

# Natural Remedies for Flu, Cold & Virus Prevention - Viral Pneumonia

## Natural Hygiene:

Hand Washing, Get out in fresh air,  
Take a walk, Breathe, Adequate Sleep

## Alkalize the System:

Apple Cider Vinegar (1 tsp. in water 2x a day)  
Baking Soda (1/4 tsp in 4oz. water 3x a day)

## Stay Hydrated:

Drink Plenty of Water  
(add a dash of Himalayan Salt)

## Homeopathic Cold & Flu Remedies:

*Oscillocochinum* - Flu Symptoms  
*Ferrum phos.* - Sore throat, first stages  
*Phosphorus* - Chest Pain, wants cold drinks  
*Ipecac* - Oppressed Breathing, nausea, vomiting  
*Arsenicum album* - Wheezing, Great Anxiety  
*Belladonna* - High Fever, Sudden Onset  
*Antimonium tart.* - Rattling Mucus Cough  
*Camphora* - Chills, Collapse, Fevers, Flu

## Natures Antivirals Herbs Capsules & Teas:

Elderberry Syrup, Oregano,  
Echinacea, Olive Leaf, Astragalus,  
Ginseng, Nasturtium, Turmeric,  
Holy Basil, Fennel, Throat Coat Tea

## Probiotics:

Capsules  
Fermented Foods

## Incorporate More:

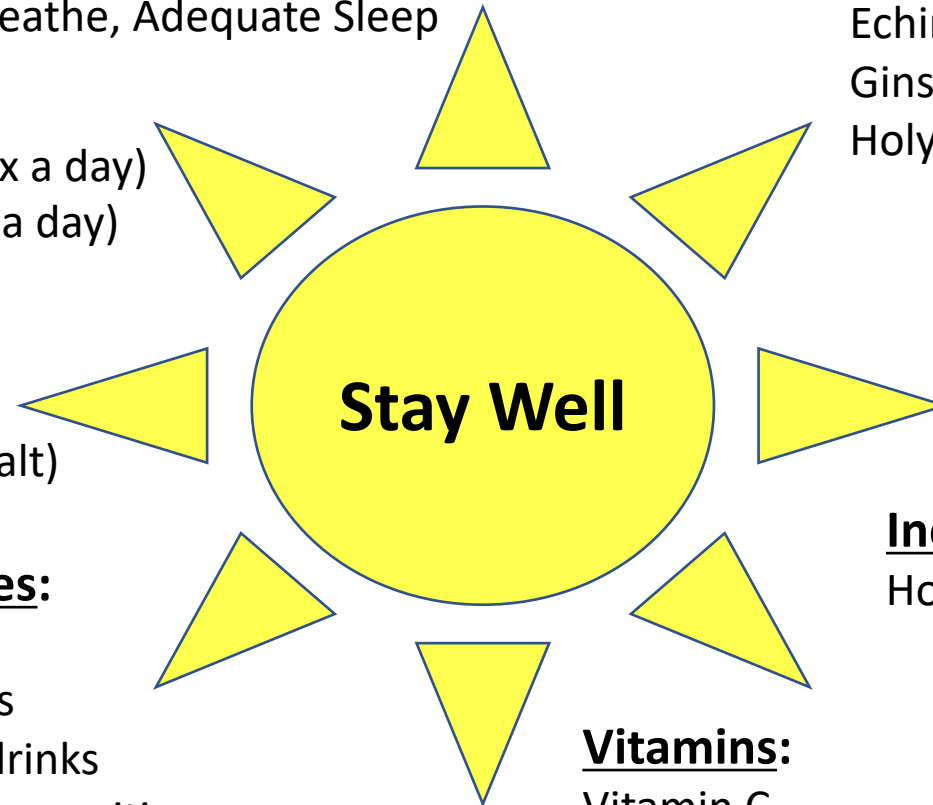
Honey, Lemon, Ginger, Garlic

## Vitamins:

Vitamin C  
Vitamin D3 Liquid  
Vitamin A

## Decrease:

Processed Foods  
Sugar  
Alcohol



*This document is for education purposes only.*  
*For more information visit: [www.lotuswellnesscottage.com](http://www.lotuswellnesscottage.com)*

