

How to Build Natural Immunity Against the Swine Flu

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(NaturalNews) There are many natural remedies that will raise your immunity to the Swine Flu and other viral and bacterial diseases. Many people do not have immunity to the current strain of Swine Flu. This is not unusual because most viruses alter as the virus season goes along. Most people will not become sick because the issue is not the virus but **SUSEPTABILITY**.

Viruses will not multiply in a healthy body. We constantly have Streptococcus in our throats, yet we rarely experience Strep Throat. The same is true of this Swine Flu and other viral strains. Exposure will lead to disease only if the immune system is suppressed and if the vitality of the person is weakened. Do NOT suppress mucus. It is important to let the body discharge toxins.

Most viruses become less aggressive over time because they want to spread and not to kill their hosts. If they kill their hosts, they die as well. The viruses that do survive --the ones in humans with strong immune systems-- become less virulent so that their hosts, us humans, go to work, shake hands and sneeze on others to continue to spread the virus.

Using herbs, homeopathy, and vitamins will increase your health and reduce your susceptibility.

DIGESTION

Some say that the flu "begins in the gut and ends in the gut." This means that if you have good digestion, you will increase your resistance to this and other flu strains. Take a probiotic daily. Live probiotics are available in natural food stores, and probiotics are now more widely available in grocery stores, in yogurt culture and even in chocolate.

HOMEOPATHY

The homeopathic remedy Anas Barbariae is made from the liver of migrating geese. Because they travel the world, they build immunity to many viruses years before humans do. Be sure to get the 2009 version by checking the expiration date. It has been found that the remedy Ferrum phos is effective in treating the early stages of the flu, when used in the first 24 hours. Also the remedy Influenzinum can be taken as a prophylaxis. This remedy is made from the same disease strain as the CDC uses to make each season's flu vaccine.

LIFESTYLE ADVICE

1. Get Plenty of Sleep

To improve your resistance to any disease, the most important thing you can do is get enough rest. Your body knows how to heal, and it does this best when sleeping. Get adequate rest on a daily basis, and if you begin to feel fatigue during a time of increased stress to your immune system, take naps, get into bed earlier, relax and let your body do what it does best: restore and rebuild.

2. Hydrate

Our bodies are 80% water. Drink plenty of water each day to stay hydrated and to allow the body to flush toxins from the blood and the liver. Drink pure water, not soda or juice, for best results.

3. Exercise

Exercise increases your resistance to disease. It stimulates the cleansing blood flow and increases your natural stress reducing hormones. Exercise doesn't have to be strenuous to be beneficial. Science has shown that walking daily is good for your health and well being.

4. Spend time outdoors

The healing benefits of nature are yours and all you need to do is step outside. The fresh air cleanses your lungs and the vitamin D from sunshine is great for general health. Even on a rainy day or at night, the fresh air is beneficial.

5. Exercise

Exposure to nature and the great outdoors helps healthy emotions.

HERBS TO BUILD PROTECTION AND NATURAL IMMUNITY

1. **Echinacea**--Echinacea is best taken in advance of getting sick.
2. **Olive Leaf**
3. **Elderberries**
- 4 **Adaptogens**

Adaptogens are plants that have the ability to resist chemical and biological stressors and to pass that ability on to humans. Eleutherococcus research has shown a 30% to 50% decrease in influenza in Russian workers. Shisandra has long been used in Chinese medicine to improve immune function through its healing action on the liver. In recent research, Shisandra proved curative to the viral hepatitis. Codonopsis is another adaptogen used in Chinese herbal medicine. It increases the red and white blood cell counts and strengthens the immune system.

VITAMINS

1. **Vitamin A** is one of the main components of the skin. To strengthen the skin's protective ability, take vitamin A daily. Vitamin A also increases the white blood cells that fight disease.
2. **Vitamin C** --Research has shown that vitamin C improves resistance to disease and prevents flu symptoms when 1,000 mg doses are taken every six hours.
3. **NAC** is an amino acid that has been shown to raise immunity to the flu in clinical trials.
4. **Probiotics**. Healthy flora in the gut supports immune function.

By improving your lifestyle, your diet, and supplementing with natural herbs, homeopathy, and vitamins, you can improve your immune system and your overall vitality.
Seek medical help if symptoms persist or if you develop a high fever.

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