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PETA LEITH On how to make a festive orange marzipan fruit cake



BEATING COLDS & FLU



Gemma Hurditch, lecturer and naturopath at the **College of Naturopathic Medicine** shares top tips for immunity this winter.



THERE ARE A GREAT MANY traditional ways for easing up the symptoms of cold and flu, rest and good hydration being two of the most important ones.

If you are looking to expand your repertoire here are a few helpful ideas:

1 GARGLE WITH SALT WATER

The solution should taste like sea water, no saltier. Salt water may be disruptive to some bacteria and viruses. Alternatively, use just plain filtered or distilled water. Regular gargling with water has been shown to reduce the incidence of upper respiratory tract infections. Gargling with water where you have introduced a few drops of colloidal silver can also be effective.



2 EAT PURE RAW HONEY

Preferably get your honey from a local supplier or from an organic source; try health food shops and local farmers markets. Honey is a great cough soother and has the added benefit of being antibacterial – it's even good for your teeth! The antibacterial action could help reduce the likelihood of secondary infections that may prolong cold or flu.

3 GO FOR GARLIC Eating raw garlic increases immune system activity and reduces inflammation, which is great for fighting cold and flu symptoms. You can also use garlic-infused honey throughout the day as a cough remedy, or stirred into hot water for a soothing drink (see below).

4 MAKE GARLIC-INFUSED HONEY Preferably find locally grown and organic honey. Get a small 125ml jar; roughly chop five cloves of garlic and let them sit for 15 minutes to activate. Add to the jar and top with honey to cover. After 2-3

Honey infused with garlic is a fantastic cold and flu remedy that's easy to make at home.

days you will have your garlic-infused honey. It's best to prepare this now to have to hand over the cold/flu season.

5 ADD MEDICINAL MUSHROOMS These are another great remedy for boosting resistance to cold and flu. Reishi and Maitake are great ones to try and Shiitake mushrooms can be eaten cooked in a little oil; two medium Shiitake mushrooms per day are understood to have therapeutic amounts of their health promoting properties. Where possible go for organic-certified products.



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