

NATURALLY
WITH TAMI:

How to Survive Cold and Flu Season

Winter Wellness Guide



If there's a champion among contagions, it may well be the lowly rhinovirus or one of the shapeshifting influenza "bugs"—H5N1, H1N1, H3N2. We've lost count.

And though magic wands and silver bullets only exist in product advertising, **there are ways to rev up your immune system to heal more quickly and feel better in the process.**

Drink water. Sleep. Exercise. But what about the estimated 80% of your immune function that resides in your gut? The lymph tissue that cradles your digestive system is your body's first line of defense against disease, removing toxins like a cellular waste transport system. Learn how to equip your whole body to fight winter germs fast and relieve symptoms naturally with the following best natural products you can buy.

Tips to Build Immunity

Take Preventative Supplements

One of the best defenses we have against viruses is to equip our body's ability to handle them. Taking supplements before your immune system goes on the defensive means faster healing when you need it.

- **LAURICIDIN FROM MED-CHEM LABS:** The fatty acid in Lauricidin is the original natural antiviral, disrupting the outer coating of harmful bacteria, viruses and fungi like nature's first antibiotic.
- **ESTER-C VITAMIN C:** Taking 400-600mg 1-2 times per day may not reduce your chance of getting a cold, but it can reduce the duration and severity of colds in people who already take it.
- **VITAMIN D3 FROM VITAMIN SHOPPE:** Every cell in your body relies on the Vitamin D3 hormones, which means that daily supplementing with 2,000-5,000IUs can fight attacks on immunity and digestion.
- **DR. MERCOLA KRILL OIL:** The omega-3 fatty acids DHA and EPA, and an antioxidant called astaxanthin, both prevent and improve inflammation.
- **WEDDERSPOON ORGANIC MANUKA HONEY LOZENGES:** The medicinal New Zealand honey reduces inflammation with its natural antimicrobial properties.

Feed Your Digestion

Imbalanced gut flora and low-level inflammation in your digestive tracts may mean your body is inefficiently absorbing the nutrients necessary to keep your body healthy. Probiotics are intended to reverse, rebuild and strengthen the gut from damaging antibiotics, processed foods, and illness.

- **RENEW LIFE ULTIMATE FLORA WOMEN'S CARE PROBIOTIC:** Promote immunity and overall vaginal health with healthy gut bacteria, namely *Lactobacillus rhamnosus*, a potent immune regulator.
- **KLAIRE LABS SACCHAROMYCES BOULARDII PROBIOTIC:** Unlike most probiotics, *S. boulardii* is actually a yeast that helps regulate the intestines and protect the intestinal lining from damaging pathogens.
- **DESIGNS FOR HEALTH PROBIOTIC SUPREME DF:** Counter the first signs of stomach inflammation with one capsule a day of 15 billion CFU.

SOOTHING MEDICINALS

Echinacea Tea by Traditional Medicinals • Elderberry by Buddha Tea • Kettle & Fire Bone Broth



Try Homeopathic Relief First

Relief is priority when chills and tastebud-numbing congestion take over. It's tempting to find quick fixes, but cold medicine and antibiotics often suppress and even interfere with your body's healing process. Try these natural remedies that work *with* your body to heal faster.

- **BOIRON OSCILLOCOCCINUM:** If taken within 24 hours of the first sign of flu symptoms, Oscillococcinum works wonders but may lose effectiveness when chills and fever intensify.
- **BOIRON COLD CALM:** Take within 24 hours of the first signs of a common cold—sneezing, congestion and sore throat.
- **BOIRON NUX VOMICA:** Made from the seeds of the *Strychnos nux vomica* plant, these pellets help relieve cold symptoms such as dry cough and nasal congestion.
- **BOIRON CHAMOMILLA:** These chamomilla pellets relieve painful earaches and help to induce sleep throughout disruptive cold symptoms and coughing.

Heal Skin Conditions

Don't settle for itchy, dry skin all winter. Try these products for all-natural hydration.

- **ECZEMA HONEY CO. :** The cream contains organic beeswax rich in Vitamin A and antibacterial honey to soothe discomfort.
- **DR. BRONNER'S ORGANIC VIRGIN COCONUT OIL:** Use to nourish your skin without chemicals or synthetic ingredients.
- **PURA D'OR ROSEHIP SEED OIL:** Use as a facial moisturizer to soothe, restore pH balance, and naturally moisturize skin.
- **NUBIAN HERITAGE GOAT'S MILK AND CHAI LOTION:** Hydrate your face and body with goat's milk—high in protein, vitamins and minerals.
- **L'OCCITANE BEURRE DE KARITE:** Apply rich shea butter lip balm that smells and tastes like soft sugar.





Use 100% Safe for Kids

Children are prime targets for seasonal viral infections. Build up your kids' immunity and provide relief with safe and gentle products.

- **BOIRON PULSATILLA:** Dissolve 5 pellets under the tongue 3 times a day at the first sign of a cold.
- **GAIA ELDERBERRY SYRUP:** Take everyday immune and antioxidant support for kids (and adults).
- **NORDIC NATURALS ARCTIC COD-LIVER OIL:** Hide in food and drink to boost kids' immunity.
- **KLAIRE LABS INFANT PROBIOTICS:** Give a safe powdered blend of Lactobacillus species to babies.
- **SHEAMOISTURE BABY BREATHE FREE CHEST RUB:** Rub on eucalyptus and mint for congested babies.

Naturally with Tami
Tami Carlino

For more information visit
www.naturallywithtami.com

Natural Health Practitioner and Natural Health and Wellness Coach **Tami Carlino** experienced debilitating migraines, joint pain, cognitive dysfunction and cardiac irregularities nearly six years ago.

As healthcare professionals spent months searching for a diagnosis, Lyme disease and a host of other tick-borne infections invaded her body. When the diagnosis finally came, she had inherited a host of new symptoms from repetitively prescribed antibiotics. The search for natural healing solutions was born of necessity.

Natural therapies and a consummate lifestyle change brought healing and a newfound appreciation for natural medicine. Tami now dedicates her life to using her wealth of knowledge and experiences to coach men and women with chronic pain and physical imbalances to do the same, using plant-based treatments and expert guidance towards whole-body wellness.

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