



Quintessential Health Care

An Integrated Health Resource

Which Immune Health Remedies Work Best for What...

Message from Milly

With school in full-swing, Halloween over, and the Holidays on the horizon we all know one thing for sure: our immune systems are about to be taxed.

And we'd better be ready with the right support remedies.

But...do you know for sure which home remedies, herbs and supplements work best for which seasonal ailments?

Because the truth is, they do not all act the same on all types of ailments. And there's research to prove it.



For the purposes of this message I'll cite three examples (and provide more in the "Heal Thyself" section):

Example #1: Vitamin C plays offense, not defense, when it comes to cold and flu

Though we've all been conditioned to reach for Vitamin C to help ward off a cold, research suggests optimizing your Vitamin D levels will work better to prevent colds and flu (especially in children)(1) and reduce upper respiratory complications(2).

In addition, zinc has an awesome track record for shortening the duration of colds(3) and zinc lozenges can soothe a sore throat naturally.

That said, Vitamin C is excellent for nourishing your white blood cells which will help support your immunity overall.

Example #2: Hand sanitizer can work against your efforts to prevent the flu

It's well-known that hand washing can help prevent the spread of cold and flu.

However, when used frequently hand sanitizer or anti-bacterial hand soaps can actually weaken your immunity by killing off beneficial bacteria in your microbiome.

In This Issue

[Message from Milly...](#)

[The Attitude of Health](#)

[Heal Thyself and Never Stop Learning](#)

[Ancient Wisdom Modern Medicine](#)

Heal Thyself and Never Stop Learning



Why TamiFlu® Is Usually Not Be Your Best Option...

Despite the prevalence of its use, few people realize the proven downsides and dangers of taking TamiFlu.

This article by [Consumer Reports: "Should I Take TamiFlu to Fight the Flu: Price Check"](#) cites information from the CDC and FDA on why most people will want to consider alternatives to anti-viral drugs this cold and flu season, including: side effects, price, super bugs, and risk-to-benefits ratio.

Yet another good reason to know your options when cold and flu season comes around.

*Note, though the *Consumer Reports* article cited has valuable information on TamiFlu, it does recommend the flu shot...a recommendation we do not endorse! More on this next month...



A better solution is to wash your hands with natural soap and water and, if you must, use natural hand sanitizers.

Example #3: Echinacea is great for general immune health, but not so great when illness hits

I am a huge fan of Echinacea for supporting immune health, and science has proven its immune benefits.

However, like Vitamin C, Echinacea will typically do little to help you if you've already fallen ill.

Instead, I recommend turning to Olive Leaf(4) or Elderberry aka: Sambucus(5), both of which have been shown to give the body what it needs to recover during acute seasonal illness.

Finally, at the risk of sounding like a broken record, please use discretion when accepting and taking a prescription for antibiotics.

Though they can be life-saving and sometimes appropriate, they are still wildly over-prescribed for conditions like upper respiratory infections and viruses mistaken for bacteria.

Plus with antibiotic resistance an official world-health crisis, and the newly discovered effects of antibiotics on the immune microbiome, it pays to strongly scrutinize whether a prescription is necessary, *and* get a second opinion from a doctor you trust.

Read on for more lesser-known tips and research on the best home and natural remedies to support the whole family.

Blessings to all!

-Milly

References:

1: <https://www.ncbi.nlm.nih.gov/pubmed/20219962>

2: <https://www.ncbi.nlm.nih.gov/pubmed/21736791>

3: <https://www.ncbi.nlm.nih.gov/pubmed/27378206>

4: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3002804/>

5: <https://www.ncbi.nlm.nih.gov/pubmed/9395631>

The Attitude of Health: How Negativity Fuels Seasonal Illness



Have you ever gotten really mad or upset and fallen ill the



Free Online Children's Health Course for Parents: "Introduction to Natural Remedies"

If you want to feel confident using natural remedies for common childhood ailments, Jubilee Health's course: "[Introduction to Natural Remedies](#)" led by our good friend Wendy Combes, pediatric nurse, is a perfect place to start.

In this online course, Wendy spells out what you need to know about homeopathy, herbs, and essential oils; including how to use them for common childhood ailments like ear infections and colds.

Wendy is a fellow nurse, mom, and passionate advocate for children's health...and we are thrilled to recommend her educational resources.

[Click here to enroll in the course for FREE.](#)



Why Bone Broth Should Be in Everyone's Freezer (or Pantry) this Season

There are few things more comforting when you're ill than a big bowl of chicken soup.

And new research has shown, the real comfort is in the broth.

A study published in the *American Journal of Therapeutics* found specific amino acids present in bone broth can help ward off the early signs of the flu(1).

Luckily, bone broth is more readily available than ever at natural food stores and online.

Or make up a big batch at home and freeze for when cold and flu hits.

Reference:

<http://tinyurl.com/yb9usoq7>

Ancient Wisdom Modern Medicine Must-Have Homeopathic for Immune Support

This time of year we like to remind our clients of one of our most powerful remedies for the season: Energetix Flu-



Have you ever gotten really mad or upset and fallen in the next day?

It's no coincidence, and research has proven that negativity and feelings of anger or rage significantly weaken our immune systems.

For example, a study published in the *Journal of Advancement in Medicine* found one five minute episode of anger produced enough stress to impair the immune system for six hours(1).

Stress brought on by anger or depression, can also disrupt our sleep patterns, which further impairs immunity.

With this awareness, it makes sense to take special care with your feelings this time of year, when cold and flu run rampant.

Stress relieving practices like meditation, gratitude journaling, exercise, spending time with friends, and Bach Flower Essences like **Rescue Calm** and **Fields of Flowers** can all be of great help in this regard.

Bottom line: take extra care of your heart and emotional health this fall and winter season, and you'll be healthier for it!

Source:

1:<https://www.heartmath.org/research/research-library/basic/physiological-and-psychological-effects-of-compassion-and-anger-01/>

Tone.

This liquid homeopathic formula contains *Anas barbariae*, the same ingredient found in the popular formula: Oscilloccinum.

This ingredient is famous for helping reduce the duration of the flu if taken at the first sign of symptoms. There has also been evidence *Anas barbariae* can reduce the duration of the flu(1).

In addition to the famed *Anas barbariae*, **Flu-Tone** contains other key immune-friendly ingredients, and is safe for the whole family.

To order your stash of **Flu-Tone** for the months ahead, call: 770-446-1140, [click here](#) to order online, or stop by.

Reference:

<https://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0050298/>



Quintessential Health Care | | info@quintessentialhealth.net | <http://www.quintessentialhealth.net>
5672 Peachtree Parkway
Suite H
Norcross, GA 30092

Quintessential Health Care

Copyright © 2016. All Rights Reserved.