

Swine Flu or any Flu for that Matter:

How to Practice Prevention

As swine flu continues to spread, experts from the Centers for Disease Control to the World Health Organization to neighborhood doctors are echoing the call for everyone to practice smart flu prevention techniques. Here are 10 ways to keep your body boosted and your immune system ready to fight infection.

Wash Your Hands

And wash them often, in hot soapy water, and for the amount of time it takes you to sing "Happy Birthday" twice (15-20 seconds). Use GNLD's PCC to keep your hands soft and clean.

Get Enough Sleep

This means slightly different things to different people, but try to get 8 hours of good rest each night to keep your immune system in top flu-fighting shape... Remember that GNLD's Aloe Vera Plus and Calmag will help you to have good nights sleep...

Keep Hydrated

Drink 8 glasses of water each day to flush toxins from your system and maintain good moisture and mucous production in your sinuses. Use GNLD's Respiratory Formula and Vitamin A+D for a healthy upper Respiratory System including healthy sinuses.

Eat Immune-Boosting Foods

Keeping your body strong, nourished, and ready to fight infection is important in flu prevention. Fatty foods can slow your metabolism, make you feel sluggish, and compromise your immune system. So stick with whole grains, colorful vegetables, and vitamin-rich fruits... boost your diet with Phytonutrients by supplementing with GNLD's Phytodefence products... PhytoDefence, Carotenoid Complex, Flavonoid Complex and Cruciferous Complex.

Avoid Alcohol

In addition to being a mood depressant, alcohol is an immune suppressant that can actually decrease your resistance to viral infections like swine flu. For women, alcohol suppresses estrogen production, which further impairs the immune system. So avoid alcoholic beverages to keep your immune system strong. GNLD's Betaguard and or Vitamin B Complex, Vitamin C Sustained and Zinc will assist in detoxifying harmful substances from your system and boosting your immune system.

Keep Physically Active

Mild to moderate exercise—for example brisk walking for 30-40 minutes 3-4 times a week by increasing circulation,

oxygenating the body, purging toxins through sweat, and releasing tension and stress. So get moving! Keep up the energy to exercise by using 3 x Tre-en-en, 2 x Multi and a glass of Nutrishake daily.

Be Vigilant of Surfaces

This is as much a mindfulness exercise as anything else. Be aware of what public surfaces you touch, when you've shaken hands with someone, or when you're using something like a pen that others have recently used—and don't touch your face until you've had a chance to wash your hands. GNLD's Care comes in so handy here... spray surfaces, the air, with care to disinfect and kill germs. Keep an atomizer handy and use to spray your hands when washing is impossible.

Avoid Contact with Sick People

A more blunt way to put this is, don't get spit on. Flu virus is spread when particles dispersed into the air through a cough or sneeze reaches someone else's nose. So if you're coughing or sneezing, cover your mouth (and then wash your hands), and if you have to be around someone who is sick, try to stay a few feet away from them and avoid physical contact. Spray your work/living space with GNLD's disinfectant CARE... a few drops of CARE in your Rinse water to disinfect your dishes is a must especially in winter when flu is 'flying' around.

Know When to Get Help

Swine flu can look like regular flu, so don't feel like you necessarily are infected if you're exhibiting flu-like symptoms. But do go to your doctor if you live in an area where there are documented cases, or if your symptoms are severe.

Keep it in Perspective

Stress releases hormones into our bodies that can compromise our immune systems and actually make us more susceptible to viruses like swine flu. So keep your concern and vigilance over swine flu in perspective to keep it from taking over your mind and body. GNLD's Vitamin B Complex, Omega 3 Salmon Oil Plus and Aloe Vera Plus all help to combat stress. Calmag can also be helpful

Use GNLD Nutritional Supplements to boost your Immune System

GNLD's PhytoDefence... or Carotenoid Complex...The most Powerful Immune Boosting Pack would be the Phytodefence which consists of 30 sachets each containing 3 x Carotenoid Complex, 1 x Flavonoid Complex and 1 x Cruciferous Plus which can be purchased separately... all assist in boosting Immunity. But, if you are looking at cash flow ... your most important product to supplement with has got to be Carotenoid Complex...

USDA CAROTENOID COMPLEX STUDY PUBLISHED in the "The American Journal of Nutrition" – March 1997 Volume 65 Number 3. Carotenoid Complex increased the immune capacity known as "Lymphocyte Proliferative Response" by 37% in just 20 days compared to Beta Carotene alone. It is this aspect of our immune systems that keeps us healthy from day to day, and fights off bacteria, viruses and other health challenges. (United States Government Study)... Carotenoid Complex increased the immune capacity know as "Natural Killer Cells" by more than 20% in just 20 days.

Natural killer cells are known as our body's first line of immunologic defense against cancer.

Also supportive would be ...

Vitamin A+D Helps to protect all the wet linings of the body.

Vitamin B Complex, Calmag and Aloe Vera Plus... All assist in combating Stress!

Vitamin C Sustained Release and Chelated Zinc and Garlic Allium Plus... Assists in fighting cold, flu and infection and shortens the duration of any illness.

Vitamin E and Iron... Oxygenate the blood and improve the circulation thus builds up the system

Drink Protein shakes such as Nutrishake, GR2 Protein Meal Replacement Drink and Protein Powder... Protein assists in Maintain and repairing the body in a healthy way.

Omega 3 Salmon Oil Plus... Omega 3 for kids... and Tre-en-en... will improve circulation, fight against inflammation and is necessary for nourishing every cell; every tissue, every gland and every organ of the body... don't go a day without your O3 Plus.

"Honey... Don't forget the kids"... Vitasquares, Vitaguard, Chewable All C ... all delicious and extremely nutritious for children...

The GNLD Distributor Flu Remedy...

Continue with your PhytoDefence or Carotenoid Complex... but use the following for therapeutic purposes...

2 x Vitamin C and 1 x Zinc hourly for a day or two... then drop to 8 x Vitamin C and 2 x Zinc daily and apply all of the above principles. A+D and Garlic Allium can also be used...