

The Flu Virus Remedies

Flu is a virus that attacks and infects the breathing mechanisms as well as the rest of your body. The flu virus is spread when an infected person sneezes or coughs microscopic saliva particles into the air. There are also various other reasons why you would be susceptible to the flu bug.

Symptoms

Cold fever, shaking, shivering, sore throat, coughing, body pains all over, weakness, headache, loss of appetite, shortness of breath, insomnia and even depression.

Treatment

- Relatively large amounts of vitamin C (6 tablets every 3 hours) will build up your resistance straight away.
- Boil 4 peeled, finely chopped onions in 1 litre of water for 40 minutes. Press boiled onions through a sieve and make a juice. Drink 1 glass/cup every hour. Keep the rest in the refrigerator.
- Eat a raw onion together with a whole tomato – it's a natural anti-biotic.
- One freshly squeezed lemon (or a packet of Med-Lemon) in a glass of very hot water. Add 1 tablespoon of honey, 2 Disprins . Get into bed and cover yourself with extra blankets. You'll start sweating .
- Place one freshly chopped onion into a sock and fasten onto your vest on your chest. Also put pieces of onion into your socks at night.
- Boil finely cut ginger and garlic for a few minutes. Pour into a cup and add a tablespoon of honey and drink while it's still hot.

IF FLU PERSISTS CONSULT YOUR DOCTOR