herbs have antiviral, antibacterial, antifungal, antiseptic properties. Use either essential oils or a tea made from them. Inhaling the vapors of the tea while drinking it also works twofold.

Making the throat difficult for the virus to adhere to-herbs such as slippery elm in lozenge or tea form, and zinc lozenges such as Cold-Eze are very effective.

Tea: Herb teas containing cold & flu fighting herbs such as ginger, sage, thyme, blackberry, raspberry, elderberry, rose hips, cloves, cinnamon, lemon, orange, etc. The heat from the tea also helps kill viruses, the vapors help relieve congestion.

Elderberry: Chemical compound in elder actually coats healthy cells to prevent virus from penetrating them and reproducing. Made into a tea or syrup such as Sambucol is very effective.

Echinacea: Immune system booster

Garlic: Antiviral, antibacterial, antifungal, antiseptic, Immune system booster

Vitamin C: Studies have been done for years on the effectiveness of Vitamin C on colds & flu. It is still considered an excellent remedy.

Honey: Honey is antiviral, antibacterial, and antiseptic and used in tea is also a great way to combat viruses, along with a squeeze of lemon or orange into the tea.

Other things to consider: Avoid sugar and sweets when trying to fight a cold, sugar weakens the immune system, along with stress and fatigue. Get plenty of rest, and start all herbal remedies at the FIRST sign of symptoms.