

Focus on Immunity – Part 2 .. Remedies for Colds and 'Flu



Following on from last week's tips on preventing winter illnesses, here are some suggestions for speeding up your recovery and relieving symptoms just in case you do find yourself feeling under the weather.

[Pukka Elderberry Syrup for the respiratory system.](#) This wonderfully warming and delicious syrup for all the family contains a whole host of goodies to support the immune system and help to clear infections from the respiratory system. Some of these are thyme, manuka honey, licorice and the Ayurvedic three spice blend, Trikatu, as well as elderberry. Suitable for use from age 2 upwards, it can be taken off the spoon or mixed with hot water for a soothing drink. **£11.65** for 120ml.

[Pukka Andrographis.](#) Sometimes referred to as 'Indian Echinacea', Andrographis is an excellent herb to help alleviate symptoms of colds and flu, especially when there is a feeling of heat. It is a wonderful immune stimulant for treating lung, kidney and skin infections. Known as 'The King of Bitters', it helps to treat all forms of fever where there is sore throat, high temperature, infected sinusitis and coughs. Andrographis can also be used for cold sores, cystitis, acne and eczema.¹ **£14.95** for 90 Veg Caps.

[Sambucol Elderberry Extract for Kids, + Vitamin C.](#) Containing elderberry for immune support, this syrup has naturally high antioxidant levels and has added Vitamin C. This great tasting berry flavoured syrup is suitable for children from 1 year and above. **£8.84** for 120ml.

[Higher Nature Immune +.](#) With a high dose of Vitamin C, and zinc, elderberry and blackcurrant extracts, this great value product can often nip colds and flu in the bud if taken at the first sign of any symptoms. It is suitable for adults and children aged 8 and over. **£4.70** for 30 tablets.:

If you've got a **sore throat**, why not try:

[Nature's Answer Elderberry Extract Spray.](#) With immune-supportive propolis, and soothing slippery elm and sage, this elderberry based syrup is delicious as well as healing. **£8.99** for 60ml.

[Green Bay Manuka Honeysuckles.](#) Available in three flavours; Original, Echinacea + Propolis and Honey + Lemon, these lozenges are made from pure Manuka honey with no added sweeteners. **£4.59** for 8.

[Nelson's Manuka Honey](#) is on offer, a two pack of 250g, UMF 12 honey is reduced from £19.98 to **£16.99** and is great mixed into a drink with hot water and lemon juice.

Finally, if you are interested in trying **homeopathy**, a few very useful remedies are:

[Gelsemium.](#) A great remedy for the classic flu with weak and aching muscles, chilliness and weariness.

[Aconite.](#) Very useful in the early stages of colds, fevers and inflammation, particularly if symptoms come on after exposure to cold, dry wind.

[Mercurius \(sol or viv\).](#) Useful if the patient has a very sore throat, increased salivation with a metallic taste in the mouth and is very sensitive to changes in temperature.

[Bryonia.](#) Useful in dry, painful coughs where the patient wants to keep very still and is much worse for any movement.

¹ Pukka's 'Your guide to Ayurvedic herbs and nutrition', p6