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| **GOD'S NATURAL WEAPONS FOR VIRAL PROTECTION****Lynn Harris - Restoration in the Son Ministries International** There are many ways of practicing the healing art; but there is only one way that Heaven approves. God's remedies are the simple agencies of nature, that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God, are remedies for the want of which thousands are dying; yet these remedies are going out of date because their skillful use requires work that the people do not appreciate. Fresh air, exercise, pure water, and clean, sweet premises, are within the reach of all, with but little expense; but drugs are expensive, both in the outlay of means, and the effect produced upon the system.—[Testimonies for the Church 5:443, 1885](https://m.egwwritings.org/en/book/113.2194) 452.  Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power,—these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge. Counsels on Diets and Foods, page 301.3  The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and upbuilding is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammeled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind.—[The Ministry of Healing, 127, 1905](https://m.egwwritings.org/en/book/135.574) ﻿Physicians often advise invalids to visit foreign countries, to go to some mineral spring, or to traverse the ocean, in order to regain health; when, in nine cases out of ten, if they would eat temperately, and engage in healthful exercise with a cheerful spirit, they would regain health and save time and money. Exercise, and a free, abundant use of the air and sunlight—blessings which heaven has bestowed upon all—would in many cases give life and strength to the emaciated invalid.—[Christian Temperance and Bible Hygiene, 160, 1890](https://m.egwwritings.org/en/book/14.756)  |

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| **FLU VIRUSES ARE RAMPANT RIGHT NOW** |

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| In truth, there's new cycles of flu viruses every 6 to 8 weeks, and with the flu being carried internationally by people traveling, we can catch a flu almost any time of the year.Coming down with the flu is the last thing anyone wants to be dealing with. But when you already have a chronic illness or symptom |

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| such as fatigue, low energy, eczema, acne, anxiety, depression, digestive issues, headaches, sinus congestion, acid reflux, ringing in the ears, insomnia, blood sugar issues, or any other symptom or condition, getting the flu on top of all the challenges you're already dealing with can just send you over the edge. Your immune system is already weakened and needing support and then the flu just strains it even more. Thankfully, there's a lot you can do to help your immune system.It's critical to know how you can build and support your immune system year-round, and especially at the first signs of a flu. Our immune systems get weakened over time from stress and hardships in life, lack of sleep, underlying health problems, vitamin and mineral deficiencies, poor diet choices, toxin and chemical exposure, and more. Most of us are born with an **immune system that's already compromised to some degree.** Eventually this catches up with us and not only can flus knock us down over and over, but chronic illnesses and symptoms can develop and worsen. ***Having a robust immune system is the key to warding off colds and flus and shortening their severity and duration***. In truth, there's really only flu virus bugs now because the rhinoviruses that caused the common cold have been superseded by flu viruses that are much stronger. Now, it is likely that someone experiencing cold-like symptoms actually has a mild flu variety. Another reason you may experience cold-like symptoms is because your body is doing an incredible job of fighting off whatever virus maybe trying to infiltrate your system. If you’re sneezing, sniffling, or complaining of a ticklish throat, you’re actually dealing with a strain of the flu.  |

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| **COLD AND FLU TOOL KIT** |

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| Below are some top tips for building your immune system. Use these tools and tips while working around the clock with very little sleep and when traveling for work and been exposed to flu bugs and other bacteria and viruses. Be sure to consult your health care practitioner for dosages that are balanced for your specific conditions. **ZINC**When an aggressive foreign viral invader enters the body and the person has little to no zinc reserves, an overreaction can occur with both your immune system and the virus. Your white blood cells realize they have to destroy the invader fast,which can be a good thing if there is enough zinc in the body. Zinc makes aggressive viruses docile, slow and lazy, and this allows your immune system to attack the virus and destroy it without a lot of pushback.   If there’s no zinc, then the viral pushback against your immune system could be aggressive and a war can occur that overwhelms the body. This creates more symptoms and discomfort and the sickness can be prolonged.  Zinc also slows down viruses on its own merit. Viruses are allergic to zinc; the mineral repels and weakens them, even making pathogens docile, which allows the immune system to kill off and eliminate the pathogens more quickly. Liquid Zinc Sulfate is a special form of zinc in how it supports health. |

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| **ZINC SHOCK THERAPY**Zinc Shock Therapy is a way of using zinc to knock down any bugs you may have been exposed to before they can become a full-blown flu. Zinc is the most important mineral for the health of your immune system and your overall health, but unfortunately almost everyone is deficient in it because our soils no longer have the zinc that they once did. Your entire immune system relies on zinc. Zinc weakens the flu virus to make it more docile and less aggressive. If you don't have zinc in your system, then when you catch the flu virus, it can easily reproduce.When you get the flu, if you don't have enough zinc, your immune system will either overreact or under-react to it. **Zinc balances and stabilizes the immune system,** so it doesn't go to either extreme. This is one reason why supplementation with the right kind of zinc is critical. Zinc is critical for cold-like symptoms and flus, but really it's an essential supplement for year-round support. With a severe zinc deficiency, you can become gravely ill. Zinc is critical for liver health, autoimmune conditions, acne, adrenal problems, arthritis, cancer, eczema, psoriasis, brain fog, and child health challenges many babies and children suffer with–diabetes, fatigue, mood struggles, gout, heart palpitations, hepatitis, high blood pressure, high cholesterol, hot flashes, inflammation, migraines, SIBO, sinus infections, weight issues, vertigo, tinnitus, multiple sclerosis, lupus, Lyme disease, thyroid problems, Epstein-Barr virus, shingles, UTIs, candida, and every other symptom and condition that exists. If you have a symptom of any kind or you wish to help prevent symptoms in the future, zinc is critical.Given almost everyone is zinc deficient, taking zinc for 6 months won't be long enough to properly restore zinc levels. Ideally you would be consistent with taking it (at a daily dosage level, not as much as you would use to do zinc shock therapy), for a couple of years or more. You may even wish to keep it as a supplement you include long term. The kind of zinc you use matters. [**Zinc**](https://medicalmedium.us17.list-manage.com/track/click?u=640cdee92777a56d899f2b6bf&id=5ab715d686&e=3296a528b7)**sulfate** is special in how it supports health. You also want to make sure your zinc sulfate doesn't include citric acid, sodium benzoate, potassium sorbate or other additions that are not good for you. Vimergy.com is a good company to order from online. **How to do Zinc Shock Therapy – Use Zinc Sulfate**If you feel like you might have a cold or flu developing, you can use a healing practice called “zinc shock therapy.” It’s important to begin it as soon as you get your first sign of a flu developing, so having a bottle of high-quality [liquid zinc sulfate](https://medicalmedium.us17.list-manage.com/track/click?u=640cdee92777a56d899f2b6bf&id=5af4ca2356&e=3296a528b7) on hand at all times is important. **Squirt two dropperfuls of the zinc into your throat, let it sit there for a minute and then swallow the zinc.** ***Three hours later, squirt another two dropperfuls into your throat and let it sit there again for a minute before swallowing. Repeat every three waking hours for two days***. If you are very sensitive and can only take a very small amount of supplements, you can use less–even if it's just a couple of drops. Any amount of the right kind of zinc can help.  |

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| [**CAT'S CLAW: ANTIVIRAL AND ANTIBACTERIAL SUPPORT**](https://medicalmedium.us17.list-manage.com/track/click?u=640cdee92777a56d899f2b6bf&id=94138e2dd6&e=3296a528b7)[Cat's claw](https://medicalmedium.us17.list-manage.com/track/click?u=640cdee92777a56d899f2b6bf&id=94138e2dd6&e=3296a528b7) is an incredible weapon against viruses and bacteria. It's one of the favorite tools both for preventing and recovering from a flu but also for any chronic illness or symptom, and for keeping the immune system strong. Cat’s claw contains bioactive pharma-compounds that supersede synthetic pharmaceuticals. All too often, antibiotics are employed against certain illnesses such as Lyme disease, and for colds and flu. ***The world would be a different place if cat’s claw took the place of antibiotics***; the rate of illness would reduce, and recovery would quicken, regardless of the diagnosis for a given illness. Of course, pharmaceutical antibiotics have their place and purpose. Cat’s claw is unique, though, in that **pathogens such as bacteria cannot become resistant to it**, as they sometimes can to antibiotics. Cats claw it is such an essential support for so many conditions and symptoms, including fighting the flu.  Cat's claw fights against all kinds of viruses, bacteria and also parasites. It doesn't produce the so-called Herxheimer die-off reaction so common with antibiotics, because the bioactive pharma-compounds in the herb regulate the destruction of pathogens so that it’s at a level the individual person can tolerate. **This herb is also the ultimate secret weapon for battling any condition or symptom caused by streptococcus bacteria, including cystic acne, bacterial vaginosis, SIBO, sinus pain and congestion, bronchitis, otitis media, intestinal disorders, sore throats, UTIs, styes, and more. It's also critical for PANDAS (pediatric autoimmune neuropsychiatric disorders associated with streptococcal infections), ALS, MS, mystery aches and pains, and more. Cat’s Claw is also a fantastic herb to knock down E. coli, C. difficile and other bacteria.**For decades doctors recommending they use cat's claw with Lyme disease patients. These doctors noticed they could give their patients less antibiotics if they were using cat's claw. Be sure to get an [alcohol-free cat's claw tincture](https://medicalmedium.us17.list-manage.com/track/click?u=640cdee92777a56d899f2b6bf&id=13181cff9c&e=3296a528b7). Vimergy.com has an excellent quality Cat’s Claw tincture. **B-12: NERVOUS SYSTEM AND ADRENAL SUPPORT**Flus and fevers weaken the nervous system and adrenals. The right kind of B-12 with adenosylcobalamin and methylcobalamin helps protect the nervous system and adrenals to withstand the onslaught from a flu bug or any other pathogen. It's best used every day throughout the year. Whether you have acne, SIBO, eczema, weight problems, depression, allergies, cancer, seasonal affective disorder, anxiety, ringing in the ears, thyroid problems, aches and pains, rheumatoid arthritis, memory issues, brain fog, or any other symptom or condition, the right kind of B12 is important. A high quality B12 with methylcobalamin and adenosylcobalamin at the proper dose can get someone recovering and on a path of starting to heal. As with all supplements, some are junk and even harmful, and some are excellent.Nearly everyone is deficient in vitamin B12 today. Even if you get a blood test that shows your vitamin B12 levels are normal, that doesn’t mean it’s usable B12 that’s absorbing where it needs to in your body.  Your central nervous system, liver, or other organs may still be severely deficient, and a deficiency of the [right kind of B12](https://medicalmedium.us17.list-manage.com/track/click?u=640cdee92777a56d899f2b6bf&id=be3308dddb&e=3296a528b7) sets the stage for all kinds of symptoms and conditions to develop or worsen. Lack of B12 is a very real deficiency with very real health consequences. The body relies on B12 for tens of thousands of daily functions.  The right kind of B12 helps with:* illness and symptom recovery
* bolsters and protects the brain and central nervous system
* invaluable support for any neurological condition, such as fatigue, anxiety, depression, bipolar, restless legs, twitching, tingles and numbness, POTS, Parkinson's, MS, and others
* builds up the immune system
* protects against viral and neurotoxin damage
* critical for gene mutation and methylation issues
* highly instrumental to all of the liver's over 2,000 chemical functions, and more.

 Note that B12 injections will not provide the right B12 support the body needs. Take [B-12](https://medicalmedium.us17.list-manage.com/track/click?u=640cdee92777a56d899f2b6bf&id=8450ba7620&e=3296a528b7) with adenosylcobalamin and methylcobalamin every day.    **LEMON BALM: ANTIVIRAL AND SOOTHING SUPPORT**[**Lemon Balm**](https://vimergy.com/products/lemon-balm) is an incredible antiviral and antibacterial. It also helps with nausea, loss of appetite, and soothing and calming the nervous system, which is greatly needed when you have a cold or flu. This soothing ability means your nerves will be more relaxed and thus sleep will come more easily when you’re sick. [Lemon balm](https://vimergy.com/products/lemon-balm) is a fantastic herb to include year-round both for cold and flu assistance and chronic illnesses and symptoms. [L](https://medicalmedium.us17.list-manage.com/track/click?u=640cdee92777a56d899f2b6bf&id=680b447bd4&e=3296a528b7)[emon balm](https://medicalmedium.us17.list-manage.com/track/click?u=640cdee92777a56d899f2b6bf&id=cd55d038ac&e=3296a528b7) has soothing properties that calm and support the immune system, central nervous system, and adrenals. It's also anti parasitic, antiviral, and antibacterial throughout the body, making it a fantastic herb for fighting a flu and also for use year-round. It fights the Epstein-Barr virus, shingles, and other herpetic viruses such as HHV-6. It’s an amazing herb for tonsillitis, which is inflammation caused by strep bacteria. Lemon balm is also a B12-conserving herb—which means that it monitors your stores of this vitamin and keeps your body from using it all up. B-12 is critical for healing as you'll read below.  Use [lemon balm tincture](https://medicalmedium.us17.list-manage.com/track/click?u=640cdee92777a56d899f2b6bf&id=5914d915f3&e=3296a528b7) every day and sometimes also drink the [tea](https://medicalmedium.us17.list-manage.com/track/click?u=640cdee92777a56d899f2b6bf&id=bdd317efb5&e=3296a528b7). See Vimergy.com for their herbal tinctures free of alcohol or citric acid. **SPIRULINA: MULTIVITAMIN AND IMMUNE SUPPORT**[**Spirulina**](https://medicalmedium.us17.list-manage.com/track/click?u=640cdee92777a56d899f2b6bf&id=9294c5d1ec&e=3296a528b7)**is an incredible multivitamin. It's better than any multivitamin powder or supplement with many different ingredients.** Spirulina stops viral and bacterial growth inside the liver and revitalizes all the organs of the body. It is an amazing immune booster and also one of the foods for removing the toxic heavy metals that cause or contribute to so many illnesses and symptoms, including eczema, psoriasis, ADHD, autism, bipolar, mood swings, anxiety, depression, and more. If you are already weakened from toxic heavy metals, you will be more susceptible to catching the flu and having a worse experience while you are sick with it. Spirulina can help you with this aspect of your health and your overall health too. **The quality of s**[**pirulina**](https://medicalmedium.us17.list-manage.com/track/click?u=640cdee92777a56d899f2b6bf&id=66dad8515d&e=3296a528b7)**you use matters**. Vimergy.com carries an excellent quality Spirulina. Many people believe chlorella is the best heavy metal detoxifier to use but that's not true. Avoid chlorella - it moves heavy metals and drops them irresponsibly. **L-LYSINE**L-Lysine hinders and slows down viruses, which is critical because almost everyone has viruses inside their body that are either already causing symptoms or conditions or that will do in the future if not killed off. It’s also vital to help ward off new viruses you might pick up.   L-Lysine impairs the ability of viral cells to move and reproduce. Consider taking L-lysine daily. If you’re dealing with a chronic symptom or illness, or wanting to ward off a strong virus, taking only 500mg of L-lysine (as is commonly recommended) might not be sufficient.   A higher dosage of L-lysine may be necessary. That being said, it is important to discuss the exact dosage you plan on taking with a practitioner so that you can best support your specific health issues. If you aren’t struggling with a symptom or condition but want to help shield yourself from picking up more viruses, taking a smaller dose of lysine can be a protective step.  |

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 **NASCENT IODINE DETOXADINE**

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| **DETOXADINE** |
| Place 3 drops in water. Swallow immediately. Check with your healthcare practitioner for proper dosing. |
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| **MULLEIN LEAF**Mullein leaf is a powerful but gentle antiviral that is really helpful for preventing viral infections. Many of us walk around with weakened immune systems compromised by environmental toxins, pathogens, and toxic heavy metals. Mullein leaf helps to reestablish a broken immune system.  Our white blood cells utilize mullein leaf’s phytochemical compounds to fight viruses and help defend us from pathogens we are exposed to. Consider taking alcohol-free mullein leaf. **GOLDENSEAL**Goldenseal is great for acute viral infections, such as colds, flus, and other viruses. It helps restore and power up lymphocytes that are responsible for protecting critical areas of our body, such as our ears, nose, throat, and lungs, where the first signs of many viral sicknesses occur. Consider taking alcohol-free goldenseal.    May these tools and tips help you feel empowered to take charge of your health. No matter what kind of symptom or illness you are dealing with, or if you simply want to minimize how often you catch the flu or how severe the experience is for you, these tools can help you build up your immune system and heal.  |

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| **TOP COLD AND FLU SUPPLEMENTS** |

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| Whether you’re looking to prevent catching a cold or flu or to speed up your recovery when you’ve caught one, these nine herbs and supplements will be important tools in your healing toolbox. You can use them year-round to help strengthen and support your immune system against colds and flus, or use them (or more of them) when you know you might have increased exposure to bugs, and/or when you feel the symptoms of a cold or flu developing. These herbs and supplements are powerful healers for all kinds of chronic illnesses and symptoms too, not just for colds and flus. You may wish to include them if you have any symptom or condition at all.[**ROSE HIPS TEA**](http://amzn.to/2n1FmAA) Rose hips contain a bioavailable vitamin C that helps the body fight off viruses and bacteria. Sipping [rose hip tea](http://amzn.to/2n1FmAA) on the days when you take a vitamin C supplement is helpful because the rose hip’s vitamin C will activate the supplemental form of it, making it stronger. The [Ester-C](https://vimergy.com/products/ester-c) I recommend already contains rose hip, which is one reason why it’s my preferred vitamin C. ﻿[**ELDERBERRY SYRUP**](https://www.medicalmedium.com/blog/elderberry-syrup) is one of the most effective remedies for viral and bacterial infections such as colds and flus and can substantially shorten the duration of time you are sick. Elderberries are also known to have the ability to significantly enhance immune function by boosting the production of cytokines in the body. In addition, they are very beneficial for bronchial and respiratory problems and can help loosen and expel congestion in the lungs. [**PEPPERMINT TEA**](http://amzn.to/2mg7wdb) is a gentle and soothing anti-spasmodic that calms intestinal nerves and spasms that can happen with a flu bug. It also helps relieve headaches and congestion and is an immune system booster. You can use fresh mint or dried [peppermint tea](http://amzn.to/2mg7wdb). **CURCUMIN** is a component of turmeric that reduces inflammation from an invader such as a flu bug or another pathogen. It also relieves pain and is fantastic for colds and flus, congestion, coughs, sore throat, and/or sinus problems. [Curcumin](https://vimergy.com/products/curcumin) is also a blood purifier and is an incredible support to the liver.  |

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| **TIPS FOR COLDS AND FLU** |

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| When was the last time you suffered from cold or flu symptoms? Some people contract a flu virus (which is often mistaken as a cold) every year or multiple times a year. Whether it's a sore throat, sinus infection, bronchitis, or pneumonia, a flu virus can trigger a host of unwanted and even life-threatening symptoms and conditions. Today you'll learn how to help prevent the flu and which supplements, foods, and measures you can take to heal from the flu.  **Colds**The rhinoviruses that caused the common cold have been superseded by flu viruses that are much stronger. Today, it's likely someone experiencing cold-like symptoms actually has a mild variety of the flu. Another reason someone may have cold-like symptoms is because their body is doing an incredible job fighting off whatever virus is trying to infiltrate their system. Sneezing, sniffling, or a ticklish throat are usually signs of a flu strain. **Flu Season**Flus are usually most rampant in fall and winter, but there are now waves of flus occurring year-round - even in summer. During these warm months, people still find themselves dealing with signs of a flu virus, including sinus infections, stomach bugs and bronchitis, so it's important to take protective steps year-round.  **One reason for this never-ending flu season is the rise in international travel**. When it's winter in one part of the world and flus are rampant, people still hop on planes and travel to places where it's summer, bringing flu viruses along for the ride. Instead of thinking in terms of seasons, think of flus in terms of cycles. There's typically a new flu on the horizon every six weeks. **Flu Varieties**Everyone reacts to the flu differently. Some people come down with very high fevers and delirium, while others run low-grade fevers and go about their lives with little disruption. One reason for these varied responses may be the numerous flu varieties people can contract. Different strains provoke different issues. The strength of someone's immune system is another factor.  **Mucus, Bronchitis, and Pneumonia**People often mistake sizable mucus buildup in their systems for the stomach flu. In these instances, people are often suffering from a flu that's mostly sinus-related, and their stomach issues are from swallowing so much mucus. As a result, they may experience severe bloating, loss of appetite, and/or mucus-related coughing or vomiting.  Flu viruses create mucus that drains most heavily during the night. Depending on the strain of flu, you may not have a cough initially. But as the mucus drains into the chest and builds up in the lungs, there's a good chance you'll develop one. After a few days, the mucus may begin to break up or additional sinus issues may arise, causing even more mucus to drain into the chest. **When that mucus rests too long in the chest, bacteria can begin to grow, leading to bronchitis**. You might be told this bacteria is pneumonia bacteria, but that may or may not be true. Pneumonia bacteria is simply the label medical communities have given the condition.   The troublesome bacteria is actually one or more of the dozens of varieties of untested **streptococcus or chlamydia bacteria.** That's what causes the symptoms of bronchitis and pneumonia. Everybody has different varieties of this pneumonia bacteria in their system. The chlamydia bacteria is usually harmless, but it can cause issues if you are severely [zinc](https://vimergy.com/products/organic-zinc) deficient, consistently making poor food choices, dealing with a lot of stress or not practicing self-care.  **Sinus Infections**Not all sinus infections are related to a flu virus. Oftentimes chronic sinus infections are connected to chronic, low-grade [streptococcus infections](http://www.medicalmedium.com/blog/streptococcus-revealed) . If you have this kind of streptococcus infection and contract a flu virus, you might see your sinuses worsen severely for a period of time before returning to the usual level of affliction.  **Sore Throats**Similar to sinus infections, sore throats aren't always flu-related. **Sore throats can be due to chronic, low-grade streptococcus**. Unfortunately, a throat culture can't always accurately determine whether a sore throat is strep-related. A child or young adult with a really severe case of streptococcus may have white spots on the back of the throat or tonsils that can be swabbed and accurately identified as streptococcus.  But oftentimes, once streptococcus moves out of its early stages, swabbing for a culture doesn't accurately determine if someone has the bacteria. Frequently, chronic streptococcus can get into the lymphatic system and trigger a sore throat. In this case, a throat culture is unlikely to detect streptococcus.  **Epstein-Barr Virus** (EPV) can also cause a sore throat. If you have Epstein-Barr in your body, it can move through the lymphatic system and arise in the throat. This is especially possible if your body is rundown. The virus can cause redness and soreness that typically emerges on only one side of the throat, though it can appear on both sides. Although your throat can be incredibly sore, you won't develop a cough, fever, mucus, or sinusitis.   |

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| **PREVENTIVE STEPS** |

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| If you suspect you have a flu virus, consider implementing some of these steps to help knock the virus out before it hits hard: * **Practice good self-care** —and especially get adequate sleep—if you notice yourself feeling run down, tired, frazzled or stressed.
* **Keep a bottle of high-quality** [**liquid zinc sulfate**](https://vimergy.com/products/organic-zinc) **on hand at all times.** If you have the slightest inkling of symptoms, squirt zinc directly into your throat and let it coat the area. If you're sensitive to zinc, use just a few drops. Read about my [zinc shock therapy](https://www.medicalmedium.com/blog/zinc-essential-mineral-for-health).
* **Be mindful of your hands and wash them regularly throughout your day**. Shaking hands, pushing shopping carts and opening doors are among the ways your hands come into contact with germs. Keep your fingers and hands away from your eyes and face (where viruses can enter your body) whenever possible.
* **Carry** [**handi-wipes**](http://amzn.to/2nXzBn1) **when you're out**. (You can use alcohol-based or [alcohol-free](http://amzn.to/2nfRIr1) wipes). When you're at a restaurant, wipe down your hands before you eat. If you're getting on an airplane, wipe down your seat and armrest. You can also wear a face mask.
* **When you're eating out, opt for piping hot dishes instead of raw dishes like salads**. The heat from a very hot dish can help kill off a flu virus that might have contaminated your food.
* **Take supplements that build your immune system year-round**. This can help prevent illness and speed recovery time if you do get sick. If you're unable to take these supplements year-round, take them ahead of times you know you'll be busy, stressed or traveling and ahead of times you expect you'll have more exposure to the flu.
* **Important immune-strengthening supplements include:** [**liquid zinc sulfate**](https://vimergy.com/products/organic-zinc)**,** [**cat's claw**](https://vimergy.com/products/cats-claw)**,** [**vitamin C**](https://vimergy.com/products/ester-c)**,** [**lemon balm**](https://vimergy.com/products/lemon-balm)**,** [**L-Lysine**](https://vimergy.com/products/l-lysine)**,** [**B-12 with adenosylcobalamin and methylcobalamin**](https://vimergy.com/products/b12) **, and** [**spirulina**](https://vimergy.com/products/usa-grown-spirulina)**and** [**chaga**](https://vimergy.com/products/chaga).
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| **WHICH FOODS FEED THE FLU?****(Don't shoot the messenger)** |

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| The foods you put into your body can either help prevent viruses or help feed and support viruses, including flu viruses. **Viruses feed off certain food sources and proliferate.**  **Eliminate these foods to help protect yourself**:  * **Dairy products.** You might feel fine after eating a piece of cheese or drinking a glass of milk, but these dairy products can silently create chaos by feeding any virus, including a flu virus, Epstein-Barr, cytomegalovirus, any of the HHVs (learn more about the herpes viruses [here](http://www.medicalmedium.com/blog/herpes-viruses) ); bacteria, such as streptococcus, E. coli or MRSA; and parasites or worms. If you're looking to avoid health issues, including a flu virus, eliminate milk, cheese, butter, kefir, yogurt, ghee, and other dairy products. If you already have the flu, eliminating dairy may reduce your symptoms.
* **Eggs** also feed pathogens. If you're not willing to give up eggs, bring a hearty amount of raw garlic into the meal. Even though the eggs will feed the flu virus, the raw garlic will help combat the bug.
* **Chicken**. You may be wondering what's wrong with chicken. The answer has to do with avian influenza.

 **Avian Influenza (Bird Flu)**Flu viruses can feed off birds, and they especially love chicken. Bird flu viruses tend to feed off the bird's adrenal glands and flesh cells, which often leads to dangerous and damaging outcomes.You don't have to cut chicken out of your diet if: you really enjoy eating it, you don't struggle with any health issues, and you incorporate an abundance of leafy greens, fruits, and vegetables alongside the poultry. **However, if you're doing everything possible to avoid catching the flu, eliminating chicken can help.**  **The Cons of Chicken Soup**If chicken feeds flu viruses, should you eat the go-to cold-and-flu-meal of chicken soup? **The answer is, unfortunately, no.** You don't have to scrap the soup altogether though. Remove the chicken and fill the soup with a hearty amount of antiviral and anti-flu foods, including onion, garlic, herbs (thyme, rosemary, and oregano), and veggies (celery, carrots, cabbage, broccoli, cauliflower, zucchini, and bell peppers), and mushrooms. Or, if you really want to keep the chicken in, add even more onion, garlic, herbs, and vegetables to boost the nutritional and antiviral properties.  Try the mineral-rich [Healing Broth recipe](https://www.medicalmedium.com/blog/healing-broth) at the end of this article.  Another reason to avoid chicken has to do with its **fat content**. Have you ever made chicken soup and left it in the fridge overnight? The next time you went to reheat the soup, you may have noticed a thick film of coagulated fat on top. **This fat can draw oxygen out of the blood; slow down the liver; prevent oxygen from reaching the immune system, liver, and heart; and work against the immune system as it tries to fight viruses or bacteria.**  **Foods To Remove and Reduce** **Foods to Remove**Viruses need food to survive while living inside our bodies; ***all microorganisms need to eat in order to live***. There are certain foods that viruses love to eat which allow them to proliferate and strengthen and consequently weaken your health.  ***So the first step to protect yourself against viruses is to stop eating the foods that viruses love to eat.***  The sooner you stop eating these foods, the sooner viruses already inside your body will weaken–and almost all of us have viruses living inside of us, such as the multiple varieties of Epstein-Barr, as well as rashing and non-rashing shingles, multiple varieties of Human Herpes Viruses - simplex 1 and 2, cytomegalovirus, which are the causes behind autoimmune and many other symptoms and conditions.  Plus, removing these foods that feed viruses from your diet will allow your immune system to strengthen so that if you are exposed to a new virus in the flu family or another virus, you’ll be in a better situation to fight it off preemptively. ***Flu viruses are rampant right now. In truth, there's new cycles of flu viruses every 6 to 8 weeks, and with the flu being carried internationally by people traveling, we can catch a flu almost any time of the year.***  The number one food viruses like to feed on is **eggs**. Other foods viruses love to eat include **dairy products such as milk, cheese, butter, yogurt, kefir, and other forms of dairy; gluten; and corn**. If these foods are in your diet, it becomes very difficult to combat viruses. If you don't want to remove all these foods at once, you can still start protecting yourself more by removing one or two at a time and continuing to remove the rest as you’re able or if you become sick.  **Reduce Your Fats**Consider lowering your fat consumption in your diet. By removing eggs and dairy from your diet, you will already have begun lowering your fats. Now you can take that a step further by reducing other sources of fat in your diet. Minimize some foods that are high in fat such as peanut butter and other nut butters, oils of any kind, soy, chicken, pork, and other foods that are either naturally high in fat or that have fat added into them. When your blood is constantly filling up with fat from the foods you eat, **it lowers oxygen levels in your bloodstream.** Oxygen is needed in the blood to help reduce viral proliferation. Oxygen is antiviral in nature. That is why getting lots of fresh air daily along with sunlight is so antiviral and immune boosting. This does not mean you have to eliminate all fats from your diet, but it is best to minimize them if possible.   It’s important to choose the healthiest fats you can, which are avocado, coconut, and nuts and seeds, and to reduce the amount of them you eat so you can protect your health. You can also avoid them before 12 noon if possible.  **It’s important to completely remove unhealthy fat-based foods such as pork, eggs, and dairy.** |

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| **HEALING HERBS AND SUPPLEMENTS** |

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| There are many powerful supplements you can use as weapons against a flu virus. Keep these on hand so that if symptoms appear out of nowhere you can address the issue right away:  [**OLIVE LEAF**](http://amzn.to/2leI3jL)is a great daily supplement if you have Epstein-Barr-related symptoms or conditions. It's also helpful if you're starting to feel sick with flu-like symptoms (in this case, increase the dose).  [**ECHINACEA**](http://amzn.to/2nGqk2n) **and** [**GOLDENSEAL help fight**](http://amzn.to/2lnYlUT) **a flu.** If you're battling streptococcus, strep throat, tonsillitis, or strep-related sinus infections, you may also benefit from using these periodically.  [**ELDERBERY SYRUP**](http://amzn.to/2n1Jh0k) is another incredible flu-fighting supplement.  [**LOMATIUM ROOT**](http://amzn.to/2n7BTlX) can help with flu symptoms, bronchitis, pneumonia, sinus problems, fever, and more.  [**EYEBRIGHT**](http://amzn.to/2leL9o1) is amazing at knocking down flus and streptococcus.  [**CHERRY BARK**](https://amzn.to/2BSe5sD) helps with a cough.  [**MULLEIN LEAF**](http://amzn.to/2n1CyU3) **is incredible for shingles-related symptoms and conditions**. It's also great for fighting the flu, sinus infections, bronchitis, and lung issues.  [**PROPOLIS**](http://amzn.to/2n1Tudn) can be a powerful immune system support.  [**ESTER-C**](https://vimergy.com/products/ester-c)**,** [**LIPOSOMAL C**](http://amzn.to/2mfYcGv)**, and** [**CAT'S CLAW**](https://vimergy.com/products/cats-claw) **are great to take daily**. If you start to feel sick, increase the amount.  [**RED ROOT**](http://amzn.to/2ng2ZYj) can be another helpful supplement. When you buy supplements, look for high-quality capsules or alcohol-free tinctures.  [**ROSE HIPS TEA**](http://amzn.to/2n1FmAA) with ample lemon juice added is helpful for flu symptoms, especially sore throats.  Many other teas are helpful for flu symptoms too. Remember to add lemon juice for more healing benefits.  ***If you want to help your kids stay flu-free, use supplements*** ***in smaller doses, and consider working with a practitioner to*** ***determine the ideal amount for your child.*** **DIFFUSING ESSENTIAL OILS:**Oils that can be useful (especially for sinus and lung concerns in a steam inhalation or diffuser) are:  * Eucalyptus
* Thyme
* Lavender
* Cinnamon
* Spearmint
* Clove
* Frankincense
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| **HEALING FOODS** |

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| The [Healing Broth recipe](http://www.medicalmedium.com/blog/healing-broth) at the end of this article is great to fight off a flu. Even if you don't have a bug, the healing broth can be nourishing, supportive, and protective.  Check out the recipe for turmeric-ginger shots. This immune-boosting tonic is powerful, but it may be too strong for some people. If it's too intense, try making turmeric-ginger tea by steeping chunks of ginger and turmeric in boiling water. Drinking this soothing liquid throughout the day can shorten the length of your flu and protect you from developing bronchitis or pneumonia.  Include plenty of [lemon/lime water](https://www.medicalmedium.com/mm101/medical-medium-lemon-water.htm); [ginger water or tea](https://www.medicalmedium.com/mm101/medical-medium-ginger-water.htm); [celery juice](https://amzn.to/2Xz811P); [cucumber juice](https://www.medicalmedium.com/mm101/medical-medium-cucumber-juice.htm); raw honey; fresh fruit and vegetable juices such as apple/cucumber juice, orange juice, and green juices; healing broth, and non-caffeinated herbal teas. Sticking to liquids while you have a flu will help you heal as quickly as possible.  **Top Cold and Flu Healing Foods**Each of these 10 foods are fantastic choices to help you to heal from a cold or flu. And if you include them year-round or during times of increased exposure to bugs, they’ll help you prevent catching colds and flus.When you feel the first signs of a cold or flu, try basing your diet mostly on these 10 foods. A diet that is all or mostly healing liquids such as fresh fruit and vegetable juices will help you to heal as quickly as possible, especially if you have a fever.These foods are not only important for preventing and recovering from colds and flus, but also for strengthening and building up your immune system, healing from chronic illness and symptoms, detoxifying your body, and much more. The more you include them regularly, the more you’ll heal and the better you’ll feel over time! [**CELERY JUICE**](https://www.medicalmedium.com/mm101/medical-medium-celery-juice.htm) kills off pathogens, including flu viruses. It’s unique form of vitamin C doesn’t need to be converted by the liver, which means it instantly strengthens the immune system. **Drink 16 ounces or more of plain celery juice on an empty stomach.** Wait 15-30 minutes before eating or drinking anything in order to let the celery juice work on your body.  **Celery Juice**Fresh celery juice contains a subgroup of sodium called sodium cluster salts. These sodium cluster salts fight off viruses and kill off viral overgrowth as they travel through the small intestine and colon, and even once they’re absorbed into the bloodstream and pulled up into the liver through the hepatic portal vein. They’re an incredible antiseptic in this way, enhancing your entire body’s immune system.Celery juice also has a unique variety of vitamin C that requires no methylation in the liver for the body to be able to use it. This means that the vitamin C in celery juice can boost the immune system immediately because it’s in this bioavailable, pre-methylated form. Drink 16 or more ounces of plain, freshly made celery juice every morning on an empty stomach.Ingredients: • 1 large bunch of celery Directions:Rinse the celery and run it through a juicer. Drink immediately for best results.  \*\*Alternatively, you can chop the celery and blend it in a high-speed blender until smooth. Strain well and drink immediately. [**CUCUMBER JUICE**](https://www.medicalmedium.com/mm101/medical-medium-cucumber-juice.htm) has anti-fever compounds and agents that help calm a fever. Cucumber juice has a cooling effect on the glands and organs, which makes it a wonderful fever reducer for both children and adults when you contract a virus. **It’s the juicing of the cucumbers that unleashes their anti-fever compounds and agents that help calm a fever like water on a fire**.  Sip on plain, freshly made cucumber juice when you have a fever.Ingredients: • 2 large cucumbers (organic if possible) Directions:Wash the cucumbers and cut as needed. Run the cucumbers through your juicer and drink immediately for best results. If you do not have a juicer, you can cut the cucumbers, blend them until smooth, and then strain the liquid through a fine mesh strainer, cheesecloth or nut milk bag so you end up with just the juice to drink.  **For best results, drink on an empty stomach** It’s also deeply rejuvenating and hydrating. Drink 16 ounces or more of plain cucumber juice on an empty stomach. Or drink it anytime you have a fever.**LEMON WATER** is excellent for the immune system, detoxifying the liver and body, rehydrating, and even helping with nausea. Squeeze half a lemon into 16 ounces of water every morning first thing. Make more to drink throughout the day.  **GINGER WATER**helps prevent colds and flus and helps alleviate fatigue, nausea and sore throats. Ginger also has its own signature variety of vitamin C and helps bring the body out of a reactive state when you’re sick.  **THYME TEA and WATER** are anti-viral and help soothe coughs, relieve fevers, and fight colds and infections.  **TURMERIC GINGER SHOTS** are a potent combination of just fresh turmeric and ginger juice or try the recipe with oranges and garlic too. These shots boost the immune system and can be sipped on all day when you have a cold or flu or anytime. **Turmeric Ginger Shots**Turmeric works on addressing viral issues throughout the body, acting as an anti-inflammatory as it reduces your viral load. In combination with ginger in this recipe, it's a powerhouse. If you’re dealing with congestion, cough, sore throat, cold, flu, virus, and/or sinus problems, try juicing fresh turmeric and ginger together to make a small dose of concentrated serum alone or in this recipe.  Periodically throughout the day, take tiny sips. The juice will act as an expectorant and may help speed up the healing process. Turmeric Shots Recipe Ingredients:• 4 inches turmeric• 4 inches fresh ginger • 2 oranges• 4 garlic cloves Directions:One at a time, run each ingredient through the juicer, **keeping the juices separate.**  — Combine 1 teaspoon turmeric juice, 1 teaspoon ginger juice, 1/4 teaspoon garlic juice, and 1/4 cup of orange juice in a small glass. Stir to combine and drink immediately.Note: the amount of ingredients necessary will vary greatly based on the juicer that is used.Fresh Fruit, Leafy Greens & Vegetable Juices offer a plethora of different nutrients and antioxidants your body needs to heal. In juiced form, they allow the body to heal as easily as possible. Try juicing apples, oranges, cucumbers, asparagus, melons, pears, celery, cilantro, parsley, dandelion, spinach, kale, radish greens, and more.**RAW GARLIC** is antiviral and antibacterial, killing off only unproductive bacteria. It’s also immune strengthening. If you feel like you’re coming down with something like a sore throat, cold, or flu, mince one raw clove of garlic and mash it into half an avocado, banana, or some cooked potato. Repeat this three times daily until you feel better. Eat one or two cloves of raw garlic daily. Garlic is antiviral and rich in the phytochemical allicin, a sulfur compound that prevents disease.Garlic is perfect to fight colds, flus, and viruses and gives you a powerful immune boost. Garlic can be juiced with vegetables for a powerful immune boosting drink. When feeling under the weather or wanting to protect yourself against possible virus contraction, consider eating one to two cloves of raw garlic a day by adding it to juice such as Turmeric Ginger Shots, tomato salsa, salad dressings, raw soups such as Spinach Soup, salads, or minced raw on top of potatoes or steamed vegetables.**RAW HONEY** assists your body in keeping a strong first line of defense by strengthening neutrophils and macrophages so they can fight off pathogens. If you feel like you’re coming down with something, take a teaspoon of raw honey before bed. Add raw honey to lemon water to enhance the honey’s bioflavonoids and give the drink an additional immune boost.  **HEALING BROTH** is healing, cleansing and nourishing all at the same time.  Healing broth is rich in minerals that need replenishing when you have a cold or flu. It’s best to strain out the vegetables and sip on just the broth when you have a fever.**Carrots help to lower blood pressure, reduce edema, relax muscles, steady nerves, and balance cognitive function. Onions & garlic have powerful antiviral & antibiotic properties and can help eliminate heavy metals and parasites from the body.****Parsley & shiitake mushrooms contain an excellent bioavailable form of iron which helps to keep your blood strong and prevent anemia and are also rich in zinc which is highly beneficial for treating viral issues and strengthening the immune system. Ginger & turmeric root helps reduce inflammation and improve liver function and aids in keeps your hair growing strong and skin healthy and vibrant.** This incredibly healing broth can be made in advance & stored in the fridge. Simply heat up only what you need and place in a thermal mug for warm sipping throughout the day. This broth has the miraculous ability to be both healing, cleansing, and nourishing all at the same time and is a wonderful addition to any health regime. **Healing Broth Recipe** Ingredients4 carrots, chopped or 1 sweet potato, cubed2 stalks of celery, roughly chopped2 onions, sliced1 cup parsley, finely chopped1 cup of shiitake mushrooms, fresh or dried (optional)2 tomatoes, chopped (optional) 1 bulb of garlic (about 6-8 cloves), minced1 inch of fresh ginger root1 inch of fresh turmeric root8 cups of water﻿**Preparation of Healing Broth**Place all the ingredients in a pot and bring to a gentle boil. Turn heat down to low and allow to simmer for about an hour. Strain and sip for a mineral rich, healing and restorative broth or leave the veggies in to enjoy as a light healing soup.   |

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| **HEALTHY LIFESTYLE ANTIVIRAL PRACTICE REMINDERS** |

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| Along with practicing God’s Natural Doctor’s found in the NEWSTART® Lifestyle Eight Natural Remedies below; **N=Nutrition****E=Exercise****W=Water****S=Sunshine****T=Temperance (moderation)****A=Air Fresh Outdoors****R=Rest (Spiritual as well as Physical)****T=Trust in Divine Power —-;**eating the right antiviral foods and supplements, **the best way to protect yourself from viruses is to take some steps to minimize exposure or kill off anything you are exposed to immediately.**  This knowledge is meant to empower you so you can take steps to protect yourself and your loved ones. **It’s critical to have the knowledge that pathogens are easy to contract if we are not careful**, especially during these times. Below you will find some of the top tips to protect yourself.  1. Wash your hands regularly, especially right when you come home after going out. Use warm water, be generous on soap, and lather your hands thoroughly. 2. If your hands haven’t just been washed, don’t touch your face (especially your mouth, ears, eyes, and nose) or eat with your hands. It’s extremely helpful to get into a practice of just not touching your face regularly. This includes rubbing your eyes, touching your mouth, scratching your ears, picking your nose, and biting your nails. Keep your fingers away from your face as much as possible. This alone can help you avoid contracting any virus or bug around you.   3. If you can, try to avoid shaking hands or use hand sanitizer or wash your hands well afterwards.4. Use handi-wipes, hand sanitizers, and gloves to keep your hands clean and kill off anything you do come into contact with.   5. Wear gloves when pumping gas. 6. Wash your hands well after handling cash or credit cards. 7. Wipe down your grocery cart or grocery basket handles with hand sanitizer or handi-wipes. These are often provided in many supermarkets today.  8. Wipe down public door handles, sink taps, toilet handles, and toilet flush buttons/levers with hand sanitizer or handi-wipes, use a paper towel to grab them, or avoid touching them when possible.   9. Where possible, avoid direct contact with public doors and door handles, or grab them with a handi-wipe or paper towel in your hand, or use the outside of your shirt sleeve. 10. Avoid raw or undercooked food at restaurants. Politely request for your meal to be served very hot so that any viruses are killed off before your meal is served to you. The exception to this is if the food comes in a skin such as bananas and oranges. Then you can peel the food and eat the inside with your cutlery. 11. Ask for no ice in drinks at restaurants or beverage shops. Ice is often kept in a place that is open to air, sweat, or other exposures, or people working there may pick up the ice with their hands. 12. When you have packages delivered, leave them to air outside for a day or two when possible. If you need to bring them inside, consider wearing gloves and putting them in your garage or another space that you won’t need to use like an entryway closet. If you have to open a package as soon as it arrives, try to wear gloves to handle the package. 13. Don’t wear the same clothes all day long if you have left your home. When you come home from being out or at work, change into clean clothes. 14. It’s best to shower right after traveling by plane and being in airports. 15. When masks are available, you have the option to use them when entering crowded public places if you desire. You can wear masks on planes and in airports for example. Moving Forward You probably plug in and charge up your phone or computer every day. Next time you plug in your device, ask yourself **how you can regularly charge up your immune system as well**. The more you use protective tools and strengthen your immune system, the more likely you are to avoid the next nasty flu that cycles through your world.  |

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