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**Subject:** News from Healing America

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Cold and Flu Season Preparation

September 2009

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Recipe of the Week  
Cold & Flu Survival

**Cold and Flu Survival Kit  
Avoiding Colds and Flu  
Dr Roy Brabham**



**Training Schedule**

**Mon Sept 14**

A Sponsors Role  
7:30pm CDT

**Tues Sept 15**

Juice Placement  
7:30pm CDT

**Thurs Sept 17**

Berry Bash Training  
7:30pm CDT  
Berry Consultant  
8:30pm CDT

**Quick Links**

[Healing America](#)

**Warm Citrus  
Punch**

12oz heated Apple  
Juice  
12 oz heated Orange  
Juice  
1 grapefruit  
1/2 lemon  
1/2 lime  
4 cinnamon stick

When heating juices do not boil and do add cinnamon sticks to apple juice.  
Mix heated juices, Grapefruit juice, lemon juice and lime juice.  
Pour into four mugs.  
Use cinnamon sticks as garnish.

Serves 4

**Support Your Immune System** - this is the key element. The immune system is the body's natural defense against the viruses that cause colds and flu. Standard antibiotics are useless against these viruses. Anti-viral medicines and vaccines (flu shots) are only partially effective at best. A flu vaccine that isn't directly targeted at the specific virus strain causing an infection can actually make you more susceptible, since it will decrease immune response against non-targeted organisms. The other measures listed here will help with immune function. Most Healing America products support healthy immune function in some way. Here is a rundown on the ones that can be particularly helpful.

**Patagonian Maqui Juice** - contains a wide variety of antioxidants from multiple sources. These keep the immune system functioning well by protecting from free radical damage. Also has numerous compounds from aloe that directly support good immune function.

**Immunal** - strong support of immune function from substances that directly signal this. Be sure to take it properly - 3 capsules per day for 20 days each month, then take the rest of the month off.

**eRadicator** - a potent antioxidant formula to neutralize free radicals that cause big problems with effective immune function.

**Nectavida, eN-Zyme, and AlliPRO** - the products that anyone in any state of health should be taking for general health maintenance. Nectavida supplies a broad range of nutrients that are needed for proper function of any system in the body, particularly the immune system. eN-Zyme assures that nutrients are properly digested for full absorption. AlliPRO beneficial bacteria that produce immune-regulating compounds and reduce the number of harmful organisms that can tie up immune resources. It also has stabilized allicin, which, unlike typical antibiotics, is effective at killing viruses.

**Perfect Start** - this cleanse and detox program should be done at least once a year, and, preferably, every 6 months to clear the body of toxic chemicals and other harmful substances that impair immune function.

**Avoid Stress** - stress causes production of cortisol, a hormone that reduces immune activity. To relieve stress quickly, try relaxing and taking several slow, deep breaths.

**Get Adequate Rest** - this reduces chronic stress and helps your body regroup its defenses.

**Exercise Regularly** - another means of reducing stress, plus it promotes good circulation of blood and other body fluids - key to mobilizing immune factors and clearing infective agents.

**Wash Your Hands Frequently** - this decreases the likelihood of spreading a virus to your nose, mouth, or other people.

**Eat Sensibly** - sugar and other simple carbohydrates in excess have a very negative effect on the immune system, as does alcohol. Eating plenty of fresh fruits and vegetables in a good variety provides nutrients that bolster immune function.

#### When You Feel a Cold or Flu Coming On

**AlliPRO** - try taking 2 AlliPRO per hour until there is improvement, usually in no more than 4 to 6 hours. This brings on a wave of stabilized allicin (special garlic extract) that directly kills cold and flu viruses.

**Flu Buster** - this concentrated tincture contains some of the most powerful anti-viral, anti-bacterial and anti-fungal agents known in all of nature. It is particularly effective in the mouth and throat area, where cold and flu viruses usually begin their attack. Take 1 to 2 full droppers 3 or 4 times per day. You can mix it in juice or water, but the less it is diluted, the more effective it will be.

**Immunity Plus** - a highly-concentrated tincture of potent natural immune enhancers. This also works directly at the mouth and throat area, giving an extra immune boost at the sites where cold and flu viruses most often invade our bodies. Take it in the same fashion as Flu Buster.

#### General Measures

**Drink plenty of water** - promotes good circulation, and replaces extra loss that can occur with fever.

**Continue to eat sensibly** - carb restriction to avoid negative immune effects, along with plenty of fruits and vegetables to support immune function, are even more important once an infection is established.

**Get even more rest** - just like it becomes harder to get daily tasks done if you are tired, if your body is fatigued it will be harder for it to fight and eliminate cold and flu viruses.

**Don't suppress fevers below 102 degrees** - the increased body temperature with low-grade fever helps kill the viruses causing these illnesses.

**Continue to get regular exercise** - even if you have to lower the intensity, the circulation boost is even more helpful when an infection is established.

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