



Look & Feel Great Method: Nine Steps To Healthy Lifestyle

Boosting your immune system is a proactive way to prep for cold and flu season. Being prepared with the supplements, homeopathic remedies and healing foods will help you stop the illness in its tracks and shorten the duration. Certain lifestyle factors like staying hydrated, getting quality sleep, staying committed to an exercise regime, reducing toxins, eating clean food and dealing with stress are very important factors to boosting your overall immune system. That's what I've seen in the last eighteen years running my private practice—> the clients that follow a healthy lifestyle have boosted immune systems and are able to fight off illnesses quicker. Some may be skeptical at first until they see how much faster they recover from illness and how the OTC medications may not be the best approach. The gut-immune system is researched and proven so I want to share 9 natural remedies that can assist you with shortening your illness time and recovering faster. Don't find yourself unprepared and at the mercy of illness.

Here are 9 Natural Remedies for Cold & Flu Season:

1. Quality **probiotics** are crucial. Research states “good bacteria” may help fend off colds and flu as it helps remove inflammation on the gut and modulate the immune system. Quality probiotics are the key to a healthy gut according to many experts, and a healthy gut leads to a robust immune system. In addition, probiotics have a natural immune boosting action.
2. **Garlic** is anti-fungal and anti-bacterial. It contains allicin & allicin compounds that help the immune system fight germs. At the onset of illness or if you have been in the midst of others with the flu/cold: Take 1-2 raw garlic cloves immediately. You can wrap them up in lettuce leaves, apple slices or drink them in warmed chicken broth. Key is to eat them raw, so add the raw garlic to a mug or glass and pour the warmed broth over it. I've included an odorless supplement that is very effective minus the odor! Lots of research on garlic and illness; in particular, a study found that colds were on average 61% shorter for subjects who supplemented with aged **garlic** extract per day, compared to a placebo group.
3. **Enzyme Defense**: this product contains enzymes that help remove the protein that causes illness. You must take this on an empty stomach. Nearly all cold/flu threats contain a protein component that the immune system must identify and break down. These enzymes break down protein (proteolytic) and therefore can



support the immune process. When the immune system is functioning optimally, overall health is enhanced.

4. ***Herbal & Homeopathic Remedies:*** Mullein, Myrrh, Viral Remedies.

Homeopathy offers a system of healing and is unique as it addresses the state of the person with respect to the symptoms that they suffer with at the time and takes into account the dynamic interconnection of the whole person as a complex system.

Checkout the ***Immune System Homeopathic*** Package on <http://nancyguberti.com/store/> Homeopathic remedies that are immune strengthening, designed to enhance natural immune defenses and support immune cell activity in the presence of infection to protect the eyes, ears, nose, throat and lungs from both viral and bacterial pathogens. Can be used as a long term form of immune support or as an immune-boosting tonic in the presence of acute symptoms.

5, ***Clean Eating and Drinking:*** Go food shopping and prepare some medicinal meals. Chicken Soup (aka bone broth) is a great foundation when you are feeling sick and can be enjoyed as a proactive regime, staying hydrated with purified water and drinking herbal non-caffeinated teas, or bone broth and wheatgrass are great ideas to implement. Start the day with warm water and a squeezed organic lemon to help detox and rid your body of the cold/flu toxin. Yogi Teas offers medicinal herbal blends in their variety of tea. For healthy food ideas: goto my Pinterest and Instagram pages.

6. ***Silver Spray:*** this is great to spray your hands when traveling to kill bacteria and germs. You can spray throat and use in a net pot to combat bacteria and infections in the nasal.

7. ***Vitamin C:*** boost your immune system with non-corn derived Vitamin C. Unknown to many, most Vitamin C supplements are derived from corn and the label can state that it does not contain corn! That's because they remove the protein. Yes, it's crazy, so make sure you are taking non-corn derived Vitamin C and take it several times throughout the day as it is water soluble. Vitamin C boosts your immune system, and latest research states that it is effective to protect against several cancers.

8. ***Vitamin D:*** especially in the winter months, if you are not getting any sunshine, your body may need to supplement Vitamin D. Check your latest CBC (complete blood count) lab work to get a baseline of your level of Vitamin D. A deficiency has been linked to illness and vulnerability.



9. **Elderberry:** this is an excellent immune booster as it improves respiratory health, offers certain anti-bacterial and anti-infectious qualities, soothes throat inflammation and irritation and also acts as an expectorant and clears out phlegm and acts as antioxidant agents in your body.

Click here to get your quality probiotics and supplements, once you register an account then search for these quality products:

- **Probiotics:**
 - **Product Code is PRO-6 is for 5 billion good bacteria**
 - **Product Code is: THY25 for 50 billion good bacteria**
 - **Product Code is: KTF6 for 150 billion good bacteria**
 - These probiotics *contain strains of Bifidobacterium and Lactobacillus that have been shown to improve anxiety- and depression-like behavior, which tend to alter eating behavior as well as affect immune system.*
- **Odorless Garlic Capsules:** Product Code: W10091
- **Yogi Tea:** Product Code: Y45004 for Breath Deep, Product Code: Y45009 for Cold Season, Product Code: Y45010 for Echinacea Support, Product Code: Y45056 for Honey Lemon Throat Comfort, Product Code: Y45018 for plain Throat Comfort
- **Elderberry Capsules** Product Code: N4667
- **Vitamin C (non-corn derived)** capsules Product Code: TAPIO and/or powder: PURC4
- **Silver Spray** Product Code: D03255
- **Vitamin D** Product Code: LIQ20 2000 IU per drop
- Product Code: CDX84 Candida Plus enzymes to take on empty stomach to help rid candida overgrowth Many people will lose several pounds of unwanted weight when they incorporate this supplement in their daily regime. If have been on an antibiotic or craving sugars then this is a great supplement to clean up candida overgrowth on your GI tract that can negatively affect your immune system.

Disclaimer: You should always speak with your physician before taking any medication or nutritional, herbal or homeopathic supplement, or adopting any treatment for a health problem. If you have or suspect that you have a medical problem, promptly contact your physician. Never disregard professional medical advice or delay in seeking professional advice. Information and statements regarding dietary supplements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.