

Natural Ways to help you Avoid the Swine Flu Virus

Loads of people are coming into the store at the moment worried about catching swine flu and asking for advice about different products. I think anything we recommend can't surpass having a good diet with lots of fresh fruit and vegetables, preferably organic, fresh air, exercise and a happy, positive outlook on life.

That said, we have a load of remedies, which we recommend, in store, which will support the natural strength of your immune system.

Vitamin C

A potent immune stimulating nutrient. It has been shown to inhibit viral replication and may reduce the severity of the common cold.

Supplementation with Ester C provides an effective way of building Vitamin C reserves, even when small amounts of ascorbate are used.

[For more info on Ester C click here](#)

Zinc

Zinc is important for about 200 enzyme pathways in the body and plays a powerful role in immune function, activating the T lymphocytes. I recommend a zinc picolinate or citrate which are very absorbable forms.

[For more info on Zinc click here](#)

Beta Glucans

There have been a lot of press articles recently about the benefits of beta glucans. On Talksport radio, they were talking about how effect beta glucans can be when taken with Vitamin D3 for swine flu, some people think it is as effective as Tamiflu but without any side effects that the vaccine can have.

Beta glucans enhances the immune system by strengthening your innate immune system. It improves the body's ability to deal with any virus, bacterial or fungal infection. It is made up of broken yeast cell walls, but has no contraindications, even for those with a yeast sensitivity or candida.

Swine flu seems to be affecting a lot of children and also pregnant mums are in the 'at risk' category. The beauty of beta glucans is that it can be taken if pregnant, if you are on medication and is ideal for children. In fact, in a lot of Scandinavian countries, beta glucans is added to formula milk to help children resist allergies. Therefore the added benefit of taking beta glucans during this summer is that it should also help improve hay fever or allergy type symptoms.

I recommend either Pharmanord or Solgar. I suggest that you take it once daily, but if you feel like you have a compromised immune system or that you have been contact with others who are ill, increase the daily dose to two or more.

[For more info on Beta glucans click here](#)

Herbal Remedies

There are absolutely loads of herbal remedies, which can help, maintain your immune function: olive leaf, Oregon grape, Echinacea to name just a few.

If you wanted to pin me down and ask for my favourite it would have to be Black Elderberry!

Black Elderberry

is the oldest treatment on the planet for colds and flu. It has been shown to reduce the symptoms and the duration of several types of influenza viruses. Components of black elder actually stop the influenza virus from entering our cells and multiplying. Black Elder is also a major anti-oxidant and the most complete detox herb available as it raises immunity, opens the skin to stimulate perspiration and gently stimulates the bowels and kidneys. It is a very safe herb and can be used for all ages.

The Swine flu virus seems to be affecting mainly children and young people who are more likely to turn their noses up at anything that doesn't taste good. I can assure you that Black Elder is delicious; you can also make it into a hot drink with some honey, preferably manuka which has its own immune boosting properties to really fight off any potential infections.

[For more info on Black Elderberry click here](#)

Natures Answer Black Elder Complex for Children contains Astralagus and Echinacea.

[For more info on Black Elder for Children click here](#)

Astralagus

is also a great herb. It is often referred to as Chinese Echinacea and is a wonderful physical tonic. It stimulates the immune system and helps fight infection. It is particularly useful for long-term chronic infections and for those with impaired immunity.

[For more info on Astralagus click here](#)

Echinacea

is the primary herbal immune stimulants that have become one of the most popular herbs of our age. It can be used to prevent infections but also to raise an immune response if you have an infection.

Generally with both Astragalus and Echinacea I would take them 3 times a day if you are feeling ill until you start to feel better. To help stave off illness, I would take them one week on and one week off in order to spike your immune system.

[For more info on Echinacea click here](#)

Viridian Echinacea/Elderberry throat spray

One of our most popular products in store for immune maintenance is the **Viridian Echinacea/Elderberry** throat spray. It tastes delicious and is really soothing for sore throats as it has honey in the formula. It is great for having in your bag in case of going into crowds of people, particularly when they may be coughing or sneezing, it is also useful for travel as so often people pick up bugs on long haul flights. It also can be used as a hand sanitizer.

[For more info on Echinacea/Elderberry throat spray click here](#)

Good hygiene and clean hands

One of the best ways of avoiding picking up the virus is to maintain good hygiene and clean hands. We have a number of products in store which can help. First of all, **Citroxx** is a range of products including hand sanitizers and wipes, which have been shown to kill 99.998% of viruses, bacteria, protozoa and fungi, including the swine flu virus. It also is quite moisturizing to the hands rather than drying as a lot of products can be. Also don't forget to use the Viridian Echinacea Throat Spray.

[For more info on Citroxx click here](#)

I have also recorded this as a podcast, which you can listen to online or download and listen to later

[To listen to the podcast please click here](#)

As always, I love answering your questions – just email them to me here @

info@naturaltherapycentre.co.uk

Or call me on: 01707 392020 (WGC shop) Or 01992 550101 (Hertford Shop)

Wishing you The Best of Health,

Julie

PS You can tweet me on [Twitter](#) or join me on [Facebook](#) now too!