

Recommendations for Decreasing Colds, Flu, and Infections

When you first feel yourself become sick, there are things you can do to avoid becoming ill or to shorten the duration of the illness. These suggestions are especially helpful if you do them early on as possible. They will help you fend off flu, colds or minor infections. Schedule an appointment with your provider if your symptoms become severe. These are some steps you can take to boost your immunity:

Eat Very Lightly Or Not At All:

With most illnesses the appetite is diminished. This is a natural response of the body. Energy is needed to fight off the "bug" and the body does not have the energy to process food as well. Give the digestive tract a rest!

Get Rest As Soon As Possible:

Many people ignore the early warning signs of illness and keep working till they "drop." You will take longer to heal if you allow the illness to get a foothold. If you feel a sore throat, headache, congestion, etc., coming on, **take it easy**. If possible, take the day off from work. This may prevent you from having to take three days off later on.

Drink Plenty Of Fluids:

This standard advice works. You can clear the toxins from the "bug" out of your system with large amounts of filtered water and herb teas.

Supplements:

Many supplements can support immune function at the onset of symptoms.

Home Hydrotherapy:

Hot Foot Bath

Soak feet in hot water while wrapped in a warm wool blanket. Put a cold cloth on your head and relax while you sit in a comfortable position for 10-15 minutes. Take care to avoid getting chilled after this treatment.

Throat or Chest Compress

Warm the throat or chest with a warm washcloth or hot shower. Dry the skin thoroughly and apply a thin cotton wrap (to Throat) or thin cotton T-shirt (to chest) that has been soaked in cold water and wrung out so that it is not dripping wet. Cover this with a wool scarf (for throat) or wool sweater (for chest). Go to bed this way. By morning the wrap or T-shirt will be dry. This treatment increases circulation and increases the white blood cell activity.