

FLU Prevention Summary

Use an herbal anti-viral, nasal rinse. A Neti-Pot with salt (non-iodized) or add some anti-viral herbs, can help rinse away a viral threat.

Begin an herbal and vitamin supplement regimen.

FIRST DEFENSE FORMULA <https://www.darcywellness.com/shop/first-defense-front-line-formula>

OTHER FRONTLINE FORMULAS <https://www.darcywellness.com/shop?category=Frontline+Formula>

Get regular acupuncture treatments. Acupuncture will help to boost your immunity and balance.

Choosing less acidic foods raises the body's pH and makes you less susceptible to viral infection. (Fresh fruits and vegetables, lots of fresh juices, can help you stay alkaline.)

- Wash your hands
- Improve ventilation
- Cover your mouth, use a face mask
- Get a vaccination if you are in a target group
- Avoid contact with someone sick during the first two to four days of infection
- Do not share eating utensils and cups
- Avoid crowds
- Disinfect work and home often

Wash your hands. Rhinoviruses can survive up to three hours outside the nasal passages on inanimate objects and skin. If the infected person touches his runny nose or watery eyes, then shakes hands with another person, the virus is transferred to the uninfected person. If that person then touches his mouth, nose, or eyes, the virus is transferred to an environment where it can reproduce. One of the greatest and underestimated medical techniques of our time is... wash your hands often.

Improve ventilation: In homes and workplaces, use air cleaners. Ventilation is a great disinfectant.

Cover your mouth: "Coughs and sneezes spread diseases." Dispose of tissues carefully (they may be contaminated with the virus.) Cover your mouth when you sneeze or, better yet, where a face mask in public. When you sneeze or cough, be considerate of others; if you are infectious wear a face mask.

Flu vaccination: If available, for Swine flu virus (H1N1) is an option, especially so for those who have a lowered immune response, (chemotherapy, etc.) such as the elderly. Also get vaccinated for the regular flu, so as not to get the regular flu in the same season of a possible swine flu (H1N1) outbreak.

Avoid contact with someone who is sick during the first two to four days of infection.

Avoid close contact with someone who may have the flu during the first two to four days of their infection, when they are contagious and the virus production is at its peak. Work from home where possible, set up contingency plans now. Set up your internet access and access to work place networks from home.

Don't share food, eating utensils, or cups with anyone, because this is another route for possible infection. To avoid getting sneezed upon or picking up the virus from contact, do not go to crowded places.

Disinfection: Use a disinfectant on door handles or surfaces that come into contact with the general public, at your workplace or your home. Cleaning environmental surfaces with a virus-killing disinfectant might help prevent spread of infection.

Self-Help Summary

- Adequate physical exercise
- Maintain a healthy diet with lots of fruits and vegetables, and get enough sleep
- Mouth and nasal neti-pot rinse
- Watch out for fatigue, overwork, and emotional stress

