

Natural Health Tips

Natural Flu Prevention

All flu viruses are “airborne” – meaning they are transmitted by air. Like any other flu virus, H1N1 virus enters our body through our nostrils and mouth. It is almost impossible not to be exposed to it, especially during this time of the year, when air moisture and temperature conditions provide a thriving media for flu viruses.

But there are better ways to protect yourself than injecting a hazardous vaccine or stocking on Tamiflu.

- 1. Wash your hands frequently.** If a sick or virus carrying person just happened to sneeze in the near vicinity of the table you’re now touching, you may pick some microscopic drops of saliva on your hands. Too tiny to be seen or sensed, these drops – hence your hands - will carry the virus.
- 2. Adopt the “Hands-Off-Your-Face” policy.** Resist the temptation to touch any part of your face – and especially your nose or mouth – except when you’re eating or washing, in which case you will have washed the hands just prior to that.
- 3. Boost your immune system.** Make sure your diet provides lots of vitamin C, bioflavonoids and zinc (see November 2007 Natural Health Tip for sources), make sure you get enough sleep every night, avoid immune depressing drugs (mainly antibiotics and steroids) and take 10 slow, deep breaths when exposed to a stressful situation, to try to limit the body’s autonomous reaction to stress of releasing natural steroids into the bloodstream.
- 4. Eat lots of fresh raw garlic.** Smelly? Yes, but it's healthy, stimulating the immune system and having many additional health benefits.
- 5. Take a propolis supplement.** Propolis is the substance made by the bee and used by it to seal the beehive. It is a potent anti-biotic, anti-viral and anti-fungal natural substance.