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Wellness

HOW TO CRUSH A COLD OR FLU FAST ! Part 2



In part 1 I explained the basics about cold and flu prevention. Now in part 2 you will learn the best ways to crush that cold or flu in the early stages, before it can crush you!

FLU 101:

Flus and colds are different. The flu is **VIRAL** and therefore cannot be treated with antibiotics. There are numerous strains of the flu and we really aren't 100% certain which ones will hit us for the season. That is one reason why FLU shots are really a shot in the dark.

Please understand that a flu shot **DOES** not improve your immunity! They may actually impede it and make it *weaker*. This is a controversial debate between the conventional medical field and the alternative world of medicine. There is no

proof that FLU shots prevent the flu and improve your overall resistance. Flu shots contain many other ingredients besides the actual dead virus, such as mercury, egg, pig extract, other heavy metals and chemicals that may impact the nervous system in a very compromising manner. Do your homework, and ask questions! Don't assume that because your doc recommended one you need it. This is called proactive health care.

Flu Symptoms vs Cold symptoms:

Flu :

- Characteristic HIGH FEVER 101-104F which lasts 2-4 days
- Headache **PROMINENT**
- Bodily pains aches often **SEVERE**
- Fatigue/Weakness Can last **2 or more weeks**
- Stuffy nose, congestion, sneezing is often **NOT experienced**
- Sore throat is often NOT experienced
- Cough/Chest discomfort is common and can be **SEVERE**
- Complications of FLU- pneumonia, bronchitis

COLDS:

- Fever is **RARE**
- Headache mild and most often not occur
- General aches/pains **RARE**
- Fatigue/weakness quite mild
- Duration for most without a compromised immune system is 2-3 days
- Sneezing, stuffy nose, congestion **VERY COMMON**
- Sore throat is **COMMON**
- Cough is mild, and short duration
- Complications may result in sinus congestion or mild infection

So those are the main differences. Treat each condition differently. Here is how:

The Flu:

High fevers need to be monitored. If a fever of 101 or over lasts for more than 2 days, seek medical attention. Often times a fever will surface and takes its course and settle after 2 days or so. It is your body trying to kill off the virus naturally. Viruses don't like a hot unstable environment, so the body naturally increases in temperature to eradicate the bugs.

- **Begin taking oil of oregano** every 3-4 hours for the first two days, 2 -3 drops under the tongue. This will help the body normalize and fight off the virus
- **Take Elderberry extract 3 times a day for first three days.** This also boosts the immunity. **Elderberry** is a very potent anti viral and anti bacterial plant source, and much research has been conducted on its effectiveness. It is readily available at your local health food store. One



product I've tried

and swear by is **SAMBUCOL**. It has really helped me and my patients with relief of symptoms and duration of the FLU. It is also very **EFFECTIVE FOR COLDS!**

- **Drink plenty of fluids and REST.** You need as much rest and sleep as you can get to fight off a flu. Rest will enable your body to use its resources to restore and regenerate your system. You will need to take **TIME OFF** work, school and exercise or **WORKOUTS**. Give your body the chance to use its energy to heal the system, not to run on the treadmill. Even if you feel better on day 4 or 5. Give the gym or the track a good week or more off. This is essential. You will only prolong your recovery, and find yourself

relapse with stronger symptoms.

Colds:

Colds are much easier to deal with. They often are short in duration and easily treated.

- **Drink plenty of fluids**, and preferably plain, room temp filtered water. Increase your intake substantially, and the cold will not linger on as long.
- **Up your VITAMIN C , by 3 times the amount! For 3-4 days.**
- **BUY a NETI POT:** Neti pots are traditional Ayurvedic Indian medical practices. Its a ceramic pot that you fill with filtered warm water and a small amount of salt. The saline solution is poured into one nostrils and while the head is tipped over a sink to one side the water filters through the other nostril.



- This cleanses the whole nasal passage thereby flushing out toxins, or impurities. It is **FANTASTIC** for sinus and **CONGESTION**. Also for those suffering **ALLERGIES!** Done twice daily during a cold or allergy season is best. For maintenance once daily or every other day.

Colds also need REST. You may not need to take a whole day off work or school, but you should slow down somewhat and give yourself some recoup time. So sleep a little more, and take some time to just relax.

Supplements: You may also choose to take **oregano oil, GARLIC capsules** or fresh raw garlic with your food. This are both antibacterial and proven to shorten duration of colds.

HYGIENE: It goes without saying, that proper hygiene for cold and flu season is imperative!

WASH YOUR HANDS: It's amazing how many people don't do this simple thing. ALWAYS wash your hands after you use the washroom, before you eat and always when coming home from work, school or wherever you been. Wash your hands for at least 30 seconds and cover the whole hand not just the underside or fingers.

ALSO SANITIZE the high traffic areas of home and office: I.e Washrooms, showers, sinks, toilets, kitchens. These areas are often warmer, more humid and a lovely breeding ground for germs. Germs love these type of environments and can live on sinks and counters for days! These areas need extra clean up when someone in the home has a cold or flu, so every 2- 3 days get scrubbing!