



Sal DiLiello, ND presents:
Nature's Medicine Cabinet

**Natural Methods to Beat the
Cold & Flu Season!**

Things to do to stay healthy:

- Maintain proper pH level in the body by:
 - Decreasing Acidifying Foods: red meat, processed meat products, animal fat, cheese, bread, pasta, coffee, **white sugar** to mention a few.
 - Increasing Alkalizing Foods: green vegetables, colorful vegetables (carrots, beets, etc.), bananas, almonds, Brazil nuts, chestnuts, avocados, cold-pressed oil.
- Chicken Soup is not a MYTH.

Things to do to stay healthy:

- Wash hands frequently with warm water & soap.
- Drink plenty of water.
- Drink Green Tea (Camellia Sinensis) - safe and effective beverage for preventing cold and flu symptoms, and for enhancing gamma delta T cell function (Lymphocytes) with a spoon of pure honey.
- Get plenty of rest, at least 7-8 Hrs. sleep.

- **Vitamin D3** - a proven immune regulator.

The lack of sunlight is a major contributor to increasing flu episodes. Increasing your intake of Vitamin D3 can reduce the risk of Influenza by 42% according to The American Journal of Clinical Nutrition.

- **Colloidal Silver** – Great ability to destroy pandemic flu viruses and other pathogens; can be taken prophylactically.

In Addition

➤ Vitamin A as Beta Carotene

Foods high in Vitamin A:

Carrots, Sweet potatoes, Winter squash, Spinach and Kale.

Fruits like cantaloupe and apricots.

➤ Vitamin C and Zinc

Foods high in Vitamin C:

Citrus fruits, Kiwis, Strawberries, Cantaloupes, Asparagus, Cabbage, Broccoli, dark leafy greens, Green and Red Peppers.

Supplements?

- Zinc – known to be a powerful immune system booster combating many ailments from common colds to cancer.

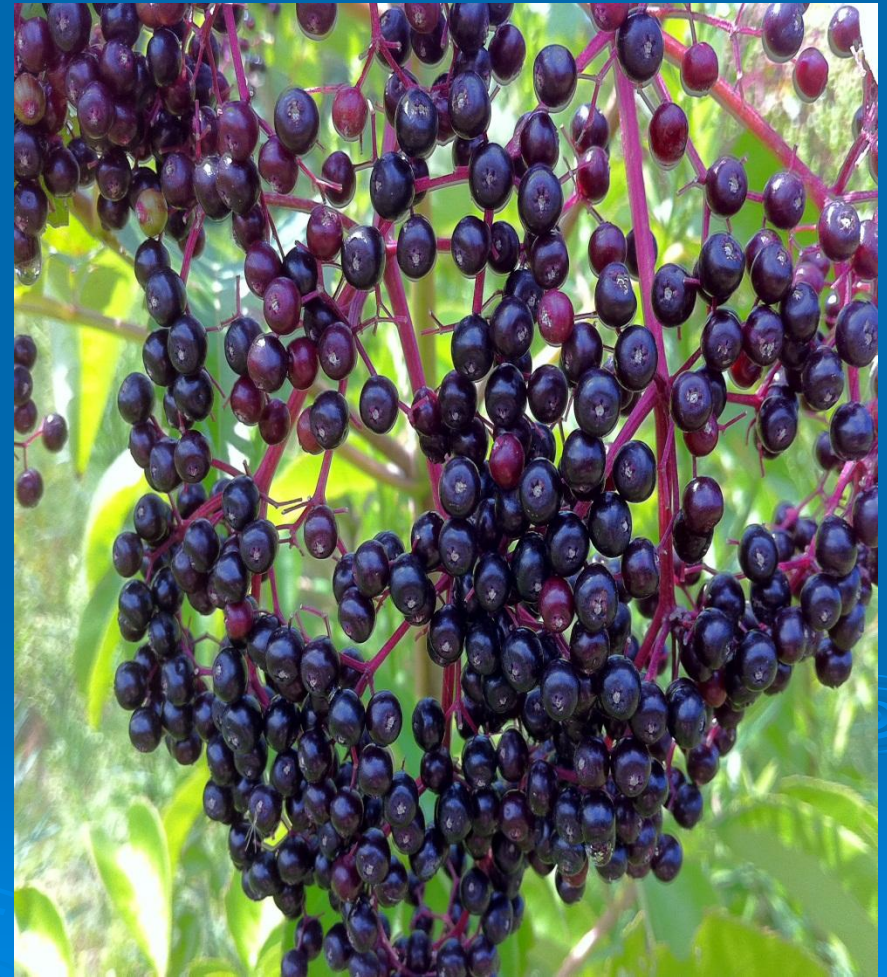
Foods high in Zinc:

Oysters, Herrings, Lobsters, Beans,
Ginger Root, Nuts, Lean Red Meat,
Poultry.

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Some Medicinal Herbs:

- Elderberry –
Sambucus-
contains immune-
stimulating
antioxidants, along
with anti-inflammatory
and anti-viral
compounds.



Some Medicinal Herbs:

- Garlic –
Allium Sativum –
Also NOT a MYTH

Garlic has both
antibacterial and
antiviral properties.
Can be taken raw or
in pill form.



Some Medicinal Herbs:

➤ Astragalus Membranaceus –

Used in Traditional Chinese Medicine for thousands of years to protect & support the immune system. Has antiviral, antibacterial and anti-inflammatory property.



Other Medicinal Herbs:

- Goldenseal –
Hydrastis canadensis

Traditionally used by Native Americans to treat colds, flu, chest congestion, fungal as well as bladder infections.



Homeopathic Remedies:

- **Oscillococcinum** – Start taking it if you know you've been exposed or at the first sign of symptoms.



Homeopathic Remedies:

➤ Bryonia Alba – Wild Hops

Used when bone and muscle pains are made worse from any motion along with other symptoms such as chills, fever, headache, thirst for large quantities of cold water, painful cough, dryness of mucus membranes. Usually the person feels like a **grumpy bear**.

Homeopathic Remedies:


➤ Gelsemium – Yellow Jasmine

Used when symptoms come on gradually over 6 to 24 hours with an inability to do anything. Throbbing headache, drooping eye lids, dizzy and dull. Difficulty swallowing with a feeling of a **“Lump stuck in the throat”**.

Homeopathic Remedies:

➤ Eupatorium Perfoliatum – Boneset

Used when symptoms come rather quickly include tremendous **aching bones**, but unlike Bryonia, they are **restless** even the bed feels uncomfortable and constantly changes position. Wants company, thirsty for ice cold water.

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Homeopathic Remedies:

➤ Belladonna – Deadly Nightshade

Used when symptoms come sudden and very intense, high fever, red face, glassy-eyed, stiff neck, lack of thirst. Usually worse on right side.

