

Hi All! Are you enjoying this amazing cool weather? I am. The leaves have all turned and frost is in the air. The cool breezes, even the birds and crickets seem happier. The whole world seems a bit easier this time of the year. And we all want to get out and enjoy it while we can!

I do want to bring to your attention something that might get in the way of that fun. It's the fall flu season, too. I have already seen several of my friends and clients suffering. They look at me and want to know how, when I have been moving my personal residence and all the stress of that, have I been able to avoid being sick??

My secret is preventive as much as anything. And also, when I see the symptoms coming on, I believe in quarantine and using natural treatments to get over it faster. All the stuff you buy at the store actually makes your flu stay with you longer. Why? Because it stops the symptoms and it is the symptoms that are the thing that is getting you well. So if you have symptoms go to bed, rest and let them take their course. You will be miserable for a day or two but get well faster and stay well.

Ok, so you have symptoms but they are so bad you have to get well to die? Why not try a few of the following to help things along with the bed rest and not stop the process.

Head Ache: There is a small spot between your thumb and first finger in the skin web. If you massage each of these on each hand, it will help both a head ache and even balance you to stop nausea. Sure it sounds weird but it works and it costs you nothing to try.

Nausea: If you put one tablespoon of apple cider vinegar, it must be apple cider, in 8 ounces of warm, not hot water, and sip it slowly it works wonders for the tummy. Do not use any other kind of vinegar! Also, if this doesn't work and you have more indigestion than nausea, try one teaspoon of baking soda in 8 oz of water. Sip it slowly. In a minute or two you will start to burp and you will feel much better.

Fever: If it is 101 degrees or lower, leave it alone. Let it burn off the germs. If it is higher, then use something to drop the fever. Try a cool compress or white willow bark. But if you are concerned use one of the standard treatments. Some have luck with an alcohol rub. I suggest using witch hazel instead of isopropyl alcohol. It's not toxic and smells better.

The herb Feverfew (great for migraine sufferer's) used as a tea is very good for reducing fever and warm (not cool or hot) baths work wonders. Add a cup of Epson salts and that helps, as well as taking the aches and pains away.

Congestion or runny noses: I suggest just using tissue and gently blowing it out. But, if it gets really bad there are many wonderful herbs that can help. Be careful using something like Ephedra, it needs to be done with care. No it is not dangerous, but it does have side effects and those must be considered. There are good combinations in many health food stores that you can buy.

Do your homework and make sure if you are taking any medication they are not going to cause you problems. Please, do not mix over the counter drugs with herbs! A little goes a long way.

More IS NOT better! My favorite thing to use when I have congestion is Tiger Balm. You can buy it at any health food store or Asian market. It takes the aches and pains away too. Just put clothing on that you don't mind getting stained, because you want to get the Tiger Balm red. Rub it on your chest and back. Also stay warm, it has cooling herbs in it too. It feels so good! Add a heating pad if your fever is not too high.

Aches and Pains: Well, I have already mentioned several things. But, just as a reminder, soothing baths with Epson salts work wonders. My bath blend is ½ to 1 cup Epson salts, ¼ baking soda, ¼ borax, ¼ sea salt. If you are having congestion, add a few drops of rosemary and lavender essential oil to the water.

There is a wonderful product out now called Magnesium oil. You can Google it and find several good online stores. I use it all the time. Helps keep my energy and resistance up for all kinds of things. It is said to be a good immunity booster.

Another good remedy is old fashioned home-made chicken soup. I know you are saying that's just an old wives tale. Well actually not. There has been research done on it. They are not sure why but it really works! Make sure you add garlic. Of course, taking Vitamin C helps too. Also one of the best ways to get better is to sit in the sun for a few minutes a day. This also really, really builds your immunity up and gets your body producing Vitamin D.

And, most importantly, try not to run yourself down so much. It's Ok to take a rest every now and then. Someone very wise looked at me and said..... "Avis, if you work yourself to the bone and get sick. What good are you going to be to anyone else!?" Well that got me thinking, being the caring person I am. So, I started taking time for myself. Sometimes it's just sleeping in late. Other times, it means saying, "No!" I am very tired and I have to look after myself today. Yeah, I know it's really hard to do that, but if you don't, you will need someone to look after you!

I hope I have given you some food for thought and some cool alternative remedies that will help you get better if you do get sick. And, even better, a way to avoid getting sick! So let's get out there and enjoy this beautiful weather before it gets too cold and chilly! Let's have fun and be well!!!

And lastly, please remember I am just your Auntie Avis offering advice, not your doctor. Always check with them and do your homework about anything you might want to try.

Avis Barry, C.M.T.  
(1952 – 2018)