Coping With Flu Season Naturally

If you prefer to use essential oils when coping with the Flu season – some suggestions are included.

With all of the uncertainty in the world today, one thing you can always count on is flu season. Every year, as the days become shorter and colder, more and more individuals come down with flu-like symptoms. According to the Centers for Disease Control and Prevention, flu season can start as early as October, with its peak coming in January and February.

The CDC recommends the following six steps for preventing the flu:

1. Avoid close contact with others.
2. Stay home when you are sick.
3. Cover your mouth and nose when you cough or sneeze.
4. Clean your hands.
5. Avoid touching your eyes, nose, or mouth.
6. Practice other good health habits.

Notice how the first five recommendations are straightforward, while the last is a little vague. Here are a few ways to “practice other good health habits” using natural products.

1. Keep germs out - Keep a bottle of Thieves® Waterless Hand Purifier by the front door. Anyone who enters your home quickly learns that they need to sanitize upon entering. Washing hands with good old soap and water will also assist in germ control.

2. Protect from the inside out - Although not common knowledge, the digestive system is one of the body’s first lines of defense against disease. Using a probiotic supports a healthy immune system by delivering billions of beneficial bacteria strains. We can recommend a probiotic that is appropriate for your child. Also, drink plenty of water to keep hydrated from the drying effects of heating systems. Did you know dehydration happens just as easily in winter as in the heat of summer? So keep your water intake up.

3. Overcoming sickness - If you are unable to avoid getting sick, try ImmuPro™ and Thieves essential oil blend. Apply Thieves to the soles of the feet and add ImmuPro to the nightly regimen to provide the additional support body the support it needs. Boiron Oscillococcinum and King Bio’s Flu Spray are also great alternative. Elderberry is also a wonderful immune booster. Studies have found that elderberry can even ease flu symptoms like fever, headache, sore throat, fatigue, cough, and body ache. The benefits seem to be greatest when started within 24 to 48 hours after the symptoms begin. One study found that elderberry could cut the duration of flu symptoms by more than 50%.

As with all therapeutic products, consult with your health practitioner as to dosage and frequency for your child.