

## Building Your Immune System To Fight Colds and Flu

There are natural ways you can boost your immune system this cold season to help fight the common cold and flu. You can use vitamins, minerals and herbs, juices and homeopathic remedies.

**Vitamins, minerals and herbs** are a great option to boost the immune system:

- Echinacea – when taken at first sign of a cold, reduce cold symptoms or shorten their duration.
- Vitamin A – helps to protect the body from infections, and is important in maintaining a strong immune system. Foods containing Vitamin A are orange coloured vegetables such as sweet potato and carrot, and spinach.
- Vitamin C – effective for prevention as well as reducing the severity of a cold. It also enhances the effect of other remedies. Foods containing Vitamin C are citrus fruits, strawberries and kiwi fruit.
- Vitamin E – contains antioxidants that assist in building a strong immune system to protect you from illnesses. Foods containing Vitamin E are whole grains and leafy green vegetables.
- Zinc – helps to reduce the severity of symptoms and assists in the repair process. Foods containing zinc are oysters and other seafood, sunflower and pumpkin seeds, legumes and eggs.

This **juice** is also great to have at least twice a week:

- 2 Carrots
- 1 Orange or Apple
- 1 Stick of Celery
- 1cm piece of Ginger

Juice is like a natural multivitamin.

**Homeopathic remedies** are a great treatment option as they assist the body to heal itself.

Remedy options are:

- Anas Barbariae - This is excellent to keep on hand for both adults and kids. Taken fortnightly or monthly as a preventative, or when in contact with an infected person.
- Aconite – This is useful for the initial stage of the inflammatory process, especially if symptoms come on at night after exposure to dry, windy weather. It's fantastic at halting the progress of colds and sore throats. One or two doses at the first sign of symptoms is often all it takes.
- Ferrum Phos – This is useful for the early stages of feverish complaints and when generally feeling off colour.
- Gelesmium – This is useful when aches and pains are present, or feeling drowsy, droopy, heavy or listless.

We have a range of Owen Homeopathics in the clinic  
for you to select including cold and flu kits.