



COLD & FLU

TOOLKIT

COLD & FLU TOOLKIT

By Anthony William Medical Medium

In our modern world, the flu goes around 24/7 everywhere on the planet. There's more bug strains than ever before for us to catch.

There are three reasons we need to care for our immune systems when it comes to colds and flus:

1

Our immune systems protect us from colds and flus when we are exposed to them.

2

Our immune systems help us get through the duration of colds and flus as best as possible. The stronger your immune system, the better your experience.

3

We need our immune systems to be able to recover well from the lingering hit they take from colds and flus after the bug has left the body.

For information on how colds and flus can trigger other illnesses, symptoms, and conditions and affect the body long-term, you can read [Medical Medium Brain Saver: Answers to Brain Inflammation, Mental Health, Brain Fog, Neurological Symptoms, ADHD, Anxiety, OCD, Depression, Heavy Metals, Epstein Barr, Seizures, Lyme, Addiction, Alzheimer's, Autoimmune & Eating Disorders](#), and its companion title, [Brain Saver Protocols, Cleanses & Recipes For Neurological, Autoimmune and Mental Health](#).

IMMUNE SYSTEM TOOLKIT

It can be extremely helpful to have a toolkit of herbs, supplements, and healing recipes on hand and ready to use whenever they're needed. They can make all the difference when your immune system needs some support. Vimergy is a brand of supplements I fully endorse because I love the quality, cleanliness, and efficacy of their products. I am working with Vimergy because it's so important to get truly beneficial supplements out to the people who need them.



7 HERBS & SUPPLEMENTS TO KEEP ON HAND



*B12 with Adenosylcobalamin and Methylcobalamin | Zinc Sulfate
Vitamin C | Cat's Claw | Propolis | Olive Leaf | Goldenseal*

FOODS TO AVOID WHEN YOU HAVE A COLD OR FLU

Eggs | Dairy | Gluten (or ideally all grains)
Corn | Soy | Pork | Canola Oil

BONUS TIP: The more you can stick to consuming liquids such as lemon water, celery juice, cucumber juice, other fresh juices, coconut water, and Healing Broth while you have symptoms of a cold or flu, the more it will help your body heal.



THYME TEA & WATER

Thyme Tea:

Ingredients:

2 sprigs of fresh thyme

10-16 oz hot water

Optional: fresh lemon
and/or raw honey

Directions:

Place thyme in a mug and
add hot water.

Steep for 15 minutes or
more.

Remove the thyme, add
optional raw honey and/or
lemon, and enjoy.

Thyme Water:

Ingredients:

2 whole bunches fresh thyme
sprigs

32-64 oz filtered or spring water

Optional: fresh lemon, raw
honey, berries, cucumber slices, mint, etc.

Directions:

Fill jug or pitcher with room temperature water
and add thyme sprigs. Allow to soak on the
kitchen counter overnight. In the morning remove/
strain thyme sprigs and add lemon or raw honey
or any optional ingredients you'd like. Sip water
throughout the day for the hydration and healing
benefits.



ELDERBERRY SYRUP

Ingredients:

3/4 cup dried elderberries

3 cups water

3/4 cup raw honey

Optional additions:

1 cinnamon stick

1 whole star anise

1/4 tsp whole cloves

Directions: Place the dried elderberries and water in a
medium-sized saucepan (with optional spices) on the heat.
Cook on medium-high for 45 minutes to 1 hour, until thick
and reduced by half. Remove and cool completely.

Strain the syrup into a bowl, pressing the juice out of the berries with a
wooden spoon and discarding the whole spices. Whisk in the raw honey and
pour into jars.

For health maintenance, enjoy 1 tablespoon per day. For assistance in
recovering from a cold or flu, enjoy 1 tablespoon 3 times per day.

Makes 1-2 cups



HEALING BROTH

Ingredients:

4 carrots, chopped or 1
sweet potato, cubed
2 stalks of celery, roughly
chopped
2 onions, sliced
1 cup parsley, finely chopped
1 cup of shiitake mushrooms,
fresh or dried (optional)

2 tomatoes, chopped
(optional)
1 bulb of garlic (about 6-8
cloves), minced
1 inch of fresh ginger root
1 inch of fresh turmeric
root
8 cups of water
Optional: Chili peppers or
red pepper flakes

Directions: Place all the ingredients in a pot and bring to a gentle boil. Turn heat down to low and allow to simmer for about an hour. Strain and sip for a mineral rich, healing and restorative broth or leave the veggies in to enjoy as a light healing soup.

GINGER TEA & WATER

Ginger Tea:

Ingredients:

2 bags of ginger tea or 1-inch of
fresh ginger, grated
10-16 oz hot water
Optional: fresh lemon and/or
raw honey

Directions:

Place ginger tea bags or fresh
ginger in a mug and add hot
water. Steep for 15 minutes or
more. Remove the tea bags or
fresh ginger and strain.
Add optional raw honey
and/or lemon.

Ginger Water:

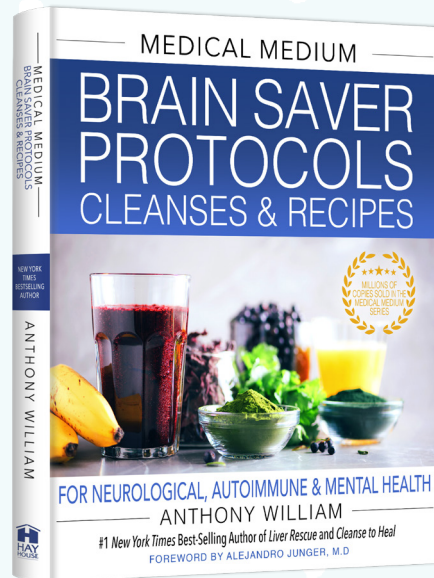
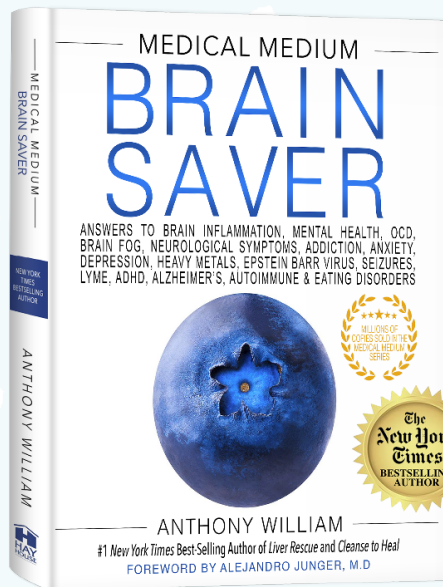
Ingredients:

1-2 inches of fresh
ginger root
2-3 cups of water
Juice of 1/2 lemon
Raw honey

Directions:

Grate the 1-2 inch piece of ginger root. Add
2-3 cups of water and a squeeze of lemon.
Sweeten with raw honey. Strain, and enjoy
warm or cold. Sip this throughout the day
for its powerful protective properties against
illness.





For additional health information,
refer to *Brain Saver* and *Brain Saver
Protocols, Cleanses & Recipes*.
Always consult your doctor or health
care provider to see if any of this is
right for your individual needs.