

Stay Flu-Free



With flu season just around the corner, it's never too early to protect yourself from influenza. Here are the top ways you can stay flu-free!

◇ **Flu Vaccine—**

The vaccine cause antibodies to develop in the body about two weeks after vaccination, which protect against infection throughout flu season.

◇ **Use a Humidifier—**

In dry air, the flu virus can stay airborne longer. By moistening the air, the water droplets will adhere to the particles, sending them downward.

◇ **Exercise—**

Exercise can boost the immune system. The increased circulation from exercise gets white blood cells moving around the body to help fight off infections. Raking the leaves, walking, mowing the lawn ... it all counts!

◇ **Fill Up On The Good Stuff—**

Eating foods rich in vitamins A, C & E help to boost your immune system and fight against the flu. Red peppers, citrus fruits, melons, nuts, spinach, nut butter, eggs, and fish oil are flu fighting foods.

◇ **Wash your Hands —** *You are probably well aware that washing your hands is one of, if not the best way, to avoid the flu.*

Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

◇ **No soap/water? Make your own natural hand sanitizer:**

Combine 5-10 drops lavender essential oil, 30 drops tea tree essential oil, 1 tablespoon witch hazel extract, 8 ounces 100% pure aloe vera gel, and ¼ teaspoon of Vitamin E oil (to increase shelf life). Mix well. Pour into a small plastic bottle and you are ready to use!

Naturally Disinfect Your Workspace

According to the CDC, people touch about 300 different surfaces every 30 minutes!

Cold and flu viruses are spread by hands and can be transferred from surface to surface very easily.

To help prevent the spread of germs at home and in the office, try wiping surfaces down at least once daily. Natural disinfectant recipes to keep your home *and* office germ-free:

- For a natural disinfectant that can be used on floors, counter-tops, bathtubs, toilets, walls, and baseboards, fill a bucket with 1/2 gallon hot water and 1/4 cup Borax. Mix and clean!
- To make your own natural disinfectant spray, add 4-8 drops of essential oil to 1 cup distilled water in a spray bottle. Shake and spray!



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Flu-Fighting Food



Garlic—A powerhouse natural antibiotic, anti fungal, and antibacterial! For the most potent effect, finely mince 1-2 cloves and float in a small glass of water and drink. You can make raw garlic more palatable by chopping it fine and mixing it with food.



Cinnamon—Good for more than just stabilizing blood sugar, cinnamon is an effective antiviral and antibiotic. When sick, mix 1 tablespoon with 1 teaspoon of honey and stir to make a spicy and very effective tea that helps relieve cough and congestion and lower fever.



Ginger—Fresh ginger root can be steeped in boiling water to make a tea that is very effective against sinus symptoms and congestion.



Peppermint—Great for all digestive disturbances and for lowering fever. It can be used as a tea or rubbed on the skin to bring a high fever down. It is antimicrobial and antiviral and kids usually love the taste. It can be consumed as a hot or cold tea during illness.



Vitamin C—Perhaps the best vitamin for cold and flu, vitamin C in large amounts can greatly speed recovery. Did you know that a cup of chopped red bell pepper contains nearly **three times** more vitamin C than an orange?!

Flu-Fighting Garlic Chicken

Ingredients:

- 2 (3-pound) chickens
- 1 tablespoon butter
- 1 tablespoon olive oil
- 1/2 tsp salt
- 1/4 tsp freshly ground black pepper
- 20 garlic cloves, peeled
- 1 1/4 cups chicken broth
- 1 cup dry white wine
- Chopped fresh parsley (optional)

Directions:

1. Remove and discard giblets and neck from chickens. Rinse chicken with cold water; pat dry. Trim fat; remove skin. Cut each chicken into 8 pieces.
2. Combine butter and oil in a 12-inch nonstick skillet over medium-high heat. Sprinkle salt and pepper evenly over chicken.
3. Add half of chicken pieces to pan; cook 2 minutes on each side or until golden. Remove chicken from pan; keep warm. Repeat procedure with remaining chicken.
4. Reduce heat to medium. Add garlic; cook 1 minute or until garlic begins to brown, stirring frequently. Arrange chicken on top of garlic. Add broth and wine; cover and cook 25 minutes or until chicken is done.
5. Remove chicken from pan; keep warm. Increase heat to medium-high; cook 10 minutes or until liquid is reduced to about 1 cup. Garnish with chopped parsley, if desired.



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