

# How to Get Rid of Flu and Viral Infections Naturally

A book for Awakening Families



by Yole Yogi Raam

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Our information and opinions are not a substitute for professional medical prevention, diagnosis, or treatment. Please consult with your physician, pharmacist, or health care provider before taking any home remedies or supplements or following any treatment suggested by anyone. Only your health care provider, personal physician, or pharmacist can provide you with advice on what is safe and effective for your unique needs or diagnose your particular medical history.

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## Basics of Get Rid of Flu & Viral Infections Naturally

I created this e-book as a reminder for my family and friends.

This is my gift; you can share it with your friends.

It is written in *sutra* or seed form, concentrated, more as a reminder than detailed explanation. It is not written to convince or persuade, but to help those who are looking for natural solutions.

*After parties and holidays with too much sugar, cream and wheat, people seem to get sick. It is the same every year. January, February, March...doctor's offices, emergency department and hospitals these months are the busiest months of the year. Especially children and older people are most affected with the flu. Many people have complications of the flu from upset stomach, ear infections, chest congestion and sinus infections.*

**The information below is based on the personal experience of a yogi, so it is meant for spiritual, self-empowering people looking for natural health solutions:**

To heal yourself for good...close your eyes and feel...

REMEMBER times of inner strength, peace and joy... that is your source of health!

- *Health comes from deep inner happiness that is produced by inner peace and experience of life in bliss (unconditional love) ananda.*

For centuries wise people have explained this eternal truth using words suitable to their culture and religion as the experience of: the Holy Spirit, communion with God, Samadhi, Satori, Nirvana, and so forth.

## **What is Health?**

Total health is balance of inner and outer, the balance of individual ego and cosmic ego (small "I" and Big "I"). When all inner energies flow freely without counteracting the flow of the energies of nature (universe), then we are healthy. Perfect health is harmony of intellect, mind, ego, emotions and body systems with nature/intelligence of the universe.

## **How Health Gets Disturbed**

When the free flow of personal energy begins deviating from the natural flow of energies of the universe, then our system starts experiencing resistance. We can perceive it only if we are alert: settled and quiet. It is a very tender feeling of discomfort and uneasiness. At that point we start losing energy since we are going against the natural flow of energies of nature and universe. As we continue deviating from the flow/intent of nature, the discomfort increases and finally culminates in pain and disease.

## **When we get sick**

We are sick at the point of departing from unity with the intelligence of the universe, but usually we perceive it much later, when the discomfort becomes so disturbing that we cannot neglect it further. Disease happens due to the mistakes of our intellect (illusion) and our free will to act upon the illusion. Perception of an object or information that is not real is called illusion. Our intellect is restricted to functioning in the field of senses and material objects. It is not suited for analysis of the quantum/transcendental/eternal reality of life.

## **Why we feel pain**

Since the order in the universe is a natural state of existence of all, when human beings deviate from that natural state of functioning in tune with all pervading intelligence, then naturally resistance on our path increases. We are (pictorially explained) trying to swim upstream, against the flow of nature's energies. Our action of swimming upstream can't last for long, since our energy gets depleted relatively quickly. The first signs are getting mentally/emotionally indifferent, then tired, then unhappy before small symptoms of inner discomfort begin. If we continue persistently our way without noticing/understanding that it is opposite of nature's flow, then our discomfort increases, and pain becomes more perceivable. As we know from personal experience, some people do not stop opposing/fighting nature until they become seriously ill. In such situations medical intervention becomes more serious and dangerous.

That is usually when humans who are already out of tune with nature start inventing a variety of artificial helping methods, today's modern approaches to health. The most natural reaction would be to re-establish balance/unity/alliance with intelligence of the universe and all complications would be prevented. Then "heaven" would not be lost.

Now back to flu and other viruses that disturb us in so many different forms and degrees. It is going on all the time, but most of us are not aware of mild chronic cases that pave the road to more severe conditions.

## **What I Do To Get Rid Of Flu!**

(For Immediate Results)

When I notice the onset of a viral infection, (flu) or cold, the first thing I do is to take a lot of fluid and drink a tea that will stimulate a bowel movement.

Then I reduce my food intake and eat only light food: no sugar, no meat, no eggs, no milk or oily stuff. I usually replace a meal with a vegetable juice AND GET PLENTY OF REST THAT NIGHT, EARLY TO BED, from 8pm to 10 pm and no later.

If I get a chance I take a hot shower or bath with Epsom salt and hydrogen peroxide. Usually this is enough to stop the incubation/infestation of a virus/flu but in case of mutants and lab-generated viruses, it might take one, two or even three days of treatment. If you are not strict with the treatment, the flu may continue for one or two weeks, but without severe, painful symptoms.

Simultaneously I shift my focus onto myself; I stop focusing on business and other obligations, just postpone it all. If you have a family or kids, just reduce your activity to what's most important.

This decision is critical to give our system a chance to regain strength and balance necessary to stop viral invasion. When we focus on the self, naturally our breathing becomes more balanced; we should have long deep inhalations and even longer exhalations. It is important to breathe naturally without forcing it so that we do not get tired from the exercise. We can repeat the exercise as often as we can since what we are doing is just returning from a "sick breathing" pattern to normal/natural healthy breathing. It is desirable to do it in a place with fresh air, open a window, or walk in the park, forest, whatever is available.

If the symptoms persist I take herbs or minerals proven to have an effect on viruses, fungi and bacteria. I usually combine a few of methods until I get desired results. The fastest is sauna, then hydrogen peroxide, lemon and ginger juice, oregano oil, Goldenseal, Neem leaves,...

*Below is a list of general recommendations and a list of natural remedies and methods you can use to fight cold, flu and other viruses. Brief description is just to get you started in emergency, but it is recommended to consult with your medical provider/physician and do further research on each remedy you would like to use.*

## How to Get Rid of the Flu NOW

(Instructions for friends)

**Remember this as a “mantra” and know it forever:**

I can heal myself any time,

I can enjoy my life now,

I can eat and live healthy always,

AND

it is not too difficult,

I CAN DO IT,

I AM STARTING NOW!!!

This guide is to start you on your way to:

- Your health self-sufficiency
- Your freedom from diseases and dependency
- Giving up unnecessary suffering
- Getting time for yourself.

This busy society is just one of many mass illusions.

\*Note: **Viruses** are known to be resistant to pharmaceutical antibiotics. A flu virus mutates frequently and sometimes a new strain emerges (natural mutant or artificially created in the labs) that

humans have not been exposed to, so it takes little more to get it under control.

**Usual Flu Symptoms** include - body aches, chills, dry cough, fever, headache, sore throat and stuffy nose, and so forth.

*It is necessary to have a comprehensive, holistic approach to strengthen your immune system, so you can get rid of viruses by combining a variety of methods*

It is of utmost importance that we strengthen our immune system naturally. Certain herbs, foods, supplements and homeopathic remedies can help you avoid catching a cold or flu and build your immune system. If you do catch a virus, they can help relieve the symptoms and shorten the duration and severity of the illness.

Daily diet has huge impact on the strength of your immune system.

### **Viruses love sugar:**

If you or your child is eating sweets daily, heavy processed foods, junk food, drinking soda or other sweetened beverages regularly, you are weakening your immunity and will be more likely to catch viruses. One teaspoon of sugar (soda has about 9-11 tbsp.) can weaken your immune system for 4 hours. I believe that this is one of reasons so many people are now having extreme difficulty fighting illnesses (besides repeated antibiotic use).

## **Eat more vegetables:**

At least 4-5 servings a day! Have a salad with lunch, and at least two vegetables with dinner. Fresh fruit can also bolster vitamin C and help build resistance.

## **Avoid all white flour,**

(eat only WHOLE organic grains), baked goods, sugary cereals, cookies, cakes, candy, and sweets. You'll feel so much stronger than you realize! **(The best are old sorts of grains that are not modified.)**

## **Natural Vitamins:**

It is important to take a good quality, plant-based, not synthetic, multi-vitamin/mineral supplement which supplies you with vitamins, minerals, trace minerals, amino acids, essential fatty acids, proanthocyanadines, bioflavonoids, green foods, enzymes and more.

Taking 2000-4000 mg. of Vitamin C every day will help you fight infections **(not synthetic vitamin C only ones derived from natural sources)**.

### *Herbs and Oils That Will Boost Your Body's Immune System Naturally and Fight Viruses and Bacteria*

*(Look for organically grown herbs and make sure they are fresh)*

It is best to start thinking about immune health before you become ill with the cold or flu virus.

Now is THE BEST time to start:

- Improving your diet by finding your dietary gaps

- Learning to **cope with stress** and relax (meditation & Yoga) to reduce stress
- Find which **supplements** will be of most benefit to you
- Regular **daily exercise** and fresh air, which will keep your lymph moving and your immune system strong
- **Rebounding** (jumping on a mini-trampoline) every day, 2-5 minutes or more, several times a day
- Getting **plenty of sleep** daily
- Keeping yourself strong and healthy, which brings many benefits other than protection from the flu and cold
- **Maintaining good colon health.** The traditional medicines like Ayurveda have long equated respiratory problems with poor bowel function. If waste product is not being removed in a timely fashion then toxins build up in the body, and especially in the respiratory system. We recommend herbs which perform a good **bowel detox**, as well as keep the intestines performing well with **friendly bacteria, such as *Lactobacillus acidophilus* or *Bifidophilus***. **Enzymes are a must.** Take a broad spectrum enzyme combination, both with meals and between meals

### **Aloe Vera:**

Supplementation with Aloe Vera has been shown to be extremely effective in bolstering and balancing the immune system.

Recommended dosage is a quarter glass of juice each morning. Take twice a day when you feel a cold or flu coming on.

### **Apple Cider Vinegar and Honey:**

Mix apple cider vinegar (half to 1 tablespoon) and raw honey (half to 1 tablespoon). (Note: Apple cider vinegar is actually made from fresh, organic, crushed apples that are allowed to mature naturally in wooden barrels, but you can get it easily from the grocery shops or supermarkets.) Dissolve in a glass of water (10-20 oz). Take it once or twice daily. Note: For this vinegar and honey remedy, do not get

commercial distilled vinegars as they do not contain the same health values of organic, raw apple cider vinegar. The powerful enzymes and minerals like potassium, phosphorus, sodium, magnesium, sulphur, iron copper, fluorine, silicon, pectin and natural malic and tartaric acids, which are important in fighting body toxins and inhibiting bacteria growth, are all destroyed during the distilling process.

### **Astragalus:**

Used for nearly 4000 years in traditional Chinese medicine. Early Chinese writings refer to it as "the superior tonic". Astragalus is a favorite immune system builder among the natural health community. It is good for colds and immune deficiency- related disorders including AIDS, cancer, and tumors. Those with autoimmune diseases should consider using Astragalus instead of Echinacea to strengthen the spleen and immune system. It is a safe, long-term immune system tonic.

### **Bee Propolis:**

is known as Russian penicillin and is often found in natural vitamin supplements. It is collected by bees to protect the hives from infection.

### **Catnip:**

A traditional cold and flu remedy and a great herb for children. It helps induce sleep and settles the stomach. As a tincture or tea, it is a great herb for combating flu, cold or other illness.

### **Cinnamon:**

Good for more than just stabilizing blood sugar, cinnamon is an effective antiviral and antibiotic. When sick, mix 1 tablespoon with 1

teaspoon of honey and stir to make a spicy and very effective tea that helps relieve cough and congestion and lower fever. Do not put honey in until the tea cools to body temperature.

### **Coconut Oil:**

Coconut oil is high in lauric acid and is thought to dissolve the lipid coating around some viruses and make them more susceptible to attack by the immune system. If sick, aim for 5-6 tablespoons per day in food or melted and stirred into hot tea. Coconut oil has many other health benefits as well and is known to boost the immune system.

### **Echinacea (purple coneflower):**

Herbal extract used regularly can help you avoid or reduce the severity and duration of viral illnesses. Just 40 drops for an adult taken 4-6 times a day at the first sign of a cold can help you avoid it completely.

### **Elderberry:**

Elderberry is well known for supporting the body, especially during flu. Take daily to boost immune system. Usual dose for kids is 0.5 tsp to 1 tsp and 0.5 Tbs to 1 Tbs for adults. In case of flu, take the normal dose every 2-3 hours until symptoms disappear.

You can buy it at health food stores.

Ingredients to make your own:

- 2/3 cup black elderberries
- 3.5 cups of water
- 2 T fresh or dried ginger root
- 1 tsp cinnamon powder
- 1/2 tsp cloves or clove powder
- 1 cup raw honey (we get from our farmer's market)

Pour water into a pot and add elderberries, ginger, cinnamon and cloves. Bring to a boil. Then simmer for about 45 minutes or until the liquid has reduced by almost half. Remove from heat and let cool. Use a strainer to pour it into a glass jar. Discard the elderberries. When it is cooled down to body temperature, add 1 cup of honey and stir. Store it in the fridge.

### **Garlic:**

A natural antibiotic, anti-fungal, and antibacterial. Finely mince 1-2 cloves of garlic and eat with a slice of bread and butter. Spice it for taste. Taking garlic regularly or taking odorless garlic capsules helps fight viral, bacterial, and yeast infections.

### **Ginger:**

In capsule form, ginger can greatly help with nausea and vomiting associated with the flu. It can also help with high fever and headache. Fresh ginger root can be steeped in boiling water to make a tea that is very effective against sinus symptoms and congestion.

### **Ginger and Lemon juice:**

Make a juice from ginger and lemon and mix it: 1 part of ginger: 3 parts of lemon, add water according to your tolerance, until you can bear the strength. Do not dilute it too much. You may add some honey to make it more drinkable.

### **Goldenseal:**

You will find this remedy very effective in not only preventing infection but also reducing inflammation after you have a cough or flu symptoms.

### **Licorice:**

Scientific studies have shown that licorice stimulates immunity. Its ability to fight flu viruses and bacteria allows using it not only for treatment, but also for flu prevention during epidemics. Licorice root should not be used in cases of high blood pressure, water retention, pregnancy or if on medication.

### **Maitake:**

These mushrooms enhance immunity, and are especially effective in helping the body to inhibit cancer growth. Maitake appears to activate the immune response by stimulating the T- cells that are the body's defense against viruses and cancer cells. Recommended dosage is 3-7 g per day.

### **Mustard and Ginger Foot Bath:**

This is an old recipe for clearing the sinuses, opening the bronchial tubes, and allowing the mucus to release its grip on your lungs. Get a bowl of boiling water, add a couple of teaspoonful of black mustard or ginger powder, it will have a burning effect, like when you eat them. It stimulates the nerves in your body. Then leave it to cool only slightly, and then put your feet into the water as soon as you can tolerate the temperature and stay there as long as possible. If it is possible, get a large sheet and place it over your body so that it covers your feet as well as the bowl. This way you will reap the benefits of being able to breathe in the steam at the same time. The mustard bath works because it opens up your capillaries and warms the blood and most viruses can't stand temperatures over 113 °F.

### **Nettle Leaf:**

Contains large amounts of vitamins and trace minerals and helps the body stay hydrated and remove toxins. In a tea with Red Raspberry Leaf, Alfalfa and Peppermint, it makes a powerful immune-supporting and illness-preventing remedy.

### **Oil of Oregano:**

Is a potent natural antibiotic and antiviral. It is a very powerful agent against bacterial, viral, parasitic, and fungal infections. It's an excellent general tonic and immune stimulant. You can take one or two capsules a day, or place one or two drops of the oil under the tongue to go immediately into the blood and lymphatic system. 4-5 drops can also be placed in juice and taken several times a day. This can be your best defense against the flu! When 5-6 drops are put in a glass of water and gargled, oregano oil can stop a sore throat in its tracks. 5-6 drops in a glass of water swallowed can help kill flu or infection in under 24 hours. Pregnant women should not take oregano oil.

### **Olive Leaf Extract:**

Is proven more powerful than penicillin in fighting upper respiratory infections, sinus, strep and throat infections! Olive leaf: Olive leaf extract is a powerful tool in the fight to kill viruses such as the cold, herpes, and Epstein-Barr. Its power also extends to helping wipe out sinusitis and bronchitis, as well as reducing hypertension and cholesterol levels. The most important element in olive leaf extract is a compound called oleuropein. When purchasing this supplement, look for capsules standardized to 6 percent oleuropein. The recommended dose is 500 mg daily to fight an existing bacterial or viral infection.

**Tea tree oil:**

The *Melaleuca alternifolia* tree has various uses in medical treatments because of its triple antibiotic features: it's an antiviral, antibacterial, and antifungal agent. Just because a substance is naturally occurring with no known side effects does not mean it can't be effective. Tea tree was an important medicinal for native Australians. They drank tea made of the leaves and applied tea tree poultices to treat wounds, cuts, and various skin disorders. In 1920, Dr. A. Penfold tested the oil's properties for the first time. He discovered that tea tree oil was 12 times more potent than the accepted antiseptic at the time, carbolic acid. Its complex chemical composition makes it extremely difficult for germs to develop resistance. Tea tree oil is readily absorbed and it continues to block germ growth at the site for several days after the initial application. The oil is a proven immune-stimulant and anti-viral agent; it is even currently being tested in the treatment of AIDS.

*\*You should apply a small test amount to the skin before using it for the first time; as with any product, there is always the chance of sensitivity in any particular individual. Adding a couple drops to a vaporizer and inhaling the steam helps to freshen and disinfect the air, killing germs that infect the sinuses and lungs, and opening clogged respiratory passages. The oil can be rubbed into the skin at full strength, or mixed with a carrier oil or lotion. The oil can also be added to a hot bath and is then assimilated both through the skin and the nasal passages.*

**Colloidal Silver :**

The presence of colloidal silver near an invader disables its oxygen-metabolism enzyme, its chemical lung, so to say. Within a few minutes, the invader suffocates and dies, and is cleared out of our bodies by the immune, lymphatic and elimination systems. Unlike pharmaceutical antibiotics, which destroy beneficial enzymes, colloidal silver leaves these tissue-cell enzymes intact, as they are radically different than those enzymes of primitive single-celled life. Thus, colloidal silver is absolutely safe for humans, reptiles, plants and all multi-celled living matter.

## **Thyme and Thyme Oil:**

A tea made from thyme is very effective against cold and flu. Thyme oil rubbed on the skin will help the body fight infection. Pregnant women and small children should not use thyme.

## **Turmeric:**

This herb is a member of the Ginger family and also known as Curcuma. We have a good article on the UHR site on Turmeric along with a chicken recipe that uses this exotic spice. Animal research has shown this herb to be beneficial as an immune stimulant. Recommended dosage is 200 mg per day to support immune health.

## **Yarrow:**

Unsurpassed for flu and fever, and great for children. If used abundantly in tea or tincture at the beginning of an illness, it will usually shorten the illness to less than 24 hours. It is especially good for fevers as it induces perspiration and is great for all childhood type illnesses. It is naturally bitter, so it is often good to include peppermint and stevia leaf when making a tea. It is great for the liver and kidneys and supports the endocrine system.

## **Vitamins and Minerals**

### **C vitamin:**

At first signs of flu start with 2000 mg vitamin C every hour, for at least 4 hours and stop it when your bowel movements turn soupy. Most adults need 2,000-5,000 mg a day or more when ill, and kids can need up to 2,000 mg. It is water soluble, so chance of overdose is low. In severe cases, patients were given 100,000 mg/day and these patients recovered from cases of the flu that were deemed terminal. **The best form of vitamin C is a mineral ascorbate** because it has

already been made ready for the body to use. It does not leech minerals from your body since it already has the minerals.

### **Chromium supplements:**

**Chromium chloride tablets, Vanadium (sodium vanadate), or Tungsten (sodium tungstate). You can also find it as ingredients of good multivitamins.**

These minerals normalize the sugar in your body, but at the same time, it prevents sugar metabolism from occurring in virus and fungus and that eliminates the pathogens.

### **Colloidal Silver:**

Also consider using colloidal silver for excellent anti-viral protection! It works great to help avoid or reduce symptoms of colds and flu. The body has an innate ability to rejuvenate and restore itself to optimum health. When taken daily, colloidal silver acts as an optimal immune system supporter by helping the body fight invaders. Medical tests indicate no known adverse effects from the use of properly prepared colloidal silver, and there has never been a recorded case of drug interaction with any other medication.

The body does not develop a tolerance to Colloidal Silver and no allergic reaction has ever been recorded.

### **D3 Vitamin:**

Is actually a steroid hormone that you get primarily from either sun exposure or supplementation. Its ability to influence genetic expression produces many of wide-ranging health benefits. Appropriate sun exposure is the best way to optimize your vitamin D levels. Vitamin D fights infections, including colds and the flu, as it regulates the expression of genes that influence your immune system to attack and destroy bacteria and viruses.

**Vitamin D Dose General Recommendations** (blood test is necessary for the exact dose you may need)

<b>Age</b>	<b>Dosage</b>
<b>Below 5</b>	<b>35 units per pound per day</b>
<b>Age 5 – 10</b>	<b>2500 units</b>
<b>Adults</b>	<b>5000 units</b>
<b>Pregnant Women</b>	<b>8000 units</b>

### **Hydrogen Peroxide:**

Using the 3% Food Grade Natural doctors report remarkable results in curing colds and flu within 12 to 14 hours when administering a few drops of three percent hydrogen peroxide (H<sub>2</sub>O<sub>2</sub>). It can be sprayed in the throat, nose or into each ear. Hydrogen peroxide is effective about 80 percent of the time, especially if done when your symptoms first appear.

**Hydrogen peroxide nasal spray:** Get a simple, non-medicine nasal spray and use it several times a day, or whenever your nasal passages feel irritated. This device flushes cold, flu, and dust particles from your nose, while it keeps the mucous membranes moist. Hydrogen peroxide is much more effective than saline water.

Fill an eyedropper 1/4th full with 3% food grade hydrogen peroxide. Lay on the floor or lay on the bed and lay on your side. Empty the eyedropper into your ear. The hydrogen peroxide should stay in your ear for 3-5 minutes. When you get up you can gently use a Q-Tip to clean your ear out. Then do exactly the same thing to your other ear as you lay on your other side. Do this 3 or 4 times a day.

(**Note:** If a child accidentally drinks 3% food grade hydrogen peroxide it is perfectly safe and will cause no harm. However, they will very likely get sick to their stomach.)

### **L-Arginine:**

Is a non-essential amino acid that promotes wound healing and improves the immune response against bacteria, viruses and tumor cells. Levels of L-Arginine drop during periods of increased stress. Recommended dosage is 3-6 g per day.

### **Magnesium supplements:**

Magnesium Chloride of 250 mg/day is effective to fight both the fungus, and virus. Magnesium chloride / Magnesium lactate contain only 12 percent magnesium, but has better absorption than others. Anytime you're taking any of the following: magnesium, calcium, vitamin D3 or vitamin K2, you need to take all the others into consideration as well, since these all work synergistically with each other.

The best ways to consume this mineral is through organically bound magnesium, found in whole foods. Green leafy vegetables like spinach and Swiss chard are excellent sources of magnesium, as are some beans, nuts and seeds, like almonds, pumpkin seeds, sunflower seeds and sesame seeds. Avocados are also a good source. Juicing your vegetables is an excellent option to ensure you're getting enough of them in your diet.

## **MMS or Miracle Mineral Supplement- CD or Chlorine Dioxide:**

**MMS kills 95% of all pathogens:** The chemical chlorine dioxide, which is what MMS generates, is one of the most effective killers of disease pathogens. When properly used at low levels of concentration it can select pathogens and not affect body parts. For a list of companies using chlorine dioxide because it is selective, Google “chlorine dioxide selective.”

Detailed instructions for use find at: <http://mmsautism.org/> and <http://www.h2oairwateramericas.com/>

**Note:** You may purchase it on Amazon.com. Stabilized oxygen products are sold as “water purification” products to avoid FDA persecution.

## **Saline nasal spray:**

If you can't affect the humidity around you, affect the moisture level inside your head. Get a simple, non-medicine saline nasal spray and use it several times a day, or whenever your nasal passages feel irritated and dried out. This device flushes cold, flu, and dust particles from your nose, while it keeps the mucous membranes moist.

## **Super Antioxidants:**

I HIGHLY recommend using Super Antioxidants daily! Not only because they help reduce the signs of aging, along with aches and pains, but they can greatly increase your immune system, being 20 - 50 times more potent than Vitamin C and E!

## **Zinc:**

Is an antiviral and antibacterial mineral that can prevent a cold or flu virus from reproducing and can help relieve respiratory symptoms. Adults should consume 50-75 mg a day when sick in capsule or lozenge. For best absorption grind the tablets or just chew it. The best ones are zinc acetate, zinc chloride and zinc gluconate.

In special cases when you do not have any other natural option you may use an **aspirin** but only in the form of acetyl salicylic acid. Acetyl salicylic acid tends to destroy the fungus and the protein of the viruses. Aspirin (for adults) is usually taken three times a day, only for 3 or 4 days.

## **Traditional Natural Methods**

### **Sauna:** (my best kept secret)

By indulging in a sauna twice a week, you may be able to reduce your susceptibility to colds by more than 50 percent. It also diminishes viruses so body can fight it fast, usually within one to three days. It is excellent for detoxification and chronic fatigue, mild depression, rheumatoid arthritis, musculoskeletal pain, skin conditions.

You may find it in rec centers, country/wellness clubs, or you may build or buy your own. Infrared saunas are becoming popular due to their practicality.

### **Homeopathic Remedies for Flu:**

1. Take "Cold and Flu" tablets this homeopathic preparation has help people avoid getting infected with the flu virus by taking 1 tablet a day throughout the flu season.
2. Take Arsenicum album if thirsty but feel better drinking warm fluids, lack of appetite, body aches, and feel worse during the night.
3. Take Bryonia if cough, throat and chest pain, dry mouth and lips, very thirsty.
4. Take Eupatorium perfoliatum if you have pain in your bones and eyeballs.
5. Take Gelsemium if feeling chills, aches, fever, not thirsty.
6. Nux vomica is used when a simple cold has developed into influenza.

## Putting It All Together -Essential Recommendations

There are a lot of options in natural illness treatment. So, you may start with whatever is the most practical for you and over time you will develop your own method that fits your needs the best:

1. Include low sweets diet and avoid fried foods- avoid or minimize sugar
2. Go on a liquid diet when feeling run down/tired
3. Remove all grains, especially white flours, dairy, etc
4. Hydrogen Peroxide in ears, nose, throat, or drink it with water
5. Take 2000 mg Vitamin C for at least 4 hours and stop it when your bowel movements starting to turn soupy
6. Use vitamin D3 if it is not possible to get appropriate sun exposure.
7. Start right away on Oil of Oregano at least for 14 days.
8. Sleep as much as possible, at least 8 hours.
9. Give up smoking and drinking alcohol as it can injure your respiratory tract and impair your resistance, making you more susceptible to flu.
10. Reduce stress - stressed people are more prone to falling ill easily.
11. Avoid exposure to dust, chemicals as well as sudden and extreme temperature changes.
12. Drink lots of liquids: water with chlorophyll and herbal teas, soups, and other fluids like fruit juices. Beet and carrot juice are rich in nutrients. Fruit juice mixed with water in equal quantity and dash of honey provides the necessary glucose. It also keeps you from being dehydrated.
13. By humidifying your room there will be less discomfort of a cough, sore throat or dry nasal passages. If you're blowing your nose continuously, it will be sore and red. Lubricate your nostrils with coconut oil to decrease the irritation. Put in humidifier essential oil of: lavender, eucalyptus, or tea tree.
14. For tired achy muscles, ease away the pain with a warm compress or hot tub if available. Soak your feet in hot water to alleviate any headache or nasal congestion, to make it more

effective add a cup of vinegar, or Epsom salt or a few drops of essential oil of eucalyptus, tea tree or lavender.

15. Ensure that your room has plenty of fresh air supply all the time. Prevent chills by wearing warm, close fitting clothes. Ask someone to give you a back rub as it activates the immune system to fight the flu. During flu, one should eat lightly. Snack on fruits, cereals, boiled food, etc. The best would be to consume food recommended for your body type (Ayurveda).
16. If a sore or scratchy throat accompanies the flu, get relief by gargling with salt water solution. It will wash out any secretions collected in your throat.
17. Take a tbsp. of honey mixed with lemon at night to get quick relief. Warm (body temperature) water mixed with lemon and honey is good to loosen phlegm. Ginger added to formula would make it more effective.
18. Gargle daily with 1 drop of each of tea tree oil and lemon mixed in glass of warm water. Stir well and do not swallow.
19. Add 10-20 drops of either tea tree, eucalyptus, lemon or lavender oil to your hot water bath. This helps your immune system fight the viral infect and ease your symptoms.
20. Take 1 tbsp. of lukewarm (room temperature) honey with 1/4 tsp of cinnamon powder daily for 3-4 days. It strengthens the immune system and protects the body from bacterial and viral attacks
21. Juices of elderberry every 2 hours, apple, pear, cranberry, pomegranate and dark grapes are often recommended for combating flu as they have properties that work against congestion and runny nose. Hot tea with melted coconut oil before bed. . Nettle, red raspberry, alfalfa and peppermint tea to sip with grapefruit seed extract is very effective.
22. In case of long term low-grade viruses, fungus-like organism are often being introduced into the body. Funguses like organism are harder to get rid of than viruses and bacteria. Strong alkalinity is natural cure. Mix 6 drops of hydrogen peroxide 3% food grade in 1 glass of water and drink (at least 4 times a day) than follow by alkalizing formula: squeeze one fresh lemon (or lime) and add a few 1/4 teaspoons of baking soda (until the fizz stops) then add 1 glass of water.

*Thank you for making one step more toward healthier and better life,  
creating more joy and light for you and our world family!*

I believe this information is beneficial to you. If you like what you learned here, share it with your friends.

Click the link below if you have questions. You will also find other useful information, tips and techniques for healthy, green, self-sufficient and free, independent living.

<http://www.greenfamilyraam.com>

## About the author



Yole Yogi Raam helps people regain total self-sufficiency by:

- Regaining mastery of health naturally,
- Learning how to grow and prepare healthy food,
- Building affordable natural, healthy home,
- Using renewable energy of the sun, wind and Earth...
- Getting time and confidence to educate kids at home,
- Developing family economy –financial independence, and
- Guiding families toward joy of natural living in abundance of real life values.

We may call it different names: green living, holistic life, sustainable living, self-sufficient life, healthy living, life in total freedom, enlightenment but it all comes to one simple truth: returning to what you really are, your original, natural setup.

Since our natural set up is disturbed by “malware”, our job now is to reset the system, get rid of bugs, and virus created energy draining and time consuming loops that create vicious circles in life. Only achieving use of our full mental potential brings life of freedom and independence. Than we live fully - life in accord with nature/ natural law, cosmic law or god’s will.

Yole was fortunate to be a disciple of Maharishi Mahesh Yogi for more than 35 years, personally guided and supervised by Maharishi

about 10 years. Yogi Raam is trained to practically apply Vedic knowledge in daily life, to improve health, business, social relations, and living conditions, so we have all that is necessary for self-realization/ freedom/ enlightenment.

Yole received his education at public and private schools and universities in Europe, India and USA. Founded and managed several successful companies in Europe and USA. After his spiritual teacher left he started transition from family service to global humanity service. Raam's Domain, L.L.C., web sites and books are created to spread eternal message of life, Maharishi's message:

*"It is not necessary to suffer in life; the nature of life is bliss".*

To learn how, visit <http://www.raamsdomain.com>  
<http://www.greenfamilyraam.com>  
<http://www.YogiRaam.org>

**Feel free to contact Yole Raam**