



What is the Flu Vaccine?

[Influenza](#) is a viral infection that is caused by the [flu](#) virus. It is spread from person to person via the secretions of the nose, throat and lungs. This infection causes symptoms such as a fever, sore throat, cough, headache muscle aches fatigue and weakness. [Flu](#) usually only lasts a few days, but if left untreated can result in pneumonia and more **severe respiratory disorders**. Many Americans (approximately 226,000) are hospitalized yearly because of [influenza](#).

One of the most effective ways to [prevent flu](#) is with an [influenza](#) vaccination. The best time to get a [flu vaccine](#) is **every fall between October and November** so that you are immunized against strains that have developed since the previous year. [Influenza](#) tends to occur from November through May, but during January and February, most episodes of [influenza](#) are reported.

The [influenza vaccine](#) is **readily available at drug stores**, your local health practitioner as well as on-site flu clinics. There are differences between a conventional [flu vaccine](#) (which uses the crude live form of the virus) and a natural [flu vaccine](#) (which does not use the crude live form of the virus).

Types of Flu Vaccines

There are two types of [flu vaccines](#) – inactivated [flu vaccine](#) and a live flu vaccine. The inactivated flu vaccine contains the killed flu virus and is injected into the muscles. This virus produces antibodies to the [influenza virus](#) and when **it enters the body of a vaccinated person, the antibodies kills the virus**, thus preventing the infection. The live or weakened [flu vaccine](#) is administered in the form of a nasal spray. Each vaccine consists of three viruses and these include one A (H3N2) virus, one A (H1N1) virus, and one B virus.

[Flu](#) viruses change every year and the vaccine can only protect against the strains of the virus that match the virus. For this reason, an **annual vaccination is recommended**. The vaccine takes two weeks for the vaccination to be fully effective.

Who should get the Flu Vaccine?

The U.S. Centers for Disease Control and prevention (CDC) recommends vaccination for the following groups of people and these include:

- Everyone over the age of 50 years
- All children aged 6 to 23 months of age



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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

- Babies aged 6 months and older who suffer from chronic heart or lung conditions including asthma
- Adults and babies aged 6 months older whose immune system is compromised by AIDS, cancer and chronic disorders such as respiratory diseases like asthma, emphysema and COPD and diabetes or heart disease
- Women who are pregnant during the [influenza](#) season
- Nursing home residents and employees
- People who work in medical facilities, care-givers of children 6 to 23 months of age or have close contact with people in any of the above high-risk groups

Who should not be vaccinated?

Certain groups of people should receive the [flu vaccine](#) until they have consulted their health practitioner and these include:

- People who have allergies to chicken eggs
- People who have had a history of severe reactions to the vaccine in the past
- Children under the age of 6 months old should not be vaccinated
- People who have a severe illness with a fever should not be vaccinated until their symptoms subside
- People who have developed Guillain-Barré syndrome (GBS), a rare nerve disease within six weeks of their previous vaccination

What are the side effects of the Flu Vaccine?

The likelihood of the [flu vaccine](#) causing serious side effects is not very common, however unpleasant side effects may occur and these *include soreness, redness or swelling where the injection was given, fever, muscle aches and feeling unwell. Furthermore, although unlikely, severe allergic reactions have been known to occur – usually shortly after the shot is administered. For this reason, women who are pregnant, the elderly and small children and babies should look to a natural alternative as an option to the conventional [flu vaccine](#).

Natural remedies

Homeopathic remedies have been formulated to act as a natural [flu vaccine](#) and support the immune system without toxic side effects. The **natural version of the flu vaccination consists of the homeopathic version of the crude virus** – so no live virus is used! Carefully selected ingredients such as Influenzinum, Bacillinum, Gelsemium and Nux vomica provide seasonal protection against the current [flu](#) viruses improves recovery time from symptoms and boosts the body's immune system.

Herbs such as Hypoxis Rooperi, Agathosma Betulina (buchu), Mentha Piperita, Solidago Virgaurea (Goldenrod) and Viscum Album safely helps to **maintain systemic balance and immune system health** and have also proven to be beneficial in relieving the common [symptoms of influenza](#) such as coughs, sneezing, congestion and fever.

There are many ways that you can reduce your chances of developing colds and flu and these include:

- Practice good hygiene habits such as washing your hands thoroughly before

The advertisement for NativeRemedies features a green leaf logo at the top. Below it, the text reads 'NativeRemedies THE NATURAL CHOICE'. A green banner with white text says 'LIVE A HEALTHY LIFE!'. The central image shows a smiling family of four: a woman, a man, and two children. Below the photo, the text states 'Proven, Safe, 100% Natural Herbal and Homeopathic Remedies for You and Your Family'. At the bottom, there is a brown button with the text 'CLICK HERE'.

Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

- eating, preparing food, handling pets and being outside
- Eat a healthy well balanced diet containing fresh fruit, vegetables, lean meat and fish
- Drink plenty of water – at least eight glasses per day flush to flush toxins from the body and keep it hydrated
- Exercise regularly to benefit your overall health
- Cover your mouth and nose with a tissue when you cough or sneeze
- Avoid sharing personal items such as eating and drinking utensils with someone who has the flu
- Increase your intake of vitamin C supplements and also add foods such as oranges, broccoli and tomatoes that are rich in vitamin C to your diet
- Ensure that you have a good night's rest with about 7 to 8 hours sleep and practice healthy sleep routines throughout the year
- Manage your stress effectively by going for a brisk walk, playing a sport, listening to soothing music, meditating or practicing deep breathing exercises
- Stop smoking and cut back on excessive alcohol consumption

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

Great Health Sites

[Pet Herbal Info Blog](#)

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Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.



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Related Natural Remedies:

BaniFlu: Homeopathic remedy temporarily protects against flu virus and germs and is safe for all ages

BaniFlu temporarily **protects against flu virus and germs** without toxic side effects. Taken at the start of winter, or just before international travel, BaniFlu will protect the body against attacks of the flu strain for the current year.

BaniFlu may also be taken at the start of an acute flu infection to **improve recovery time and lessen symptoms** all without side effects. It helps the body **build up a natural defense** by providing a sound platform to support wellness and vitality.

BaniFlu is taken internally and works quickly to support the immune system and to assist the body in its task of fighting invading flu germs. Presented in small dissolvable tablets, BaniFlu is easy to ingest and hassle-free with **no artificial colors or preservatives**.

Due to its unique homeopathic formulation, BaniFlu may be **safely used by all ages**, *including small babies and during pregnancy and nursing* – providing valuable protection for the whole family!

[Learn more about BaniFlu](#)

FluGo: Homeopathic remedy temporarily relieves symptoms of the flu or cold including cough, runny nose, fever, sore throat and fatigue

FluGo is a safe, non-addictive, FDA-registered *100% homeopathic remedy* containing ingredients especially selected to temporarily **relieve symptoms of the flu or cold** like cough, runny nose, fever, sore throat and fatigue.

FluGo should be taken at the first sign of a blocked nose, sneezing or sore throat to **decrease the severity of flu or cold symptoms**. This natural remedy works quickly to support the immune system and assist the body in its task of fighting invading germs.

FluGo is a natural flu remedy taken internally and presented in small dissolving tablets. It is easy to ingest and hassle-free with **no artificial colors or preservatives**. As a result, FluGo can make all the difference, without compromising health.

[Learn more about FluGo](#)

Immunity Plus: For full immune system support for adults and teens

ImmunityPlus is a 100% safe, non-addictive natural herbal remedy formulated to safely maintain the **health and systemic balance of the immune system**, without harmful side effects and stimulants.

ImmunityPlus contains a selection of herbs known for their supportive function in maintaining immune system health and well-being. It supports the healthy

herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

functioning of the immune system, thereby helping to maintain the **natural defense against pathogens** and optimum performance.

As we grow older, we sometimes begin to notice that our immune systems are not as good as they used to be. ImmunityPlus can especially benefit those individuals needing to support routine immune strength to guard against common conditions associated with the maturing of cells.

ImmunityPlus can be used consistently, without compromising health and **not causing serious side effects**, to help maintain the body's natural ability to fight viral and bacterial infections-- while also supporting healthy convalescence.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bioavailability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Immunity Plus](#)

Kiddie Boost: Support healthy immune functioning in children.

KiddieBoost is a 100% safe and natural formula containing carefully selected herbal ingredients known for their **tonic effects on the immune system**, as well as their high safety profile in children's remedies, compared to possibly harsh antibiotic side effects in children.

When children attend school, daycare, or preschool, they are particularly prone to picking up viruses and bugs. To help protect their immune systems, KiddieBoost has been specifically formulated to **strengthen child's immune system** from the age of 12 months. KiddieBoost comes in a convenient drop formula that is easy to administer to children.

KiddieBoost is developed with care by our team of specialists, is 100% natural, and manufactured according to the highest pharmaceutical standards using the **whole spectrum method** of herbal extraction.

This method ensures the bioavailability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly **reduces the likelihood of side effects** and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Kiddie Boost](#)

Read the testimonials for these quality products [here](#)!



Read more about the Native Remedies Full Spectrum Approach™

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