

*the art of connections
creating a radiant life*

Prevention & Treatment of Colds & Flu

Neti Pot *gargle with mouthwash or saltwater*

Keep warm/dress for weather *Rest*

Dr. Carol Lipschultz's homeopathic flu kit Keep hydrated Drink hot fluids

Mustard packs Skin brushing

Heating pad or hot water bottle to chest

Prebiotics/Probiotics Regular aerobic exercise (prevention)

Eat your greens **Miso soup** GARLIC, ONION & GINGER

chest percussion *Mega-doses vitamin C* **Micronutrients**

acupuncture, chiropractic, massage express emotions

vaporizer with eucalyptus *Facial massage* **manage stress**

Hot Toddlies **Eat local honey** *Sunshine*

Lymph drainage adequate sleep Meditation

SINUS PERCUSSION **INHALE STEAM** Deep Breathing

Avoid lung irritants & powders/talcs *Air out your house*

Stick cloves of clove in an orange and place near your bed to disinfect air