

Remedies 4

colds & flu

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Remedies 4... colds & flu

Companion Remedies for Colds & Flu

[Immunity Plus](#) - For full immune system support

[Congesto-K Pillow Spritzer](#) - To keep airways clear and aid in relaxation and restful sleep

[Congesto-K KiddieRub](#) - Chest massage oil for a child's congested nose and chest

[Viral-Protex](#) - an excellent formula, helping give your immune system that extra 'edge' when it is needed.

[KiddieBoost](#) - Support healthy immune functioning in children

[KiddieCool](#) - Helps to calm, soothe and reduce fever in children

[Throat and Tonsil Dr.](#) - To soothe the throat, promote tonsil health, & support immune functioning

[ComfiCoff](#) - Naturally eases throat and chest discomfort

[CroupEx Sprinkles](#) is a safe, non-addictive FDA registered natural remedy, containing 100% homeopathic ingredients especially selected to temporarily relieve chest congestion and barking cough in babies and children.

[Bio-Oxidate Defense](#) - Supports cell integrity with natural antioxidants to discourage aging due to lifestyle factors

[AdaptoZen](#) - Supports systemic balance, plus encourages resistance to physical, chemical and biological stressors

[SOS Histadrops](#) - Clears symptoms of allergies, hayfever, and allergic rhinitis without drowsiness

[AllergiClear](#) - Stay allergy-free using natural immune system support

[Sniffly Sprinkles](#) - Helps keep airways open and children breathing easy

[Viral-Protex](#) - an excellent formula, helping give your immune



[Elderberry Syrup](#)

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[Mushroom Glyco Nutrients](#)

NOW® Mushroom GlycoNutrients is a nutritional supplement designed to support



[Zenergize Immunity, Citrus](#)

Getting sick (or at least pretending to) was sort of fun back in the old da

system that extra 'edge' when it is needed.

[BaniFlu](#) - Homeopathic remedy temporarily protects against flu virus and germs - safe for all ages

[FluGo](#) - Homeopathic remedy temporarily relieves symptoms of the flu or cold like cough, runny nose, fever, sore throat and fatigue

Ward off the all-too-common cold or flu with a great natural healing remedy

If you begin to feel any symptoms, crush (crushing releases an enzyme to help with digestion. If you have the time, also wait five to 15 minutes, to further enhance the effect of the enzyme) two [Cloves](#) of [Garlic](#) and chop into the size of small aspirin. Then swallow with water. Do this up to three times a day if you can for several days and hopefully, your symptoms will go away!

If you're concerned about chasing off anyone who comes close to you, chew on some [Fennel](#) seeds (found in the spice section of your grocery store -- they're pretty tasty) or some [Parsley](#).

To try and prevent getting a cold or the flu at all, chop up one or two [Cloves](#) three or four times a week and take as above.

Preventing Colds and Flu

Daily doses of [Vitamin C](#), [Garlic](#), [Echinacea](#) and [Astragalus](#) can help boost your immunity. Probably the single best measure you can take to avoid getting the flu or a cold during the cold season is to wash your hands often and keep them away from your eyes and nose.

Also, try to avoid contact with people who have respiratory illnesses. Airborne droplets from sneezes and coughs are what spread the influenza virus from person to person. So when you're sick, don't go to work. Don't spread those viral droplets around the office. Instead, stay home, get bed rest, drink nondairy fluids, take the [Vitamin C](#) and [Herbs](#) mentioned above, and - most beneficial - use [Sage](#) and/or [Eucalyptus](#) steam inhalations

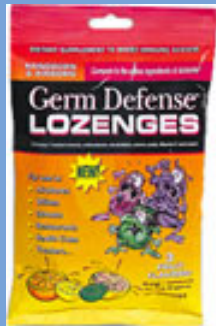
Antibacterial Room Spray

Here is an excellent antiseptic and freshening room spray. It contains [Lavender](#) and [Thyme](#) oils, both of which are antiseptic and specific to lung infections. If you are traveling, you might like to use



[VRL-X](#)

Overall health can often occur naturally if the body receives the proper nu



[Germ Defense Lozenges](#)

Germ Defense Lozenges are dietary supplements used to boost your immune sys



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it in your hotel room.

1. Fill a 2-ounce glass spray bottle with distilled water.
2. Add to it 7 drops of [Lavender](#) oil and 4 drops of [Thyme](#) oil.
3. Replace the spray top and spray!

Royal Herbal Tea For Severe Colds

Useful to treat severe cold symptoms.

- 1 cup - dried [Pennyroyal](#)
- 1 cup - dried [Catnip](#)
- 1 cup - dried [Horehound](#)
- 1 cup - dried [Spearmint](#)
- 1 cup - dried [Sage](#)
- 1 cup - dried [Verbena](#)
- 1 cup - dried white [Yarrow](#)
- Honey to taste.

Mix the [Herbs](#). Pour 1 pint of boiling water over 2-1/2 tablespoons of the herb mix. Cover and let stand 10 minutes. Strain. Sweeten with honey.

Reheat and drink 1 cup every 2-3 hours. Use more often if [Sweating](#) is desired.

Essential Oils for Congestion

[Eucalyptus](#) Globulous, [Eucalyptus Radiata](#), [Rosemary](#), [Lavender](#) Spike and [Tea Tree](#).

They loosen congestion, help fight viral and bacterial infections while lifting the spirits. Mix 10 drops in 1 Tablespoon [Carrier Oil](#) and massage upper chest and back. or Place 3 drops on a tissue and inhale, pause and inhale again.

Eucalyptus to ease sinus, colds, flu

Here is a recipe for the common cold using Eucalyptus:

Use the following oils in a hot bath. Lie back and inhale deeply:

- [Thyme](#) 2 drops

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- [Tea Tree](#) 2 drops
- [Eucalyptus](#) 1 drop
- [Lemon](#) 3 drops

For the steam inhalation method, use one drop each of the following: [Thyme](#), [Tea Tree](#), [Lavender](#), and [Clove](#).

Carry with you a tissue on which you have placed one drop each of [Thyme](#), [Peppermint](#), [Eucalyptus](#), and [Clove](#), and inhale deeply whenever possible.

Massage around the chest, neck, and sinus area (forehead, nose, and cheekbones) with the following:

- [Lemon](#) 1 drop
- [Eucalyptus](#) 2 drops
- [Rosemary](#) 3 drops

Diluted in 1 teaspoon Massage Oil.

Homemade Nasal Inhaler

For those nasal allergy symptoms

You'll need:

- rock salt
- 2 d. [Eucalyptus](#)
- 2 d. [Rosemary](#)
- 1 d. [Peppermint](#)

Put a few pieces of rock salt into a glass vial, add the eos. The salt will absorb the oil. Use to inhale the vapors when you have a cold or sinus congestion

Make Your Own Aromatherapy Inhaler

A homemade inhaler, that is very easy to stick in a pocket or purse is made by simply saving an empty chap stick tube. Wash out with hot [Soap](#) and water to remove all traces of chap stick and let air dry. Next put a piece of cotton in the inhaler and measure the drops of essential oils for your blend directly on the cotton.



From "Free Yourself With Aromatherapy" by PK Enterprises You can use just one eo, or your favorite blend with this.

Herbal Blood Purifier for Treating a Cold

- 2 oz. [Echinacea](#) root, 1 oz.
- [Yellow Dock](#) root
- 1 oz. [Golden Seal](#) root
- 1/2 oz. [Ginseng](#) root

Powder [Herbs](#) and mix together. Put into size 00 capsules and take 2 capsules 3 times a day for 10 days.

This combination is good for just about any illness..

Colds With Flu Symptoms

Mix 1 cup each of [Plantain](#), [Black Elder Flowers](#), [Juniper](#) berries, [Rosemary](#), Irish moss and [Peppermint](#), Steep 1tsp. of the herb mix in 1 cup boiling water for 15 min., strain reheat and sweeten, drink twice a daily.

Congestion with cold

Add 1 ounce of [Comfrey](#) root(cut up fine) to 1 pint of water, bring to a boil then simmer for 30 min...strain and sweeten take this 3-4 times a day by the cup, [Comfrey](#) reduces the inflammation in the bronchial and alimentary system. It acts as an emollient, demulcent and expectorant, it also has pain relieving properties.

Chest congestion

Mix 1/2 cup each of powdered [Slippery Elm](#), corn starch, and crushed [Black Mustard](#) seed, wet the mixture just enough to make a thin paste, grease chest w/olive oil. Place the mixture on a warm flannel cloth and apply to the chest, cover to keep warm, keep on until chest skin begins to turn red.

Congestion treatment

Mix 1 cup warm [Almond](#) oil, with 1/2tsp. of [Peppermint](#) oil, massage the chest and back to relieve chest congestion, keep warm and give

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plenty of [Peppermint](#) tea to produce [Sweating](#). (this works well also for children)

Rosehip tea

Pour 1 cup boiling water over 1 teaspoon of crushed rosehips and 1teaspoon of dried [Lemon](#) peel, let steep 15 min. strain and use honey to sweeten, drink this tea whether you have a cold or not, the extra [Vitamin C](#) is good or you anytime.

Cold treatment

Boil 8 cornhusks in 2 pints of water for 30 min...strain and drink, said to relieve [Headaches](#) and stuffiness of the nose during cold.

Cold remedy

Put one gallon of water in a large pan, adding 3 ounces softened [Ginger](#) root, 3 cups honey, and 1/4 pound seedless raisins, bring to a boil, simmer for about an hour(top will need to be skimmed every once in awhile) cool, strain and place in a tightly closed container overnight in the fridge.

The next day, squeeze 6 lemons,4 oranges and add to the mixture, mix well and drink 2-3 glasses per day, will get rid of the symptoms pretty fast and clean the system.

Homemade VapoRub

Melt a small jar of petroleum jelly (Vaseline) without overheating it. When it turns to liquid, add 2 drops each of [Peppermint](#), [Eucalyptus](#), and [Pine Essential Oils](#). Stir them in, and mix well. Pour the mixture back in to a clean jar, re-label and seal as soon as it reaches room temperature.

Cold and Flu Bath

- 5 d. [Eucalyptus](#)
- 5 d. [Peppermint](#)
- 4 d. [Lavender](#)

Add 7 d. [Thyme](#) for chest congestion. Add oils to 1/4 cup Epsom



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Salts or Baking Soda. Add to running bath water and soak 15-20 mins.

Cold and Flu Combo Tea

- 3 parts [Echinacea](#)
- 3 parts [Goldenseal](#) Root
- 2 parts [Pau D Arco](#)
- 2 parts [Peppermint](#) leaf
- 2 parts [Mullein](#)
- 1 part [Ginger](#) Root

Directions

Combine all of the [Herbs](#) together. Place 2 Tablespoons of mix in jar that can be completely covered. Pour 6 ounces of hot water over the [Herbs](#) and seal. Steep for 10 to 15 minutes. Strain [Herbs](#).

Drink 1 cup 3 times a day. Inhale the tea to relieve sinus congestion.

Cold Comfort Bath

Yield: 3 1/2 ounces

- 2 tablespoons dried [Lavender](#) flowers and leaves
- 2 tablespoons dried [Rosemary](#) leaves
- 1 tablespoon dried [Gingerroot](#) powder
- 2 tablespoons dried [Eucalyptus](#) leaves
- Fresh [Eucalyptus](#) leaves, [Rosemary](#) leaves to float in bathwater (optional)

Mix together dried [Herbs](#). Place them inside a square of natural fabric or a metal tea ball. Secure your bundle by tying the ends with a bit of sting. To use: Hang the herb bag under your water tap.

Fill the tub with warm (not too hot) water, letting the water flow through the [Herbs](#). Get in the bath, squeeze out your herb bag and place it behind your neck as you bathe. You also may use it to scrub your body with a bit of [Soap](#)

At the first sign of a stuffy nose...

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At the first sign of a stuffy nose place 1 drop of [Eucalyptus](#) on the corner of your pillow.

This can sometimes even stop a cold from coming on. For young children use [Eucalyptus Smithi](#) a much safer oil.

Essential Oil Recipe for Colds and Flu

- 10 drops [Eucalyptus Essential Oil](#)
- 10 drops [Pine Essential Oil](#)

Add to the bath or put on section of paper towel so you can benefit by inhalation. Inhale frequently. Place on pillow beside nose. This opens the sinuses and helps clear the head of congestion. [Eucalyptus](#) is also a natural antiseptic.

Cough and Cold Treatment Bath

- 3 d. [Tea Tree](#) oil
- 2 d. [Lemon](#) oil
- 2 d. [Pine](#) oil

Soak for at least 15 minutes in bathtub to relieve tightness and congestion.

Cold and Flu Remedy

- half an inch fresh [Ginger](#) root, grated
- a [Clove](#) of [Garlic](#) (two or more, if you can stand it), minced
- 1/8 tsp [Cayenne](#) powder
- juice of half a [Lemon](#)
- 1 cup boiling water
- sweeten with honey

Pour boiling water over the other ingredients and let it stand for 20 minutes, or until cool enough to chug down. Remember that it's a medicine and is not meant to be sipped!

Cold Prevention Tea

- 1 part [Horsetail](#)
- 1 part alfalfa

- 1 part nettle
- 1 part [Red Clover](#)
- 1 part [Red Raspberry](#)
- [Licorice](#), [Orange peel](#), or [Anise](#) seed to taste

Pour a quart of boiling water over two to four tablespoons of [Herbs](#); cover and steep for at least 10 minutes—even overnight; strain.

Combat Colds and Flu at Night

- 2 drops [Lavender](#)
- 2 drops [Tea Tree](#)

Add 2 drops [Lavender](#) and 2 drops [Tea Tree](#) to a steaming bowl of water - let stand so that the steam diffuses into the room (or add same [Essential Oils](#) to a tea [Candle Diffuser](#)).

Cold Relief Herbal Soak

Use the following combinations of [Herbs](#) for the fighting off a cold:

- 4 parts dried [lavender](#)
- 4 parts dried [Rosemary](#)
- 4 parts chopped fresh [Ginger](#) root or 2 parts [Ginger](#) powder
- 2 parts dried [Eucalyptus](#)

Use 1/2 cup of dried [Herbs](#) or one to two cups of fresh [Herbs](#). Crush the [Herbs](#) first to release their [Essential Oils](#). Mix the [Herbs](#) and tie them into a square of muslin or a handkerchief. Hang the bag under the faucet as you fill the tub. The bag can be used to scrub your skin as well.

Another Effective Cold Care Bath

- 2 drops [Lavender](#)
- 2 drops [Rosemary](#)
- 2 drops [Eucalyptus](#)

Add 2 drops [Lavender](#), 2 drops [Rosemary](#) and 2 drops [Eucalyptus](#) to 2 teaspoons milk or cream. Pour into a warm bath and soak.

or

Mix 2 drops [Lavender](#), 2 drops [Eucalyptus](#) and 2 drops [Tea Tree](#) oil. Place in a [Diffuser](#) and diffuse into your room.

Daytime Cold and Flu Fighter Recipe

- 2 drops [Eucalyptus](#) Oil
- 2 drops [Lavender](#) Oil
- 2 drops [Peppermint](#) Oil
- 2 drops [Tea Tree](#) Oil

Add 2 drops [Eucalyptus](#), 2 drops [Lavender](#), 2 drops [Peppermint](#) and 2 drops [Tea Tree](#) to a steaming bowl of water - let stand so that the steam diffuses into the room (or add same [Essential Oils](#) to an oil [Diffuser](#)).

You can also drape a towel over your head and inhale the vapors for 5-10 minutes.

If you want an 'on the go' way to use this, place the mixture on a cotton pad and place in a plastic baggie. Throughout the day, hold the cotton pad in your cupped hands, place over nose and mouth, and inhale deeply 3 or 4 times. Place pad back in baggie for use later.

Cough and Cold Herbal Infusion

Here's How:

1. Bring water to a boil, remove from heat.
2. Add [Herbs](#).
3. Steep covered for 20 minutes.
4. Strain, add honey for taste.

What You Need:

- 1 pint water
- 2 Tbsp dried [Chamomile](#)
- handful [Red Clover](#) dried
- 1/2 tsp. [Slippery Elm](#)
- 1 tsp. [mint](#) dried

Eucalyptus Chest Rub

- 40 drops [Essential Oil](#) of [Eucalyptus](#)
- 10 drops [Essential Oil](#) of Camphor
- 2 drops [Essential Oil](#) of [Wintergreen](#)
- 1 drop [Essential Oil](#) of [Thyme](#)
- 1 ounce [Olive Oil](#)
- 1/2 teaspoon [Beeswax](#)

Preparation: Add the [Beeswax](#) to the [Olive Oil](#) and heat until the [Beeswax](#) is melted. Use very low heat or a double boiler to prevent burning the oil. When the wax is melted, remove the oil from the heat then add the [Essential Oils](#) and stir to blend. When the mixture is cool it is ready to use. You can make this using only the [Eucalyptus](#) oil if preferred.

To use rub a small amount on the chest as needed to relieve congestion.

Honey Thyme for Colds and Flu

By Cait Johnson, Assistant Producer, [Care2 Healthy Living](#) content.

Cold and flu season is upon us, but we have an ancient remedy for congestion, coughs, and [Sore Throats](#) that is simply the bees's knees!

It calls for honey, the sweetest of healers, and [Thyme](#), a wonderful herb with antibacterial properties that had been used by Wise Ones for centuries to alleviate the miseries of colds and flus. Easy to make and delicious to use:

INGREDIENTS

- 1 cup honey
- 1/2 cup fresh [Thyme](#) or 1/4 cup dried [Thyme](#)
- in a small saucepan, combine the two ingredients and heat gently over low heat for 15 to 20 minutes, being sure not to let the honey boil or scorch.
- remove from heat and allow the honey to cool. Strain out the [Herbs](#), then bottle the honey and label it.
- to relieve colds, coughs, and [Sore Throats](#), take 1 teaspoon of this [Thyme](#)-infused honey three times a day. You could also add a teaspoon of it to a cup of regular hot tea and sip slowly.

If you have a cold but need to attend a

meeting

(From Beauty Feng Shui, by Chao-Hsiu Chen (Inner Traditions, 2000)).

Heat 2 glasses of cola (try to find a healthy kind) with 10 thick slices of fresh [Ginger](#). Add 2 tablespoons honey and the juice of a [Lemon](#) and drink the mixture. (This recipe is very popular in Hong Kong.)

Liniment for Colds and Chest Tightness

Add 1 cup of finely chopped [Garlic](#) to 1 cup of boiling lard. Reduce heat to simmer and cook for 2 hours. Remove from heat and strain the [Garlic](#) from the oil. Place in a container with a tight-fitting lid.

Nasal Congestion Quick Fix

Nothing works faster to clear clogged sinuses than horseradish. The oils in this plant boost [Circulation](#) in your nasal passages, which then loosens mucus.

Mix a teaspoon of grated fresh horseradish with a little apple cider vinegar or honey, and eat it on toast (the vinegar and honey take the edge off the potent horseradish taste).

Inhale deeply as you grate the horseradish; the fumes alone will start breaking up your congestion.

Nasal Inhalant

- 1 d. [Lavender](#) oil
- 1 d. [Peppermint](#) oil

Rub on hands. Cup hands over nose and mouth and inhale deeply 3 to 4 times as needed.

Natural Nasal Spray Recipe

- 10 drops [Eucalyptus Essential Oil](#)
- 10 drops [Marjoram Essential Oil](#)
- 1 tablespoon of water, distilled if possible

Don't blow your nose for at least 5 minutes after using the spray. The effects of the formula should last for several hours.

Zesty Cider Cold and Flu Formula

Several healing ingredients make this tasty formula one that you can drink at the first sign of a cold or flu to help open up your sinuses and bronchial passages. You can also gargle with it for relief from [Sore Throats](#). Here's the recipe:

INGREDIENTS

- 25 [Cloves Garlic](#), minced
- 2 tablespoons dried or 3 tablespoons fresh [Echinacea](#) root, grated or chopped
- 1/3 cup fresh [horseradish](#) root, grated
- 1/4 cup fresh [Gingerroot](#), peeled and sliced
- 1 large white onion, diced
- 1/2 teaspoon [Cayenne Pepper](#) powder
- Honey to sweeten, if desired
- Raw apple cider vinegar, 1 quart or less

- Place all dry ingredients in a 1-quart wide mouth jar. Fill to the top with vinegar. Cover the top of the jar with plastic wrap, then screw on the lid.
- Refrigerate for 6 weeks so the flavor can develop and soften. Shake daily. There's no need to strain and bottle it unless you want to. The flavor keeps getting better and bolder the longer the formula is allowed to steep.
- At the first sign of a cold or flu, take 2 tablespoons of this formula with a warm water chaser. Rinse mouth out well after swallowing the cider. Repeat once or twice daily for the duration of the illness. You should feel your sinus and bronchial passages quickly open and your breathing become easier.
- For a [Sore Throat](#), gargle with the formula for 60 seconds, spit, then rinse out your mouth. You should feel immediate relief.

Advice for Colds and Flu

- Drink 3 cups of [Cayenne](#) tea daily.
- 3 drops of [Eucalyptus Essential Oil](#) in a vaporizer is good to relieve upper respiratory.
- For congestion relief, make a tea of fresh [Parsley](#), steep the [Parsley](#) in hot water for a few minutes then sip tea slowly. Drink daily.

- For breathing problems: eat something spicy, such as eating a chili [Pepper](#), whole [Garlic](#) or gargle with tabasco sauce in a cup of water.

Garlic Honey Cough and Cold Syrup

Peel [Garlic Cloves](#), put into a jar. cover with honey. Set in warm place for 2 weeks or more until the [Garlic](#) turns opaque. Take 1 teaspoonful as needed. Dilute with a little water or [Lemon](#) juice for children.

Hot Toddy Recipe for Colds

1. Pour hot steaming boiling water into cup.
2. Add 2 tsps. [Lemon](#) juice.
3. Add 2 tsps. honey (any kind).
4. Lightly dip one herbal tea bag (any flavor) in cup.
5. Sip slowly. Repeat every two hours (or as needed) for cold/flu.

Optional:

Add 1 tsp. of rum, brandy, or cordial.

NOTE: The purpose of this drink is threefold:

1. The hot steam from the boiled water will help loosen the mucus in your nose and throat and enable you to breathe more freely.
2. The [Lemon](#) dislodges the mucus from your throat and adds much-needed [Vitamin C](#).
3. The honey not only coats your throat to prevent redness, but also soothes the throat irritation from the dislodged mucus, as well as adding nutritional benefits.
4. If you add the alcohol, it helps to “[Sweat](#)” out whatever [Fever](#) you may have and helps you sleep better.

Adding the tea is not necessary unless you want additional flavoring, but do not use regular tea as most are caffeinated. [Green Tea](#) is my personal favorite for this drink.

Hot toddies have been around for centuries, especially in England and Ireland. What I’ve particularly noticed is that upon drinking two or three cups of this tea (spaced two hours apart), my cold symptoms

are reduced dramatically within 24 hours.

Stuffy Nose Aromatherapy Blend

Just in time for allergy season

- 15 drops [Eucalyptus](#)
- 13 drops [Pine](#)
- 2 drops [Peppermint](#)

Directions: Blend the oils together in a clean dark-colored glass container, preferably one with an orifice reducer (a built-in dropper insert). Apply 2-3 drops to a cotton ball and inhale occasionally to help clear a stuffy nose.

Ginger Tea

This should be made with a fresh root.

Grate a small piece of [Ginger](#) about the size of a nickel into a mug. Add the juice of a ' [Lemon](#). Fill the mug with boiling water. Stir in a teaspoon of [Organic](#) honey.

Ginger Bath

Bathing in fragrant [Ginger](#) is a luxury as well as a recipe for getting better. Powdered [Ginger](#) is the recommended form and it should be added slowly. Start with the addition of 1 tablespoon's worth of [Ginger](#). If that isn't enough, add another. Don't add too much. You will feel your heart rate increase and you'll begin to detoxify your symptoms soon after bathing in [Ginger](#). Drinking plenty of water is recommended.

Flu Capsules

This is a good capsule to take to lessen the length and severity of [Colds](#) and [Flu](#). Mix together in the blender 1 tablespoon each of the following dried herbs:

- [Yarrow](#)
- [Elder Flowers](#)
- [Boneset](#)

- [Verbena](#)
- [Peppermint](#)
- Powdered [Valerian](#) Root
- [Horehound](#)

Place the [Herbal](#) mixture in capsules and take 2 capsules every 3 to 4 hours until symptoms are relieved.

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- 1/4 cup fresh [Gingerroot](#), peeled and sliced
- 1 large white onion, diced
- 1/2 teaspoon [Cayenne Pepper](#) powder
- Honey to sweeten, if desired
- Raw apple cider vinegar, 1 quart or less
- Place all dry ingredients in a 1-quart wide mouth jar. Fill to the top with vinegar. Cover the top of the jar with plastic wrap, then screw on the lid.
- Refrigerate for 6 weeks so the flavor can develop and soften. Shake daily. There's no need to strain and bottle it unless you want to. The flavor keeps getting better and bolder the longer the formula is allowed to steep.
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- For a [Sore Throat](#), gargle with the formula for 60 seconds, spit, then rinse out your mouth. You should feel immediate relief.

Flu Bug Diffuser Blend

- [Eucalyptus](#) - 12 drops

- [Lavender](#) 8 drops
- [Peppermint](#) 4 drops
- [Rosemary](#) 4 drops

Blend all in an amber bottle. Place several drops in a [Diffuser](#) and diffuse as needed.

This blend is good any time you have viruses around the home.

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With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The **Alternative Healing Academy** has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer **basic courses** as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



Course Testimonials

"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."

-A. Lindquist - Advanced Aromatherapy Practitioner

"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."

-M. Oliver - Basic Anatomy & Physiology

"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."

-Debbie F. - Basic Reflexology

"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."

"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."

"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."

-Jean Russell - Basic Reflexology Course

"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."

"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."

-Megan P. - Advanced Aromatherapy Course

Our Associations

Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

Payment plans are available, please [Click Here for More Info](#)

Sales & Refund Policy

We will, within 30 days, refund the purchase price of any course you purchased ***MINUS* the cost of the modules you have already received**. This policy does ***NOT*** apply to our informational Mini Courses. Please see the [Mini Courses page](#) for more information on those. Please [email support](#) if you wish to be refunded or have questions about our refund policy.