

# A Few of our Favorite Things Jo Francks, M.H.

For this newsletter I decided to interview the School of Natural Healing staff to find out what some of their favorite things are to use through the cold and flu season to keep their families well and healthy.

Jesse Christopher says one of the things he does for his family is to feed them grapefruit at breakfast. This boosts their Vitamin C intake and keeps them from catching the illnesses floating around the school. Grapefruit was also the first thing David and Fawn Christopher said was their favorite.

Fawn Christopher said she squeezed fresh oranges every morning and their kids loved it. She also fed her children the small mandarin oranges.

David Christopher suggests staying away from sweets and processed food. He likes to use Dr. Christopher's winter season formula with rose hips, parsley, garlic, watercress and rosemary. If he gets really sick, he will use the anti-plague formula.

Kelly likes to make onion soup and add fresh garlic to it after it is cooked. This way the anti-biotic properties of the garlic are most potent.

Tonya says fresh garlic is one of her favorites.

Lane's favorite thing is to use echinacea extract at the first sign of an illness.

Sarell says sleep is her favorite thing. This should be on everyone's list. Who doesn't need a good nap when they are not feeling well?

Mollie drinks a lot of orange juice through the winter to help stay well.

I like to do all of the above. Another thing we do at our house is to take a hot bath with a diaphoretic tea such as yarrow, chamomile, raspberry leaves or peppermint then go right to bed and sweat it out. We drink a variety of herbal teas; some of our favorites are calendula, raspberry leaves, rose hip, mint, red clover and some tea blends.

The secret to staying well is definitely prevention. Consuming fresh fruits and vegetables and juices help to keep the body's immune system strong. The first sign of illness is the best time to start an herbal routine. This usually stops the illness before it has a chance to progress and keep us down. Whatever protocol we choose to use we do it often; every hour or so to help jumpstart the immune system.

*Jo Francks is a Master Herbalist working at The School of Natural Healing.*