



Disclaimer: I am not a qualified health practitioner. You should always consult a qualified health practitioner if you are sick. Opinions expressed on this website are my own or come from my own experience or research

## FLU!

A very hot topic every year and particularly at the moment as we go through the Covid 19 pandemic. My husband and I have not had flu for many years. The last time I had flu was in 2013 and I am convinced that it was because it was December and I was eating badly, overtired and drinking too much alcohol!

There is nothing like depressing your immune system with the excesses of the season to invite infection in! Whilst I still enjoy the Christmas season, I have employed a better balance of healthy eating and treats that has enabled me to stay healthy during the flu season.

The flu that year in 2013 was a particularly nasty one. People were bedridden, feeling dreadful, aching from head to toe, coughing, fever and could hardly lift their head from the pillow for about 3 weeks. Then, finally feeling they were on the mend, sufferers would get up for a week only to go down again, taking to bed with severe symptoms for another week or so.

My daughter and I got the flu over Christmas. Vitamin C saw us through Christmas Day and Boxing day but the day after, we were very unwell. However, we were back in the game in 5 days with no relapse. This is what we did.

Basic Advice:-

1. Get plenty of rest (we holed up in the TV room and watched movies)  
Note: Rest and enough sleep is absolutely essential for your body to recover
2. Drink at least 1.5 to 2 litres of water per day, 2-3 litres in hot weather
3. Cut out dairy (mucus forming Ref:10),
4. Cut out orange juice (mucus forming Ref:10)
5. Cut out processed food (its rubbish and makes your body work too hard)
6. Cut out sugar and sweet carbonated drinks (so bad for you for so many reasons Ref.11)
7. Cut out alcohol
8. I don't drink much coffee but one or 2 cups of coffee in the morning is ok but not within 8 hours of bedtime as sleep is essential to recovery. (Ref: 12)
9. Increase fruit and veg intake to about  $\frac{3}{4}$  of your diet.
10. Warming, light, easy digestible foods are better.
11. Drink hot rather than cold drinks eg herbal teas

Treatment:-

1. Take 2g of Vitamin C, 3 or 4 times a day.



# Zest for Life

Do this for at least 3 days, or longer, and then reduce the dose slowly. Don't stop it suddenly. You can take it more often – when my husband had shingles, I gave him 2g of Vitamin C every 2 hours. But I will write about shingles in another post. You know when you have reached your tolerance as you will experience loose stool or diarrhoea - then reduce the dose. I have never yet reached my tolerance level. (Ref.1)

For children, follow these vitamin C dosage guidelines - at the first sign of a cold: children weighing 20–29 pounds, give 125 mg three times a day; 250 mg three times a day for children weighing 30–59 pounds; and 500 mg three times a day for those weighing more than 60 pounds. Avoid products that contain artificial flavors, colours, or sweeteners.

Vitamin C is not stored in your body; the body takes what it needs and then excretes the rest. This is why you need to take it regularly throughout the day during an infection or use a time release preparation.

If you have a sensitive stomach, use buffered vitamin C but generally this preparation will not be time release so you would need to take it regularly throughout the day. Capsules are more easily digested than hard tablets. I have seen X rays of tablets undigested passing through the intestines.

I use Powdered Vitamin C by Higher Nature in UK but there are plenty of good brands.

[https://www.highernature.com/everyday-essentials/vitamins/vitamin-c-powder?agentid=115&gclid=CjwKCAiAgJWABhArEiwAmNVTBxnChVgWdBm4kNFqd3sKsA4OXhxdMHYsvJSJIE25kfHpTbaBduFZThoCcpEQAvD\\_BwE](https://www.highernature.com/everyday-essentials/vitamins/vitamin-c-powder?agentid=115&gclid=CjwKCAiAgJWABhArEiwAmNVTBxnChVgWdBm4kNFqd3sKsA4OXhxdMHYsvJSJIE25kfHpTbaBduFZThoCcpEQAvD_BwE)

As a prophylactic, especially during the winter and change of season, I would recommend taking 1g of vitamin C per day. It is a good idea to take a time release vitamin C, so the dose is released slowly over the course of 24 hrs.

My friend's Dad used to get a bad cold every winter which inevitably went to his chest and he ended up on anti-biotics. He told me that once he started to take time release Vitamin C, he stopped getting sick every winter.

## 2. Engystol

I find this to be a superb flu remedy.(Ref:13)

Engystol is a homoeopathic remedy. I know there is much scepticism over homoeopathy but my experience supports its efficacy 100%.

In Singapore, when my girls were little, I found an excellent homoeopath (who was also a qualified MD but only practiced as a homoeopath). Once I found him, my girls never needed antibiotics again for the whole 11 years that we lived there. He cured everything – coughs, sore throats, ear infections, flu, viruses etc.



# Zest for Life

Homoeopathy determines remedies by matching ‘similar’ symptoms i.e the symptoms experienced when a homoeopathic remedy is given to a healthy person is matched to the symptoms of the sick patient. The sick patient then takes that remedy.

When being treated homoeopathically, I observed that my daughters recovered either as fast or faster than medicine given previously by the doctor and with no side effects. We rarely visited our GP.

Anti-biotics cannot kill viruses. Antiviral drugs are now available to treat a number of viruses, including influenza, HIV, herpes, and hepatitis B. However, like bacteria, viruses mutate over time and develop resistance to antiviral drugs. (Ref: 13)

Further, in the year I contracted flu, 2013, I recommended the remedy to a friend who had been suffering the 2<sup>nd</sup> phase of this miserable flu. She said as soon as she took it, she started to feel better quickly and was soon up and about and back to normal.

As scientists will tell you that there is nothing in homeopathic remedies, it cannot do any harm to try it. I urge you to try it when you have the flu. I don’t believe it is purely a placebo effect – it has cured too much in my family.

I think we simply do not yet have the equipment to analyse and understand why it works. I also urge you not to try it when you are healthy as you may ‘prove’ the remedy and develop flu symptoms when you don’t actually have the flu!

Dose: Take 1 tab and let it dissolve under the tongue, every hour until symptoms either get worse or better, often several doses (4-6). Then cut back to taking 1 tab 3-4x day. Ref:13).

Please see special instructions below on taking Homoeopathic remedies.

## Guidelines for Taking Homoeopathic Remedies

1. When taking a remedy, ensure that you do not touch it unless it is in a capsule. Pour into cap and toss under the tongue.
2. Take the remedy at least 20 minutes away from all food and drink apart from water i.e with no taste in your mouth. You may drink water at any time. Hence a good time to take your remedies would be first thing in the morning and 20 minutes after a meal.
3. After taking the remedy, wait 20 minutes and avoid food, strong smells eg perfume, coffee etc.
4. Do not drink coffee during your course of treatment as it cancels the effect. If you must have coffee – drink it a couple of hours away from taking the remedy.



5. Keep the remedies at least 1ft/30cm away from anything electrical/sockets/mobile phone etc as this cancels the effect.

I find it easiest to take homoeopathic remedies first thing in the morning and 20 minutes after lunch and dinner. You will have to work out when to take more doses if needed.

Homoeopathy probably calls for a separate post and I will get round to this in due course.

3. Steam with Essential oil of Lavender and/or Eucalyptus 3 times per day but whatever you can manage.

This is extremely helpful and, in my experience, although I make no medical claims, I have found that it prevents mucus from becoming infected. Phlegm remains clear/white.

Put 1 drop (no more than one drop as essential oils are strong) of high quality, preferably organic essential oil, in a bowl of steaming water. Put a towel over your head and the bowl and do yoga breathing. Choose either lavender or eucalyptus or alternate between the two.

Yoga breathing: Breathe in through your nose as best you can. As you breath in, first allow your stomach to expand, then allow your ribs to expand and finally allow your chest to rise. This gets the steam and oil through your sinuses and deep into your lungs. Breath out through your mouth. Do this for 5 minutes 3 times per day.

As long as the mucus is clear, you should be fine. If mucus is green or yellow, then there is infection. If the situation worsens, then it is time to go to a professional health practitioner. (Ref.2)

4. Ninxia Red by Young Living

I find Ninxia Red gives a huge boost to the immune system. At the first sign of infection, we take 1 sachet of Ninxia Red in the morning and 1 sachet at night for about 3 or 4 days.

Very often, this is all we need and whatever was threatening our health, simply goes away– we find it amazing stuff. It is quite expensive, so I buy the box of 30 sachets and just use them when we need them which is not very often these days.

With a very high ORAC score (oxygen radical absorbence capacity) of 1,500 per oz, Ninxia Red is a powerful antioxidant.

Ninxia Red captures the full power of the whole wolfberry fruit in puree form. The Ninxia wolfberry also contains the highest levels of immune-stimulating



# Zest for Life

polysaccharides and with an ultra-low glycemic index score of 10.6, it won't spike blood sugar levels.

It also contains blueberry juice, pomegranate juice, apricot juice, organic blue agave, dark grape (seed, skin and stem – water extracted), ascorbic acid (vitamin C) as well as pure therapeutic grade essential oils of lemon, yuzu and orange.

You can only buy Ninxia Red from a Young Living distributor. I joined years ago so I could buy their very pure essential oils and Ninxia Red for my family. I believe their products to be high quality.

I have always found Young Living products to have a powerful beneficial effect and neither I nor my family have ever experienced any kind of side effect or contra indication. If you are interested in purchasing Ninxia Red, please contact me.

## 5. Raw Organic Honey, Lemon and Ginger Warm Drink

Honey - A recent study by Oxford University showed that honey is better for coughs, colds and sore throats than the usual treatments, including antibiotics. Use raw, organic honey as commercial honey has been heat treated which destroys all the beneficial ingredients. After being heat treated, honey is, essentially, just a form of sugar. (Ref.3)

Ginger - contains phytonutrients that are beneficial for health. It has anti-oxidant, anti-inflammatory and anti-microbial properties. (Ref. 4)

Lemons and Limes - contain vitamin C, are both anti-viral and anti-bacterial and may reduce phlegm. (Ref. 5)

### To make a Tea

It is best to chew fresh ginger but if that does not appeal..... you can make a tea with lemon and honey.

1. Thinly slice ginger. Pour boiling water over it and wait 5 minutes.
2. Strain ginger and add the juice of a lemon.
3. Add raw organic honey when the liquid is lukewarm (or you can add cold water/ice to bring the temperature down). Hot water destroys the beneficial ingredients in honey.

Or just mix 1 teaspoon of raw organic honey (Manuka is known to be antibacterial) with ½ teaspoon of organic ground cinnamon.

Warning: Do not give raw, organic, honey to children under the age of 1 due to the risk of botulism.



The above are what my daughter and I used to deal with flu in 2013. I have since learned more about supporting the immune system and treating the flu.

## 6. Zinc

Zinc is a key mineral. Zinc is found in cells throughout the body. It helps the immune system fight off invading bacteria and viruses. The body also needs zinc to make proteins and DNA. However, you should not take Zinc on a daily basis without consulting a health professional to ascertain if you are deficient although a lot of people are.

A high dose of zinc (over 50mg) over an extended period can cause problems eg deplete copper. But the time to take it is when you are sick as it is only for a short period – 3-5 days is fine. Then drop the dose to 50mg capsule form or 15mg ionic zinc until you are well. It is said to help stop viruses replicating and boost the immune system. (Ref: 6)

Take:

EITHER 100mg of zinc citrate during infection plus quercetin 500mg (which helps transport zinc into the cells – it also helps with absorption of vitamin C and is anti-viral).

OR 30mg of ionic zinc (you absorb 100% of ionic zinc but much less from capsule/pill form). Take with vitamin C for better absorption. Some ionic zinc will already contain vitamin C. Also take with 500mg quercetin. Here are some suggestions for ionic zinc.

<https://lifeminerals.co.uk/product/ultra-potent-nano-ionic-liquid-zinc/>

<https://www.amazon.co.uk/Good-State-Concentrate-Supplement-Servings/dp/B00D0VI0A8>

Or take Zinc Acetate Lozenges every 2 hours at the first sign of infection. Take only for a short time – no more than a week or 2. Allow the lozenge to dissolve in your mouth for 20 minutes.

You should not take with any citrus and ensure that the product does not include citrus as this binds to the zinc and prevents it fighting the virus. The Life Extension Enhanced Lozenges seems to be an effective brand as it is zinc acetate and ionic. Read the reviews. Dr Eby's research refers.

[https://www.amazon.co.uk/Life-Extension-Enhanced-Lozenges-Vegetarian/dp/B00PYX2SVM/ref=sr\\_1\\_5?dchild=1&keywords=zinc+acetate+lozenges&qid=1603277220&sr=8-5](https://www.amazon.co.uk/Life-Extension-Enhanced-Lozenges-Vegetarian/dp/B00PYX2SVM/ref=sr_1_5?dchild=1&keywords=zinc+acetate+lozenges&qid=1603277220&sr=8-5)



7. Double your Vitamin D intake – up to 10,000 IUs daily while sick. Ensure you take Vitamin D3 with K2. I use the Nutri brand here in UK but there are plenty of other brands around. We take Vitamin D every day in the colder months – about 2,000 IU. I use the Nutri brand in UK.

<https://www.nutriadvanced.co.uk/catalogsearch/result/?q=vitamin+d+with+k2&cat=15>

8. Elderberry Extract

A cheaper option to Ninxia Red is Elderberry Extract. Elderberries are packed full of vitamin C, anti-oxidants, flavanols and anthocyanins. Studies have shown it to reduce the length and severity of colds and flu. You could take syrup, lozenges or elderberry extract.

In one study, 15ml of syrup was taken 4 times a day. In another study, 175mg lozenges were used and in a further study 300mg of elderberry extract was taken 3 times a day.

In all studies, participants experienced benefit in reduced severity of symptoms and length of illness.(Ref.8)

Benefits are best when taken 24hrs– 48hrs after symptoms begin, so keep some in the cupboard!

Dr Gerhard Rechkemmer is the President of Germany's Federal Research Institute for Nutrition and Food. His research has shown that the anthocyanins in elderberries boost the production of cytokines – proteins that act as messengers within the immune system – thereby enhancing the body's immune response.

Cytokines play a crucial role in the immune system's response to disease and work in ways very similar to hormones. They can be both inflammatory or anti-inflammatory depending on what is needed and are released by immune cells either directly into the blood stream or locally into body tissue during an immune response.

These tiny berries are also believed to contain antiviral agents– compounds so potent they are thought to deactivate viruses. Viruses are unable to multiply on their own and need to get inside a healthy cell to do so. They are cleverly coated with something called “haemagglutinin spikes” to help them pierce the cell wall.

These viral spikes are also covered with enzymes which the virus uses to break down the cell wall. Elderberries have high concentrations of bioflavonoids which appear to inhibit the action of this enzyme, thus deactivating viruses and rendering them unable to pierce the cell wall and replicate.



# Zest for Life

The Elderflower is also packed with bio-flavonoids that help to boost the immune system. Research has shown that Elderflowers are also effective in killing common pathogens.

I buy Elderberry Tincture from Napiers The Herbalists in UK – Sambuca Nigra Fructus

<https://napiers.net/search.html?search=elderberry+>

## 9. Probiotics

I don't take probiotics all the time (I took them for about a year when I needed to heal my gut) but I take them for 3 or 4 weeks a few times a year. My family also does the same. If you are not taking probiotics, it is a good idea to take a course or,, better still, include fermented food in your diet.

The Wiseman Clinic recommends taking a double dose of probiotics when you are sick. Your gut is absolutely key to your immune system. If you are on antibiotics, definitely take probiotics and continue for several weeks afterwards. (Ref 9.) My naturopath recommends Bio-kult, which we take, but there are many good brands on the market.

You can find a list of probiotics at different price points on the page 'Healing the Gut.' When I took them for a year, healing some gut issues, I took Symprove which was recommended by the health practitioner I was consulting. (Ref:9) Ideally, include fermented food in your general diet eg kefir, kimchi, sauerkraut etc.

Biocult - [https://www.amazon.co.uk/s?k=biocult&i=drugstore&ref=nb\\_sb\\_noss\\_2](https://www.amazon.co.uk/s?k=biocult&i=drugstore&ref=nb_sb_noss_2)

Symprove - [https://www.symprove.com/pages/learn-microbiome?gclid=CjwKCAiAgJWABhArEiwAmNVTB36yytHsB\\_79F5zOjZhmwXM1i9lshrt3YvHw2sGaBXDuJARDb\\_NtPRoCAtUQAvD\\_BwE](https://www.symprove.com/pages/learn-microbiome?gclid=CjwKCAiAgJWABhArEiwAmNVTB36yytHsB_79F5zOjZhmwXM1i9lshrt3YvHw2sGaBXDuJARDb_NtPRoCAtUQAvD_BwE)

## References

Ref:1 Vitamin C

<https://www.sciencedaily.com/releases/2017/03/170330115246.htm>

[https://www.naturalnews.com/039113\\_vitamin\\_C\\_colds\\_prevention.html](https://www.naturalnews.com/039113_vitamin_C_colds_prevention.html)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6057395/>

<https://pubmed.ncbi.nlm.nih.gov/16373990/>

Ref 2: Steaming with Essential Oils

<https://www.healthline.com/health/essential-oils-for-sinus-congestion>

Book: Reference guide for Essential Oils by Connie and Alan Higley





# Zest for Life

Ref 3: Honey

<https://www.phc.ox.ac.uk/news/honey-better-than-usual-care-for-easing-respiratory-symptoms-especially-cough>

Ref 4: Ginger

<https://www.medicalnewstoday.com/articles/ginger-for-colds>

<https://www.healthline.com/health/ginger-for-sore-throat#medicinal-properties>

[https://www.researchgate.net/publication/232812417\\_Fresh\\_ginger\\_Zingiber\\_officinale\\_has\\_anti-viral\\_activity\\_against\\_human\\_respiratory\\_syncytial\\_virus\\_in\\_human\\_respiratory\\_tracheal\\_cell\\_lines](https://www.researchgate.net/publication/232812417_Fresh_ginger_Zingiber_officinale_has_anti-viral_activity_against_human_respiratory_syncytial_virus_in_human_respiratory_tracheal_cell_lines)

Ref 5: Lemon

<https://www.healthline.com/health/cold-flu/home-remedies#vitamin-c>

<https://www.bmj.com/content/359/bmj.j5007/rr-1>

Ref: 6: Zinc Lozenges

<https://pubmed.ncbi.nlm.nih.gov/19906491/>

Ref 7: Vitamin D

<https://www.askdrray.com/fight-the-cold-or-flu-with-mega-vitamin-d3-doses/>

<https://pubmed.ncbi.nlm.nih.gov/17209171/>

<https://www.wisemanfamilypractice.com/cold-remedies-2/>

Ref.8: Elderberry

<https://www.greenmedinfo.com/article/elderberry-significantly-reduces-duration-infection-influenza-safe-manner>

<https://www.ppt-health.com/sambucol-and-sambucus/early-clinical-results/>

<https://www.healthline.com/nutrition/elderberry#health-benefits>

Ref 9: Probiotics

<https://www.sciencedaily.com/releases/2012/10/121022162335.htm>

<https://www.wisemanfamilypractice.com/cold-remedies-2/>

<https://www.symprove.com/pages/learn-microbiome?gclid=Cj0KCQiA7qP9BRCLARIsABDaZzgtIU5A5peiow2Ry8tssg9fv6>

[Aur\\_zHscqp3g15OKbsYmmAD1yibHgaAlRIEALw\\_wcB](https://www.symprove.com/pages/learn-microbiome?gclid=Cj0KCQiA7qP9BRCLARIsABDaZzgtIU5A5peiow2Ry8tssg9fv6)

Ref 10: Orange Juice

<https://helenabarker.com/2013/08/18/dampness-how-to-resolve-it/>

<https://www.acupuncture.cc/5-dampening-foods/>

Ref 11: Coca Cola and Sugar

[https://www.huffingtonpost.co.uk/2015/07/29/how-coca-cola-affects-body-infographic\\_n\\_7895304.html?guccounter=1&guce\\_referrer=aHR0cHM6Ly93d3cuZ2](https://www.huffingtonpost.co.uk/2015/07/29/how-coca-cola-affects-body-infographic_n_7895304.html?guccounter=1&guce_referrer=aHR0cHM6Ly93d3cuZ2)

[9vZ2xlLmNvLnVrLw&guce\\_referrer\\_sig=AQAAACZ9KJQcfLUhaH8o0FLHv2Pj8D7t6YnBzIEYV5IYACBCKCCWBtQgF2HmKZq6qFeerGKQdZPD3RXJ3vBhJ4mS](https://www.huffingtonpost.co.uk/2015/07/29/how-coca-cola-affects-body-infographic_n_7895304.html?guccounter=1&guce_referrer=aHR0cHM6Ly93d3cuZ29vZ2xlLmNvLnVrLw&guce_referrer_sig=AQAAACZ9KJQcfLUhaH8o0FLHv2Pj8D7t6YnBzIEYV5IYACBCKCCWBtQgF2HmKZq6qFeerGKQdZPD3RXJ3vBhJ4mS)



# Zest for Life

[yARFYJEbcVrY0f-](#)

[zp2kSN4Ye28Rbjc6uDYAaPHIwOVtd7D8m94L36juB2gB5Vjvis3Pnd0YGGvkcoT  
u-YxEaT8B4](#)

[https://maxliving.com/healthy-articles/how-sugar-affects-your-immune-system/](#)

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4878564/](#)

[https://www.quickanddirtytips.com/health-fitness/prevention/does-sugar-really-  
suppress-the-immune-system?utm\\_source=sciam&utm\\_campaign=sciam](#)

[https://www.health.harvard.edu/heart-health/the-sweet-danger-of-sugar](#)

Ref 12: Coffee

[https://www.theraflu.com/amp/can-you-drink-coffee-when-sick.html](#)

Ref 13: Engystol

[https://www.arizonawellness.org/blog](#)

[https://kristingraycemgary.com/natural-and-arse-kicking-approach-to-kill-viruses-  
like-covid-19/](#)

Ref 14: Anti-biotics cannot kill viruses

[https://www.ncbi.nlm.nih.gov/books/NBK209704/](#)