

You Can *Stop* Colds & Flu in their Tracks

WHAT'S INSIDE?

Learn the **Dangers of Misdiagnosing a Cold,**
Plus...
8 Natural Immunity Boosters



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‘Tis the Season *for colds & flu...*

It's time to enjoy autumn's beauty. It is also time to prepare for a drop in temperatures, which make us spend more time bundled up indoors. This creates the perfect scenario for colds and flu to make an appearance. In an ideal world we would never get sick, but let's face it- most of us deal with either a cold or flu at least once a year. Do you know how to tell the difference between one and the other?



Also in this month's issue, we explore the importance of hygiene in the home, workplace, and even your car! Did you know that you may be driving, working and living in a germ- infested environment? A recent study has shown that bacteria and viruses are lurking where you least expect it.

Finally, since many people cannot even consider taking a sick day, we thought of offering useful tips to boost your immune system naturally

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without having to resort to artificial supplements. Believe it or not, if your digestive system isn't functioning at its best, you may also be forcing your immune system to work extra hard.

What's That Sneeze Telling You?

Learn the difference between a common cold and the flu

The fall season brings about beautiful crisp weather, changing leaves and the imminence of Thanksgiving. It also brings the start of the dreaded **cold and flu season**.



Because of temperatures dropping, people tend to spend more time indoors, providing cold and flu **viruses the perfect opportunity to spread** from person to person. In addition, many extra people are traveling, and holiday stressors also tend to **weaken a normally functioning immune system**.

Millions of Americans fall prey to colds and flu each year, but do they really know **which bug is bugging them**? There are big differences between the a cold and the flu, and it's important to be aware of **the signs and symptoms of each**.

Generally speaking, if a cold is misdiagnosed with the flu, there isn't much of a problem. However, a dangerous situation can arise when the **flu is misdiagnosed with a common cold**.

The flu requires a more delicate approach due to complications that can arise, some of which are deadly such as pneumonia. **Pneumonia is the most common complication** of flu and **can be fatal**.

Colds are caused by over 200 viruses known as "rhinoviruses" (from the Greek word rhino, for nose). For the most part, **colds begin to exhibit symptoms slowly**. The virus is usually active in the body for two to three days before any symptoms are experienced. Usually the symptoms include a sore throat, runny nose and sneezing. A mild fever may also be experienced. Symptoms normally last between two days and a week. The common recommendation is to let the virus run its course, get plenty of rest and replenish lost fluids by drinking plenty of liquids.

With the flu, the onset of symptoms is much faster, usually beginning with a headache, chills and a dry cough. Aches and pain can be severe enough to leave a person bedridden for days. **Severe respiratory**



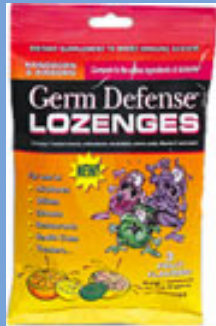
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Getting sick (or at least pretending to) was sort of fun back in the old da



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complications such as pneumonia also have a potential of developing. Thankfully, for those who are susceptible to developing complications, there is an effective, safe, **homeopathic vaccine alternative available** which temporarily **protects against flu virus and germs--** without the toxic side effects often associated with conventional vaccines.

While we've come a long way since 1918 and 1919 when a global flu epidemic claimed the lives of 20 million, the flu still affects between 20 and 50 percent of the U.S population and claims between 10,000 and 20,000 lives each year-- mostly those who are **chronically ill, along with the elderly, and newborns.**

The government's Advisory Committee on Immunization Practices strongly recommends vaccination for the following high-risk groups:

- People 65 or older
- Residents of nursing homes and other facilities that provide care for the chronically ill
- Children and teenagers between 6 months to 18 years of age who take aspirin on a regular basis and are therefore at risk of developing Reye syndrome if they get the flu.
- People over 6 months who have certain underlying medical conditions that required hospitalization or regular doctors' visits during the preceding year including pregnant women. These conditions include:
 - Asthma, anemia, metabolic disease such as diabetes, or heart, lung or kidney disease
 - Impaired immune system due to HIV infection, treatment with drugs such as long-term steroids, or cancer treatment with radiation or chemotherapy

The advisory committee also recommends flu shots for people with regular close contact with high-risk groups to reduce the risk of transmitting flu to high-risk persons as well as to **protect themselves from infection.** Such people include health-care workers, nursing home personnel, and home-care providers. Teachers, police officers, firefighters, and other community service providers may also find vaccination useful.

Those at a high risk might wish to consider getting the homeopathic version together with the conventional vaccination for extra protection (and relief from the side effects of conventional vaccines), or as a stand alone option. *It is always advisable to discuss a vaccination with your doctor as benefits need to be weighed up against disadvantages when making the choice of whether or not to be vaccinated.*

If you do come down with a cold or flu, the best thing to do is to **stay at**



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home while you recover. Once your body has been infected by the virus, your immune system will use all its resources to combat it. For this process to be effective, your body needs a chance to recover. Not providing your body with sufficient rest will **prolong the symptoms and increase the chances of developing severe complications**. Another reason to stay home is to **avoid spreading the virus to others**.

As always, **natural remedies can be used to help with symptoms**. Ginger is a natural immune system booster and also helps circulation, which will help keep you warm. Echinacea is an herb that has been used for many years specifically at the onset of cold or flu symptoms to **help the immune system recover and re-gain strength**. Finally, with viruses mutating and becoming stronger each year, it is of utmost important to practice caution. When it comes to infectious diseases, every single person should play a responsible role in order to help avoid dangerous epidemics.

Tips to protect you and your family from colds and flu this season

- **Boost your immune system:** Certain foods such as those rich in vitamin C and E naturally boost the immune system and can increase your chances of fighting viruses off. Foods rich in vitamin C include peppers and citrus fruits. For a good boost of vitamin E, eat a handful of nuts and seeds each day. Zinc is also known to boost production of infection-fighting T cells. Foods rich in zinc include oysters, crab, beef turkey, and beans. Garlic is another of nature's most powerful immune system boosters.
- **Wash your hands:** Wash your hands frequently and thoroughly, especially if someone you come in close contact with daily is sick. Hand sanitizers are a great option when you're on the go. Be especially careful when exposed to large groups of people, such as while taking public transportation.
- **Avoid touching your nose, eyes or mouth:** Cold and flu viruses generally enter our system through the respiratory system. Mucus membranes are our first line of defense against disease. By avoiding touching these areas, we lessen the chances of the virus entering our system.
- **Keep your house clean:** When it comes to preventing the spread of viruses, hygiene is one of the single most important factors to consider. Don't forget to wipe doorknobs, which tend to harbor a host of germs.

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"I am writing in to let you guys know how much this product has helped me. I had a big ice hockey tournament coming up. Last week I woke up with a running nose and I couldn't stop sneezing, which quickly progressed by mid-morning. My mother uses your [ImmunityPlus](#), and I quickly ordered this [FluGo](#)™ stuff online-- all I can say is WOW. My symptoms improved and I could feel my body fighting back. I was able to take part in the tournament and I wasn't groggy or 'jittery' like when I take over-the-counter meds. Thanks so much." —Selene

"I wanted to thank you so much for recommending the BronchoSoothe for my son of 5. We have been very impressed at the way it works so quickly. After the success of [Triple Complex BronchoSoothe](#)™ I have ordered your [BioVent Drops](#) to use on a daily basis. We are very hopeful that using these two products together will continue to help our son. Thanks for a really good product!"— Gillian B.

Halting Illness with Hygiene

Spring cleaning might be good during springtime, but cleaning during cold and flu season calls for **more drastic measures**. You can avoid getting sick by changing the way you clean... *yourself!*



Is the key to staying healthy during cold and flu season **as simple as hygiene?**

It's a fact; we are surrounded by germs no matter where we go: the supermarket, public transportation, work, everywhere! Our body can handle most of what we come in contact with, but with the fall season around the corner, you can be more proactive in **taking steps to**



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Our workspace is also more often than not the **culprit of infectious diseases**. Phones, mice, and keyboards should be wiped down on a regular basis, and if you eat at your desk, you should clean it right after you eat. Also, it is not a good idea to store food at your desk. If you don't have a kitchen at work, then keep food in an appropriate and sealed container such as a lunch box.

If possible, certain habits should be modified. Eating in your car, for example, **increases the chances of bacteria reproducing**. It makes sense then that eating in bed or at your desk isn't a good idea, either.

Finally, **following simple and precautionary measures** such as these gives us an advantage when facing the inevitable contagious viruses and germs that commonly circulate throughout the season and can put a halt on your life and the lives of your family- and **staying well is something we can all benefit from!**

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"I absolutely hate needles. I won't go near a doctor for a shot or vaccination. With winter coming up, I was getting anxious that I should do something to help my body prepare – then I saw [[BaniFlu](#)™]!! THANK YOU for something that doesn't leave me feeling queasy, or require me to break out into a cold sweat beforehand!"

—Anya

"For years I suffered. There are a lot of products are to be found; I lost count of the number of different ones I tried. One day while looking for

yet another product to try, I came upon this site. Unlike a lot of other sites, it did not base its help strictly through vitamin C. To my utter surprise, after 17 days of use I started to feel more alive than I had felt for a long time. I have continued using [ImmunityPlus™](#) for a few months now, and the effect has been very good health. As this was the cheapest product, it was the one I expected the least from-- but it is in fact the one I have gained the most from! I strongly recommend using this site. My latest order came today, only 5 days after order (I live in the UK)" — Garry, UK

Stop! 8 Natural Immunity Boosters You Can't Miss

Before resorting to over-the-counter pills and cough syrups-- which many times have side effects, and in some instances even contain alcohol-- **give your body a helping hand in building a strong immune system** by using nature's resources to restore balance and optimal functioning in your body.



Healthy digestion is the first step in boosting immunity: Believe it or not, if your digestive system isn't functioning at its best, you may also be forcing your immune system to work extra hard. This occurs because the body will take enzymes from your immune system to aid digestion. A balanced diet that includes fiber, lean protein and probiotic-rich foods will do wonders for your digestive system *and* immune system.

Echinacea: This herb is one of the top sellers in the herbal supplement world. The Native American plant's immune-stimulating properties have been recognized for over a century. Echinacea may be used at the first signs of a cold or in times of stress when your immune system functioning may be compromised.

Ginger: This root has been used by the Chinese for thousands of years as a digestive and immune system tonic. It can be boiled and taken as a

tea, or cooked in meals, to which it adds a characteristically tangy flavor.

Garlic: Considered one of nature's "super foods", garlic not only boosts the immune system but is considered one of the most powerful antibiotics in nature for its anti-bacterial properties. As an added benefit, it also helps reduce cholesterol *and* aids circulation.

Beans and lentils: Rich in folic acid, beans and lentils go a long way in naturally boosting the immune system.

Tea: Both green and black varieties have immune system-boosting properties due to the high presence of antioxidants. Tea is considered to have as many antioxidants as some of the healthiest vegetables.

Avoid refined sugars: Overly-processed foods high in sugar and fat are detrimental to our health, especially to the digestive and immune system. Sugars are known to actually "kill" beneficial intestinal flora, which is one of the most important contributors to healthy immunity.

Exercise regularly: Everyone knows exercise is good for you, but did you know that exercising regularly can *decrease* your chance of catching a cold or flu? The reason for this is that exercise promotes balance in all the bodies' systems, making each one perform at its peak. If you consider your immune system as an army, regular exercise will help it be ready for battle.