

Here are some Alternative Flu Suggestions That Work Fast and Naturally

The supplements listed below are Nutri-West and Standard Process brand.

- TotalVirx, Total Multimune, Congaplex - Take two tablets of each initially and then one per hour thereafter for the first day and then lower the dose. If you can support the flu early, the flu should nearly be gone in 24 hours.
- Add Cataplex C, three tablets every 4 hours.
- Vomiting- add L-Glutamine Plus, 4 Tablets initially and then one per hour.
- Sore or scratchy throat- add Herbal Throat Spray hourly.
- Bowel disturbance- add Total Probiotics, one capsule every 4 hours.
- Drink plenty of filtered water and rest.
- Epsom Salts & Baking Soda Baths- soaking in a hot bath for 20 minutes with 1-2 cups of Epsom Salts and 1 cup of Baking Soda will be very helpful.
- Upset stomach or body aches- Boil freshly sliced or grated ginger root, and let it steep for 10 minutes. Pour 1/2 cup of ginger tea into a mug, and dilute it with 1/2 cup of filtered water. Squeeze 1/2 of a small lemon into the cup, and add a touch of raw honey for taste. Use this tea to soothe aches, and calm the digestive system. If you are feeling achy, adding ginger water to the bath is often helpful, or you can store the remainder of the tea in the refrigerator, and reheat as needed.
- Sinus/chest congestion- add a few drops of eucalyptus oil to castor oil or olive oil, soak a flannel cloth in the oil, place the cloth on the chest, cover the cloth with plastic wrap, and place a warm water bottle/beaded heat pack over the cloth for 30 minutes. You can also place a towel over the cloth and plastic wrap to insulate your clothes, and keep it on your chest as you sleep.