

## SWINE FLU HOME REMEDIES

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Viruses and bacteria attacks you when your immune system is weak, hence increasing resistance power is good precaution against all kind of diseases. As healthy immune system allows the body to heal itself naturally.

Here are some of the home remedies that will help in curing any kind of flu, including swine flu.



Home remedies for Swine Flu #1: Take washed Tulsi leaves( popularly known as Basil) regularly in the morning. The leaves contain therapeutic elements. It keeps the lungs and the throat clear and helps in clearing the infections.



Home remedies for Swine Flu #2: Take few cloves of garlic as it has powerful antibiotic, antiviral and antifungal characteristics. It significantly boosts your immune system and protects your body from various diseases such as the flu.



Home remedies for Swine Flu #3: Take Vitamin C to boost immune system and increase the number of white blood cells.



Home remedies for Swine Flu #4:Take a teaspoonful of Aloe Vera gel. It is an Immune System Booster and encourages the body to heal itself naturally.



Home remedies for Swine Flu #5:Try using Turmeric daily in whatever way you can as it is an anti-bacterial herb and also helps boost immunity system .

Home remedies for Swine Flu #6: Take Zinc lozenges, it boosts the immune system as soon the symptoms develop.

Home remedies for Swine Flu #7:Do Pranayam regularly in morning to keep your throat and lungs healthy.

do and don'ts:

- Maintain a safe distance from people who are showing signs of nasal congestion or flu symptoms.
- Do no share food, glasses or forks.
- Open and ventilate enclosed rooms.
- Visit your doctor immediately if you experience sudden high fever and cough, with headache and muscle pain.
- Avoid sudden temperature change.
- Take fruits and vegetables rich in vitamin A and C (Carrots,papaya, orange,lime lemon and pineapple).

-Swine flu is transmitted into the body through the mouth and nose. Frequently wash hands thoroughly with plenty of soap and water, especially before a meal, helps in preventing swine flu.

**WASH THE HAND FREQUENTLY & REGULARLY WITH ANTISEPTIC HAND WASH**

**Disclaimer: Information presented on this Article is for educational purposes. and is not given as medical advice. Nor is it intended to propose or offer to propose a cure for any disease or condition. Before starting any medical treatment, please consult your physician.**