

# Cold and Flu Season is Upon Us!

*In this issue of Sunshine Sharing,  
you'll discover the secrets to  
rapidly curing colds, flu and other  
common winter time ailments,  
using safe, all-natural remedies.*

*You'll get some great tips for  
preventing colds and flu, too.*



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## **Build**

We've stressed avoiding food while helping the body clear out the disease. This is because the body needs to concentrate its energy on fighting off the illness, not diverting it to digesting food. When Hippocrates said, "Feed a cold, starve a fever," what he meant was "If you feed a cold, you will have to starve a fever." Eating solid food, especially animal proteins, dairy, grains or products containing refined sugar, will only contribute to the environment that is allowing the "germs" to take hold.

Once the symptoms have subsided, and your energy is returning, you can start eating again, but don't introduce heavy foods right away. Start with soups, fruits and vegetables and then work up to heavier foods over a 24-hour period. This helps prevent relapse.

## **Prevention**

When you detoxify your body by doing a cleanse before cold and flu season every year, you can keep your internal environment clean so you won't "earn" any colds. Talk to the person who gave you this newsletter for suggestions about a cleanse. It also helps if you avoid "junk food" which is like filling your body with "garbage" that attracts the microbes like flies. Eating fresh fruits and vegetables helps to protect your system, too.

When colds and flu are going around, you can boost your immune system by taking **Elderberry Defense** or **Ultimate Echinacea**. Children can take the chewable **Elderberry Plus** or **Ultimate Echinacea**.

These aren't the only remedies available, either. Talk to the person who gave you this newsletter for more suggestions.