

COLD AND FLU SUGGESTIONS FROM DR. NICOLE GARCIA M.D.

Many of my patients come to see me after their viral infection, (90% of colds and flu are viruses first) has become out of control with other side effects of a more serious nature.

The suggestions below are for you to employ at the first sign of illness. These are simple, but effective if used within the first 24 hours of illness. Because medicine has little to offer to benefit the viral arena, what I am about to tell you is from "God's pharmacy" and your kitchen.

Citrus Fruits Did you know that all citrus fruits; lemons, oranges, grapefruits, tangerines etc. have strong anti-viral qualities? At the first sign of cold or flu start taking 1,000 mgs. of vitamin C many times a day and drink lots of hot lemon water using your **lemon essential oil**. Avoid all dairy during a cold as these foods create more mucus.

Take **Inner Defense** capsules by Young Living. These are filled with our famous Thieves blend plus oregano, thyme, and lemongrass essential oils. This is the MOST POWERFUL tool in my medicine bag and I will take 1 to 3 per day to stave off any infection. Keep these on hand during cold & flu season.

Wash your hands frequently and those of your children. Use the handy **Thieves waterless hand purifier** and the **Thieves spray** to effectively kill germs. Several drops of lemon essential oil can be effective in a gentle hand soap for more anti-bacterial, anti-viral action. Did you know that many therapeutic grade A essential oils have powerful anti-viral and anti-bacterial qualities? Cinnamon, Clove, Eucalyptus Radiata, Lavender, Melaleuca Alternifolia, Thyme, Oregano, and Lemon are antiseptic in nature, antiviral and antifungal.

Thieves Product Line A blend I highly recommend is one called Thieves because of its history during the 1500's and the black plague in Europe. In the British museum are the 17 stories of how grave robbers and looters during this time period wore masks and clothing covered with spices like cinnamon and clove, lemon and rosemary to avoid getting sick. When the authorities cornered these men and questioned them as to why they never got the plague they told of the spices, herbs and vinegar they used. This blend of cinnamon, clove, lemon, rosemary and eucalyptus radiata called Thieves is available in **lozenges, oral and hand spray, wipes, mouth wash, tooth paste and essential oil blend and household cleaner**, safe for user and environment. Dilute essential oil blend and rub on the bottom of children's feet for protection.

Sore throat: gargle with 1-2 drops of **Thieves essential oil** blend in 1 oz. of water or a spoonful of agave nectar or use **Thieves spray**. For children and adults, add 1 drop **lemon essential oil** to spoonful of agave nectar to soothe a sore, scratchy or dry throat.

Cold sores: apply **lemon essential oil** directly on cold sore. Lemon improves microcirculation, promotes white cell formation and improves immune function.

Chest congestion: rub, steam, or diffuse essential oils of eucalyptus (**Young Living's R.C.**), lemon, peppermint. Dilute essential oils with a carrier oil (almond, grapeseed oil) for the young and old or sensitive. Do NOT use peppermint on children under 3 years of age. We all need good probiotic protection in our colons, especially our children. Just as the Dannon advertisement states, our colons are our first line of defense. I take Life 5 probiotic by Young Living. Open up the capsules of Life 5 and add to children's juice or milk.

Sinus congestion: Dilute **RC**, or eucalyptus and peppermint with carrier oil and apply liberally in nasal cavities and chest and back.

Headaches: Inhale peppermint, and drink lots of water with peppermint oil in it.

Essential oil blend RC, a blend of 4 eucalyptus, myrtle, pine, spruce, marjoram, lavender, cypress and peppermint is my family's favorite for chest rubs. It is similar in smell to Vicks, but Vicks contains all synthetic ingredients: RC is much more powerful as this is a pharmaceutical grade of oils.

Karen Balistreri, the Doctor's Mom
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