

Building the Immune System with Herbs & Vitamins

- 1.Echinacea
- 2.Green Tea
- 3.Garlic*
- 4.Apple Cider Vinegar
- 5.Vitamin C
- 6.Vitamin A
- 7.Vitamin E, Selenium
- 8.Water, Water, and more Water

Watch your sugar intake, because sugar weakens the immune system.

*If you are taking blood thinners, do not take garlic.

For Children: There is Echinacea for children. Cod Liver Oil is full of Vitamin A & D. Give children Vitamin C and juice that has no sugar. A chewable Vitamin C tablet is available. Don't forget to give them Water, Water, and more Water.

The best way to deal with the Flu is prevention.

Please discuss your specific situation and health needs with your personal healthcare provider.