

Natural cold and flu relief

Whether you're looking for drug-free alternatives or you simply prefer brewing home-made concoctions, find out why many swear by the following natural home remedies to fight cold and flu symptoms:

Spicy kick

Your favourite spicy dish might help you to breathe easy when you're congested. That's because the best mucokinetic (mucus-moving) foods are those that are spicy. These foods trigger a release of fluids in air passages that breaks up congestion by thinning mucus and flushing out sinuses. The mouth-burning agent in chilli peppers is capsaicin, which is similar to a drug found in many over-the-counter cough syrups and expectorants. Garlic, onions and horseradish also contain agents that have a chemical resemblance to drugs found in drugstore medications.

Harpercollins, 1993): Mix a half teaspoon of hot sauce in a small glass of water and drink the mixture quickly.

Garlic power

According to research by Dr. James North, at Brigham Young University in Provo, Utah, garlic can prevent cold and flu viruses if taken early enough. North's findings show that garlic is effective in killing the human rhinovirus, which causes colds. Dr. Andrew Weil, M.D.

Ballantine Books, 1982). He suggests eating a spoonful or two as needed, or mixing it with fruit juice, herbal teas or pure water. Note: The Centre for Disease Control warns that children under one year of age should not ingest honey because their immune system may not be able to resist the botulism bacteria spores in honey.

Ginger zapper

Ginger is particularly valuable for flu-fighting, as it has been proven to attack and destroy influenza viruses. Try swallowing raw ginger, in the same manner as garlic, or making a strong ginger tea. To make ginger tea, grate about half a cup of fresh ginger root, place in a glass or ceramic container, cover with two cups of freshly boiled water and let steep for 10 to 15 minutes. Then add a dash of hot sauce, or the juice of one lemon, or two tablespoons of raw honey, depending on your preferred taste. Sip throughout the day.

About the Author

From homemakers.com:

Cold flu home remedy, natural products for adults and children for cold and flu relief.

Home remedy for stomach flu is made with silver and kills bacteria and viruses as it passes through your system. Since home remedy for cough and cold is.

Cold, flu symptoms, herbal flu remedies, sinus infection symptoms. Although home remedies cannot cure sinus infection, they might give you some.

Home Remedies for Common Symptoms Rather than run to the pharmacy or medicine chest for every symptom of a cold or flu, consider the following.

Learn sore throat home remedy. Also, learn to identify whether your sore throat. If your sore throat precedes symptoms of cold or flu, such as sneezing.

Find out how to ease your symptoms with herbal home remedies. Flu symptoms are much worse than a cold. The flu will affect.

Home remedies from Natural Health in Array provided free by LookSmart Find. Autumn is definitely on its way, and so are the cold and flu viruses.

Stomach flu treatment, natural flu remedy, flu relief, stomache flu, cold and flu prevention, runny nose, nose runny stop, home nose remedy.

Source: <http://www.productsherbal.com>