

## COLD & FLU: Treatment and Prevention

The cause of most colds and flu are viruses. Unfortunately, prescription antibiotics do not kill viruses and taking antibiotics for the common cold does not help you get better faster. However, there are many natural treatments that can be very helpful in treating the cause and symptoms of the common

cold and flu. These remedies are most effective when taken within the first few days of symptoms. **If you can start taking herbs within the first 24 hours of symptoms, you will likely significantly reduce your symptoms and shorten the length of your cold.**



Highest Risk:	School Teacher, Frequent Traveler, Stressful Life, Busy Mom	If you have a cold or the flu you should consider taking	
	<ul style="list-style-type: none"> <li>• Green Tea Extract</li> <li>• Simumycin</li> <li>• Garlic</li> <li>• L.T.P.</li> <li>• Immunostat</li> </ul>	<ul style="list-style-type: none"> <li>• Herbal Cough Elixir II</li> <li>• Sambucol Lozenges</li> <li>• Propolis Throat Spray</li> <li>• Herbiotic</li> <li>• Green Tea Extract</li> <li>• Sinumycin</li> </ul>	<ul style="list-style-type: none"> <li>• Garlic</li> <li>• LTP</li> <li>• Umcka Pro</li> <li>• Deep Breath</li> <li>• Olive Leaf</li> <li>• Oil of Oregano</li> </ul>

## HERBAL COUGH ELIXIR II

by Wise Woman

- *Clears mucus*
- *Improves breathing*



This natural cough syrup helps to break-up mucus in the chest and improve breathing. Herbal Cough Elixir contains Yerba santa, Old man's beard, Marshmallow, Cherry bark, Elecampane, Osha, Mullein, Rose hips, Orange peel, Lemon grass, Cinnamon, and essential oils of lemon and orange. Doesn't taste great, but is very effective.

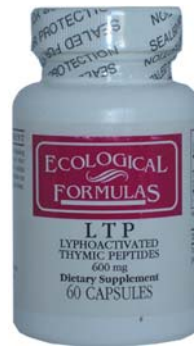
PRODUCT #	SIZE
154	2 oz

## Fights Harmful Germs

## L.T.P.

by Ecological Formulas

- *"T" cell Special Forces*
- *Reduces severity of respiratory infections*



L.T.P. is a thymus gland extract, a little appreciated part of the immune system's "T" cell Special Forces unit. "T" cells are critical to a healthy functioning immune system.

Thymus gland extracts help fight harmful germs and can reduce the number and severity of respiratory infections in adults and children who repeatedly get sick.

PRODUCT #	SIZE
163	60 cap



## GREEN TEA EXTRACT

by My Best Health

- **Shortens length of cold**



Green tea contains potent anti-viral, anti-bacterial and anti-fungal ingredients that can help treat cold symptoms and significantly shorten the length of a cold. Green tea extract can also be used as part of a cold prevention strategy. Our green tea extract is maximally concentrated for better efficacy and is decaffeinated for better tolerability.

PRODUCT #	SIZE
148	60 cap

## Shorten That Cold with SINUMYCIN

by My Best Health

- **Great for asthmatics**



This product contains an extract of the herb, *Andrographis paniculata*, that can help treat cold symptoms and significantly shorten the length of a cold. Take Sinumycin as part of a cold prevention strategy. Sinumycin is particularly helpful for patients with lung congestion, bronchitis, or history of asthma.

PRODUCT #	SIZE
229	60 cap

## Specially Aged Garlic Extract

### A.G.E.

by Wakunaga

- **Supports healthy blood vessels**
- **Reduces plaque build-up**
- **Supports healthy blood pressure**
- **Supports healthy cholesterol**
- **Natural antibiotic**
- **Immune booster**
- **Anti-cancer effects**
- **Odorless**



Garlic may be one of the oldest medicines still used today. Long treasured for both its culinary and medicinal qualities, garlic continues to have significant health benefits today.

Scientific studies have demonstrated that garlic has beneficial effects on the heart and blood vessels by lowering cholesterol, blood pressure, and reducing plaque build-up in the arteries. Other

research has shown garlic to help patients with certain types of cancer including prostate cancer, colon cancer, leukemia, breast cancer, and stomach cancer.

Garlic also has strong antibiotic properties which have earned it the nickname of "Russian penicillin." Garlic extracts are known to kill a variety of viruses, bacteria, fungi, yeast and parasites. When sufficiently concentrated, garlic extracts rival the effectiveness on the strongest prescription antibiotics.

PRODUCT #	SIZE
144	100 cap



**“Human Windex”**

## PROPOLIS THROAT SPRAY

by Comvita



Propolis is the resin found in poplar and conifer trees that bees use in making their hives. Think of Propolis Spray as “Human Windex.” Spray it directly on the back of your throat to cleanse the throat of harmful bacteria and viruses. To boost its effectiveness and pain-relieving qualities, Propolis Throat Spray also contains the essential oils of aniseed, peppermint, clove and myrrh.

PRODUCT #	SIZE
175	30 ml

**Sore Throat Help**

## SAMBUCOL LOZENGES

by Nature’s Way



This lozenge contains a potent extract of black elderberry which is prized for its anti-viral properties, especially flu viruses. In lozenge form, this product allows the throat to be bathed in black elderberry extract and is particularly useful for treating sore throats caused by viruses.

PRODUCT #	SIZE
183	30 lozenges

**Zulu People Immune Booster**

## UMCKA PRO

by MMS PRO

- **#1 Herbal Product in Germany for acute lung, throat infections**



Used for centuries by the Zulu people, Umcka, an extract of *Pelargonium*, has been used to treat coughs, sore throats, and other upper respiratory tract irritations and infections. Umcka is the leading herbal product in Germany for the treatment of acute infections of the lungs, throat and sinuses. 17 clinical trials with over 5,000 patients have shown it to shorten the duration of infections in children and adults.

PRODUCT #	SIZE
202	30 ml

**Southwest Indian Flu Remedy**

## LOMATIUM

by Herb Pharm

- **Fights lung, throat and sinus infections**
- **Natural antibiotic**



Also known as Wild Black Indian Carrot root, Lomatium has been a cherished herb by many of the Southwest Indian traditions for its natural antibiotic effects. Lomatium first gained nationwide recognition during the flu pandemic of 1918 when it was used successfully by Indian tribes and settlers to treat and prevent this deadly flu.

Modern virology has confirmed that the 1918 flu virus is similar and possibly identical to the present day Bird flu, and Lomatium is likely to be recognized once again for its anti-flu properties. This is an herb

to keep in your emergency cold and flu medical kit.

Present day herbalists use Lomatium to help with infections of the lung, throat, and sinuses.

PRODUCT #	SIZE
217	1 oz



## Helps Body Kill Viruses **IMMUNOSTAT**

by My Best Health

- **Boost immune system**
- **Strengthens immune cell**
- **Nanotechnology for Maximal absorption**
- **Increase immune cells**



ImmunoStat contains high potency beta glucan, a complex carbohydrate that studies have shown can powerfully stimulate the immune system. By working with your immune system, ImmunoStat can help your body kill cancer cells, bacteria, viruses, and fungi.

Clinical research has shown that the ingredients in ImmunoStat significantly help patients fight disease ranging from infections (the common cold, flu, and post-operative infections) to cancer. Immunostat boosts immune system functioning by making each immune cell more powerful and by increasing the total number of immune cells your body can make; the more immune cell soldiers in the fight, the better your chances for beating infections and cancer.

Most marketplace beta glucan supplements are completely ineffective because they cannot be absorbed into the body. Immunostat uses nanotechnology for maximal absorption and effectiveness.

Usual dosage: For prevention, take one capsule daily on an empty stomach. For treatment, take two to three capsules daily.

PRODUCT #	SIZE
253	60 cap
280	20 cap



## Speeds Recovery from Coughing **DEEP BREATH**

by My Best Health

- **Clears lung congestion**
- **Heals wheezing**
- **Natural Decongestant**
- **Soothes lungs**



Not being able to take a deep breath without triggering a coughing spell is a classic symptom of bronchitis and asthma. Coughing all day is exhausting and frequently keeps patients (and their partners) from a good night's rest.

Deep Breath is a blend of lobelia and mullein, two of the best known herbs for clearing the lung congestion that causes us to cough. Whether the congestion is caused by allergies, asthma or infection, Deep Breath assists the lungs in removing the irritating

mucus that triggers the cough reflex.

### HOW IT HEALS:

The herbs mullein and lobelia are classic herbs that help heal irritated bronchial tubes and lung tissue while simultaneously helping the lungs to clear out the irritating mucus that perpetuates the coughing.

Deep Breath is not a cough suppressant or expectorant like most of the prescription and over-the-counter cough products. Deep Breath works to remove and soothe; Remove the irritating mucus that causes coughing while soothing the inflamed lung and bronchial tissues.

Patients with asthma, allergies, acute and chronic bronchitis, colds, flu, and chronic cough will all appreciate the fast, healing properties of Deep Breath.

Keeping the lungs moist will also speed healing. This can be done with a hot mist humidifier (the kind that makes the walls sweat), steam shower, and drinking lots of hot herbal teas.

Usual Dosage: To speed healing, take one dropperfull by mouth every hour while awake. To burn off the alcohol or dilute the herbs, place one dropperfull in 4 – 8 ounces of hot water, wait five minutes, and then drink. Too much lobelia can cause nausea. If nausea occurs, simply reduce the dose until this symptom resolves.

PRODUCT #	SIZE
307	2 oz

## Speeds Recovery for Colds and Flu

# HERBIOTIC

by My Best Health

- **Natural antibiotic, anti-viral, anti-fungal, anti-yeast**
- **Helps break up lung congestion**
- **Clears sinuses**
- **Helps open clogged nasal passages**
- **Strongest natural antibiotic**
- **Natural Decongestant**



Herbiotic is based on a time-tested herbal remedy for respiratory infections. Illnesses ranging from the common cold and flu to life-threatening pneumonias and plague-like viral infections can be helped with Herbiotic.

Herbiotic contains a blend of herbs appreciated by herbalists and studied by scientists to kill a laundry list of human pathogens such as viruses, bacteria, yeast, and fungi. The first ingredient in Herbiotic is raw garlic, known by herbalists as "Russian Penicillin." Also included are

other powerhouse antibiotic herbs including olive leaf, oregano, black walnut, elder berry, and wormwood.

Once the little invading critters are killed by Herbiotic and your immune system, all of that pus and mucus has to be removed from your nose, throat, sinuses, and lungs. Herbiotic also contains a host of the best known mucus-clearing herbs including lobelia, marshmallow, mullein, and oak bark.

Finally, there are herbs to soothe your irritated passages and membranes so you can feel better fast even though there is still an epic battle going on in your head and chest. These herbs include raw honey, comfrey, peppermint, yarrow, and unfiltered maple syrup.

No home or traveler should be without a bottle of Herbiotic at the ready when serious respiratory illness strikes you, someone close to you, or someone at work.

Don't leave home without it.

PRODUCT #	SIZE
304	8 oz

## High Potency

# EASY "C" POWDER

by My Best Health

- **Mega doses Vitamin C**
- **Maximum vitamin C therapy**
- **Buffered for sensitive stomachs**
- **No pills**



Vitamin C continues to be one of my favorite remedies. It is a time-tested, proven therapy for the treatment of a broad range of conditions including infections, cancer, osteoporosis, tooth and gum diseases, easy bruising, diabetes, heart disease, high blood pressure, asthma, allergies, and gout.

The question in my mind is never whether vitamin C works. The question is

whether a patient has taken enough vitamin C.

Anthropologists studying human ancestry and diet have determined that the correct daily human dose for vitamin C is approximately 4,000mg, or about one teaspoon of Easy "C" powder. The RDA for vitamin C is 60mg which is barely enough to prevent scurvy, but far less than needed for optimal health.

When you are ill especially with an infection or stress (ie... surgery), your vitamin C requirements can more than triple from 12,000 to 20,000mg daily depending on the degree of stress.

Easy "C" powder should be used by all IV vitamin C patients to maximize the benefits of IV vitamin C and help keep blood levels as high as possible.

Easy "C" tastes best when blended into a flavored beverage.

PRODUCT #	SIZE
283	8 oz



## Unique Blend of Herb Extracts

### K-FORCE

by My Best Health

- Supports healthy blood pressure
- Cold and Flu relief
- Natural antibiotic, anti-viral therapy
- Helps break-up mucous for better drainage
- Soothes sore throats and cough
- Rich source of potassium
- Restores potassium balance
- Co-treatment for nighttime leg cramps



K-Force is a liquid herbal extract that can be used for many purposes from treating cold and flu symptoms to balancing total body potassium.

The herbs in K-Force are long appreciated for their powerful anti-viral and antibiotic properties. K-Force works like a natural one-drug wonder because in addition to killing the bugs that make you sick, it also simultaneously helps relieve some of the symptoms including sore throat, mucous congestions, and cough.

At the first signs of a cold or flu, adults should take one (1) tablespoon of K-Force every one to two hours around the clock. K-Force may also be put in four to six ounces of hot water to burn off the alcohol which is used to extract the herbs.

Potassium is one of the most abundant and important minerals in the body. Low potassium can cause weakness, fatigue, heart irregularities, brain and nerve function problems, gastric distress, and muscle cramps (famous for getting people out of bed in the middle of the night).

K-Force is a rich source of potassium and can help balance blood potassium levels. Potassium balance is an important requirement for good health.

The potassium in K-Force also helps lower elevated blood pressure. Studies have demonstrated that a diet rich in potassium can significantly lower blood pressure. K-Force can be an important part of a natural blood pressure control program.

PRODUCT #	SIZE
315	16 oz

## Kills Viruses, Parasites and Fungus

### OIL OF OREGANO

by My Best Health

- High potency oregano extract
- Harvested from Turkish mountains
- Natural antibiotic
- Kills Candida
- Kills bacteria: Staph, Strep, E. coli, Salmonella
- Helps with colds, flues, and sore throats



Oregano is a long appreciated herbal medicine for treating infections of all kinds. Oregano has a broader spectrum of bug-killing effects than any prescription antibiotic on the market today.

Most "oregano" products in health food stores are not oregano at all but Mexican sage. Oil of Oregano by My Best Health uses real oregano that is organically harvested from the mountains of Turkey

where the world's most potent oregano is grown.

To use Oil of Oregano, place two to four drops directly onto your tongue. Within a few seconds, your senses will experience a blast of oregano power. For sensitive persons, place the oregano drops into four ounces of water and drink quickly.

PRODUCT #	SIZE
291	1 oz



## Natural Cough Syrup

# PROPOLIS AND HONEY COUGH ELIXIR

by New Zealand Propolis

- Contains natural antibiotics
- Soothes cold and flu symptoms
- Good for sore throats and coughs
- Powerful natural antibiotics
- Non-habit forming (unless you have a really, really addictive personality)



Propolis and Honey Cough Elixir is an all-natural cough syrup made from New Zealand's best propolis, manuka honey, and tea tree oil. Propolis is tree resin that bees use to make their hives. It has broad spectrum antibiotic activity and also reduces inflammation, particularly in the throat, sinuses and lungs.

Manuka honey is only found in New Zealand and comes from bees pollinating the manuka bush. Researchers have studied manuka honey and found that it has antibiotic

properties that are up to 18 times stronger than that of Neosporin. Honey is also very soothing for the inflamed mucous membranes of a bad cold or flu.

Tea tree oil is another well known natural and powerful antibiotic that can kill most of the viruses and bacteria that cause colds and flu illnesses.

Propolis and Honey Cough Elixir works instantly to soothe the symptoms of upper respiratory symptoms and continues working behind the scenes to eradicate the problematic bacteria and viruses. Take one to three teaspoons every one to two hours as needed to control cold and flu symptoms.

PRODUCT #	SIZE
246	8 oz

## Soothes Sore Throats, Cough

# OLIVE LEAF

by My Best Health

- Potent extract of olive leaf
- Cold and Flu treatment
- Kills viruses, bacteria, parasites, and Candida
- Boosts immune system



Olive Leaf by My Best Health contains stabilized extracts of olive leaf and other herbs to help soothe cold and flu symptoms while simultaneously killing the viruses and bacteria that cause illness. One of the most studied and potent ingredient of Olive Leaf is oleuropein, a powerful antioxidant and antibiotic, that has clinically proven effectiveness.

Our Olive Leaf herbal blend is made from the highest quality, most potent organic herbs by master herbalists. This product is extremely reliable in both its effectiveness and quality.

For active treatment of colds and flu, use one (1) tablespoon every one to two hours by mouth or diluted in 4 ounces of hot water. The hot water burns off any excess alcohol.

PRODUCT #	SIZE
306	8 oz



## Nature's Herbal Band-aid SLIPPERY ELM

by My Best Health

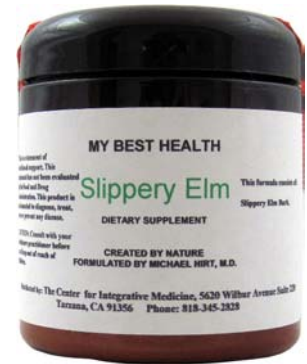
- *Herbal powder with soothing qualities*
- *Addresses stomach problems and acid reflux*
- *Targets symptoms of colds and flu*
- *Aids patients on juice fasts*

Slippery Elm by My Best Health is an organic, raw slippery elm powder that is "go-ready" for relief of irritating symptoms in the respiratory tract, gut, and on the skin.

Slippery Elm contains constituents that soothe inflamed tissues of the throat, sinuses, lungs, intestinal tract and skin. Slippery Elm supports the normal mucous secreted by the body to protect delicate tissues that can become irritated when diseased.

Slippery Elm is used internally by patients with sore throats, cough, sinus congestion, acid stomach, reflux esophagitis, and diarrheal illness. This herbal

extract sticks to, protects, and soothes inflamed tissue. Slippery Elm also contains a number of vitamins, minerals, proteins, and carbohydrates and as such helps support patients who are juice fasting.



When the Slippery Elm powder is mixed with water to form a paste, it can be applied topically to irritated skin, wounds or burns to provide a healing and protective barrier.

For internal use, mix one (1) teaspoon of Slippery Elm in 6 oz. of hot water and drink the mixture three to four times daily as directed.

PRODUCT #	SIZE
311	4 oz

