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## 3 All-Natural Cold and Flu Remedies

*Treat and prevent seasonal illness - naturally!*

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Colds and flu affect millions each year – leaving you sapped of energy to live your life and complete even the simplest of daily tasks! All-natural remedies for cold and flu prevent and alleviate symptoms, yet many are discouraged from organic solutions because many have not yet been scientifically validated; however, as natural health seekers we know the tried and true effectiveness of these homemade remedies. Check out this quick guide to some of today’s leading all-natural preventative solutions and remedies colds and flu, some of which you may not have heard of before!

### 3 All-Natural Cold & Flu Prevention Techniques



Photocredit: Flickr / aka Kath

Keeping the immune system strong and resilient against attack from harmful bacteria is the best way to prevent cold and flu. Some prevention techniques include:

1. **Plan Your Diet Carefully.** Your body’s ability to ward off cold and flu

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declines as you get older, so eating sensibly and replenishing good bacteria is important. According to the Center for Human Nutrition at the University of California, **four cups of green tea each day** is one way to replenish helpful intestinal bacteria that's found in the digestive tract.

2. **Regularly Wash Your Hands.** According to the Soap and Detergent Association, **fewer people are adhering to this basic all-natural cold and flu prevention technique.** Use warm water, create a good soapy lather, and scrub under fingernails and in the palms of your hands to ensure you stay germ-free.
3. **Head to Bed.** According to the Phoenix Baptist Hospital, **sleep encourages the release of cortisol,** which bolsters the immune system and helps your body to fight cold and flu bacteria.

### 3 All-Natural Cold & Flu Remedies



Photocredit: Flickr / LA Foodie

If you've already succumbed to an illness and prevention is no longer effective, it's OK - we've got some ways to remedy your discomfort. They are:

1. **Drink Hot Liquids Regularly.** Boiling water with a hint of honey and lemon, or some tea filled with tannins, will **reduce nose blockages and keep you hydrated.**
2. **Pinpoint the Things that Bother You Most.** Treat only symptoms you've got rather than taking medication that targets a range of

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symptoms. Use natural solutions and try to address each one individually. Got a tickly or an irritated throat? [Consider gargling salt water](#) - all it takes is half a teaspoon in 250 ml of water to provide instant relief naturally.

3. **Get a Humidifier.** Guarantee there is sufficient humidity in your house, and you'll prevent raw skin, blocked noses and dry throats. Just make sure you regularly replenish the water in your humidifier.

You don't have to depend on medicine to get better - especially if you prevent colds and flu with our all-natural prevention tips. May you have an illness-free winter season!

## About the Author:

**Maryruth Belsey Priebe** has been seeking the keys to environmental justice - both at home and at work - for over a decade. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth's work by [visiting her site](#).

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