



Combating Colds and Fighting Flues

Q: Everybody around me has a cold or flu. What can I do so I don't get sick?

A: With cold and flu season upon us, prevention is key. Don't wait for your nose to start running to get help. I offer an effective Naturopathic Immune Boosting Shot. This shot is NOT a vaccine. It is a combination homeopathic that helps naturally boost your immune system, making your body better at fighting off infections. I recommend these shots for the whole family. For your children and those that are fearful of needles, we can administer an immune boosting program orally.

Try this immune boosting soup recipe that your whole family can share:

Immune-Boosting Soup
1 astragalus root strip
10 cups water
1/2teaspoon thyme
1/2 teaspoon sage
6 cups vegetables, cut into bite-sized pieces
(good choices are carrots, celery, parsley, potatoes,
squash, tomatoes, string beans, and zucchini)
1 cup whole wheat pasta

Simmer the astragalus in the water with the thyme and sage for 20 to 30 minutes. Strain out the herbs and use the resulting broth for the soup. Add the vegetables and pasta to the broth and cook. Allow to simmer slowly for 1 hour. Enjoy!

Remember to get plenty of rest, curl up with a bowl of soup, and take care of yourself!