

Prevent—and cure—colds and flu!

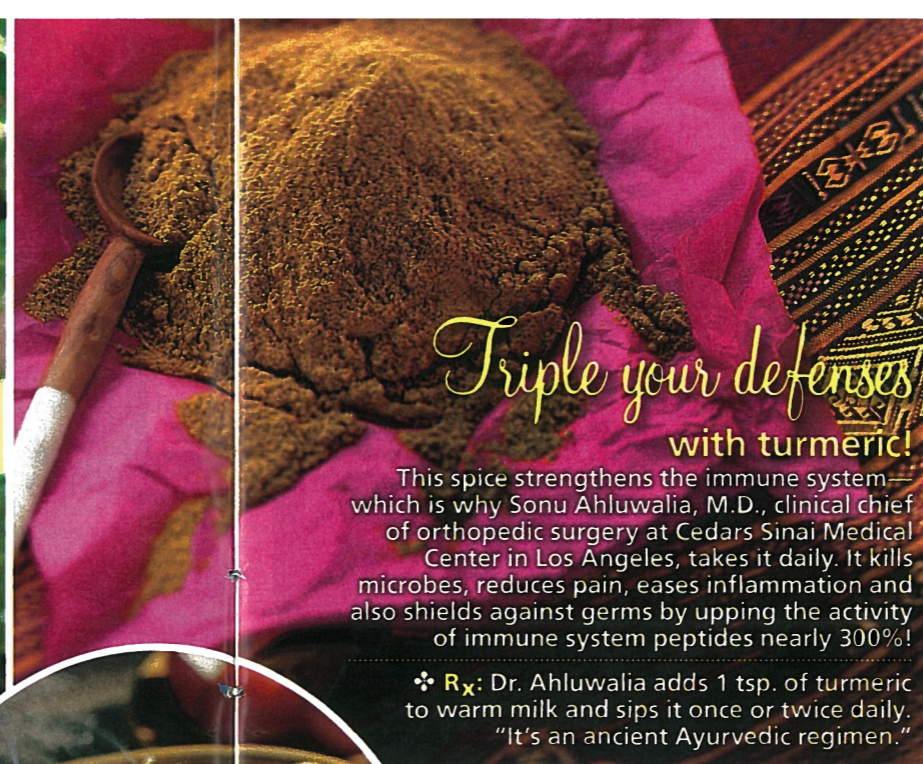
With the average adult catching two to five colds each year—and kids a whopping 10!—it's wise to keep these simple, study-backed recovery tricks on hand. They're so effective, doctors use them themselves!

Stay healthy with black raspberries!

"They have a remarkable amount of immunity-boosting antioxidants called anthocyanins," says naturopathic physician Lindsey Duncan, N.D.—300% more than blueberries. "Plus, they contain ellagic acid, which detoxifies the body and is antiviral and antibacterial." Black raspberries are so potent, they even fight cancer!

❖ **Rx:** Duncan takes two 400-mg. capsules of freeze-dried black raspberry daily. "And I tell all my patients to do the same!" Find the supplements at health-food stores or Amazon.com; Duncan uses the Pure Health brand, sold at PureHealth100.com.

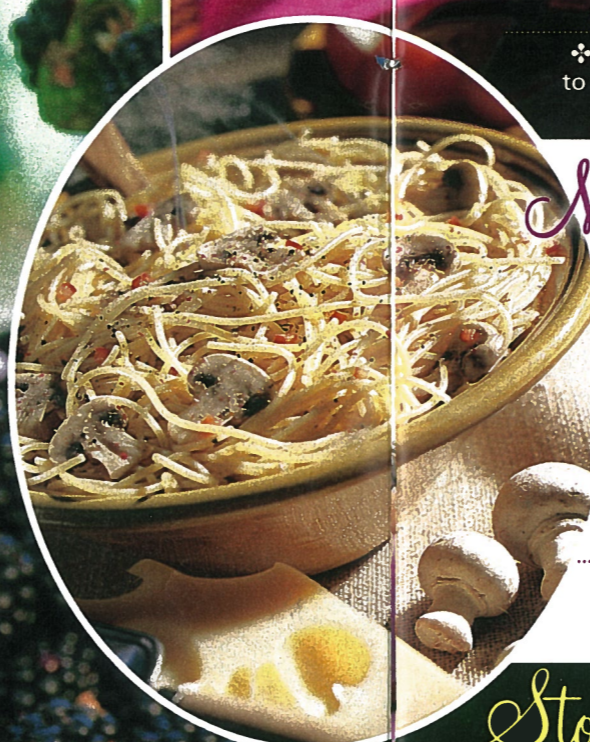
IMPORTANT: Ask your doctor before taking any new supplement.



Triple your defenses with turmeric!

This spice strengthens the immune system—which is why Sonu Ahluwalia, M.D., clinical chief of orthopedic surgery at Cedars Sinai Medical Center in Los Angeles, takes it daily. It kills microbes, reduces pain, eases inflammation and also shields against germs by upping the activity of immune system peptides nearly 300%!

❖ **Rx:** Dr. Ahluwalia adds 1 tsp. of turmeric to warm milk and sips it once or twice daily. "It's an ancient Ayurvedic regimen."



Maximize your flu shot with mushrooms!

More than 100 studies, including ones by Harvard Medical School, confirm that AHCC—a fermented mushroom extract—lessens the severity of flu, bacterial pneumonia, even West Nile Virus; and while the flu vaccine on its own is only about 80% effective, pairing it with AHCC results in full 100% protection!

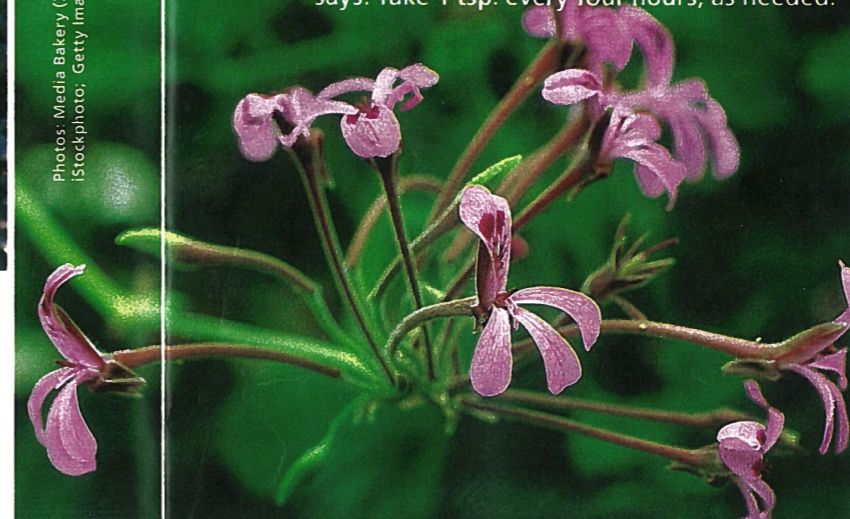
❖ **Rx:** Take 1,000 mg. AHCC daily as a preventative and up to 3,000 mg. if a cold or flu is coming on.

Stop a cold with geranium!

Sniffing? Umcka, a South African geranium, to the rescue! "It significantly decreases nasal congestion and shortens cold symptoms," says Margaret Koehm, M.D., of Nantucket College Hospital. It zaps viruses and bacteria so well, it's often preferred over antibiotics in South Africa and Germany!

❖ **Rx:** "I use the cherry children's preparation Umcka; it has less alcohol than the adult liquid," Dr. Koehm says. Take 1 tsp. every four hours, as needed.

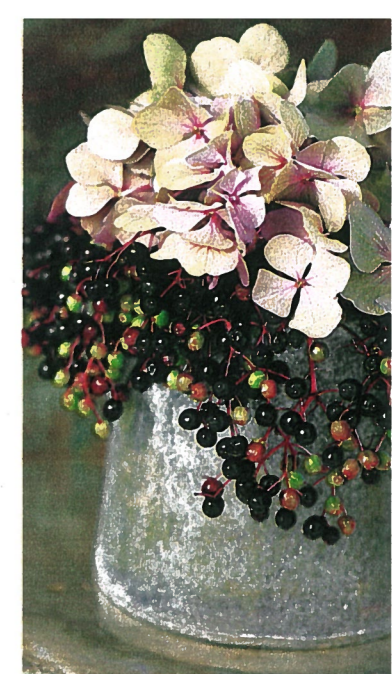
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Cut your sick days

with elderberry syrup! During winter, Laura Koniver, M.D., always keeps a bottle of sweet elderberry syrup in the fridge to knock out germs at the first sign of illness. And that's smart: Its anti-inflammatory compounds lessen symptoms, cutting your illness by four full days, according to studies.

❖ **Rx:** 1 Tbs. of syrup, four times a day for five days. Dr. Koniver prefers Lost River Naturals (LostRiverNaturals.com, \$15 for 8 oz.).



Quiet a cough with dark honey!

Antiviral compounds in dark honey stop coughs better than the cough-suppressing drug, dextromethorphan, says pediatrician Ian M. Paul, M.D., for his own family. Dark honey's antioxidants and enzymes soothe irritated mucous membranes, easing the inflammation that triggers the cough.

❖ **Rx:** For kids ages two to five, give 1/2 tsp. of honey; ages six to 11, 1 tsp.; anyone older, 2 tsp. Never give honey to children under age one.

Soothe a sore throat with tea tree oil!

To cure a scratchy throat, nutritionist Trudy Scott, C.N., swears by tea tree oil. "It has wonderful anti-microbial properties, which is why I always take it on trips, and I give the same advice to my clients," says Scott, author of *The Anti-Anxiety Food Solution*. The essential oil is rich in terpenoids, medicinal compounds that kill germs on contact.

❖ **Rx:** As soon as your throat starts to feel "off," combine 1 cup warm water with 3 to 4 drops of tea tree oil and gargle for a minute to give it time to work its antibacterial magic, then spit it out. Avoid swallowing it. Find tea tree oil in drugstores.

—Shannon Hunt

