

Chinese Herbs

Dispel Invasions by Kan Formulas

Herbal Supplements (immune strengthening)

Goldenseal, I prefer capsules and not blended with echinacea. You can put a tiny bit of the powder into a neti pot as well.

Echinacea blend

Wellness Formula by Source Naturals

Elderberry syrup (not specific brand)

Essential Oils

Tea tree can be added to all hand soaps, dish soaps, laundry and used topicals all the time, it's amazing for germ prevention and germ management

On Guard or Thieves, either is fine, internal or external

Lavender

Topical Spray

Add lavender to an equal blend of alcohol and hydrogen peroxide and use this spray all of the time on anything you touch. You can also use this to spray your hands and any cuts or open wounds for purifying and killing all bacteria and viruses.

Homeopathic

At first signs of flu take homeopathic Aconite 200C and then two to four hours later take homeopathic Sulphur 200c. Repeat again a 2-3 times a day for 72 hours. The sooner you catch the symptom the better for this particular protocol.

These are for if the symptoms persist, and can be taken 3 – 4 times a day until symptoms subside and then just when symptoms rise up.

Bryonia 30C

Arenicum Album 30C

Gelsemium 30C

Hepar Sulphuricum 30C

Eupatorium 30C