

How to Prevent Colds and Flu

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The number one tip for helping to prevent catching a cold or the flu this season is to wash your hands. But it isn't just a fast and casual pass through running water. There's an art to washing your hands to ward off the bacteria and viruses that cause colds and flu.

- Use warm water.
- Use real soap. Add a few drops of Tea Tree Essential Oil to liquid soap.
- Sing Happy Birthday to yourself to achieve a full 20 second washing.
- Rinse thoroughly.
- Dry.
- Do this 20-30 times a day.

The second tip is to be aware that germs and bugs pass easily from person to person.

- Avoid touching door knobs, handles, faucets, pens or styluses used for signing credit card or debit purchases, electronic bank machines, car doors and public railings.
- Keep your hands away from your face, lips, eyes and nose.
- Carry a small bottle of home-made hand sanitizer and use it before eating food snacks or sipping on a bottle of water or soft drink. Add 5 drops of Tea Tree Essential Oil to the hand sanitizer or use aloe vera gel with the Essential Oils instead.
- Carry your own pen to use for writing and signing papers, credit card slips and keep yours rubbed down with alcohol every day.

Anti-viral spray:

10 drops Eucalyptus

8 drops Tea Tree EO

5 drops Thyme E

6 drops Lavender EO

3 drops Lemon EO

(You can use this blend in a **diffuser** or add ¼ cup spring water to a spray bottle and spritz the rooms/office.)

Diffuse:

2 drops Tea Tree EO

2 drops Lavender EO

2 drops Eucalyptus EO

Sound like too much trouble? Not if you want to save yourself from two weeks of misery, losing productive time and being under the weather. Stay on top of it and get through the winter cold and flu free.

Author bio:

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