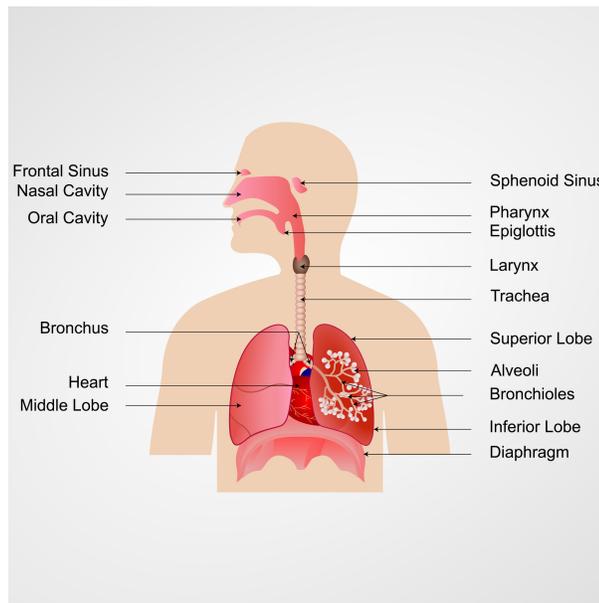




Colds/Flu Pack Guide Stay Healthy this Winter!

This guide can help you to understand why various frequencies are coming up on these special testing panels for cold and flu season. It will help you to understand the root cause as to why the person may have gotten sick in the first place as well as guide you toward the best solutions. Not all solutions need to be purchased as actual nutrition or supplementation; many can be run as the frequency within the Genius.



Always use common sense when using biofeedback for colds/flu. If someone is not improving or symptoms are very serious, please assist your family member/friend/client to get the proper medical attention through an naturopath, acupuncturist, chiropractor or medical doctor.

Colds/Flu Pack 1 Cold Assessment - Assess the cause of the cold and type of infection.

Frequency	Meaning
Acute coryza	Acute inflammatory contagious disease involving the upper respiratory tract. That is to say, the common cold! This is typically manifesting as inflammation and discharge from the mucous membranes of the upper respiratory tract, sinuses and eyes.
Bronchitis	infection of the main airways of the lungs, causing them to become irritated and inflamed.
Coronaviruses	species of virus related to various forms of the common cold.
Emotional stress root cause	cortisol levels may suppress the natural functioning of the immune system
Birth control estrogen exposure contributing	Synthetic estrogen exposure is likely a big cause of hormonal imbalances today.
Excess sugar root cause	consuming refined sugar can suppress white blood cell function for up to 6 hours. During this time, if you are exposed to viruses it is much easier for them to take hold.
Indoor air quality root cause	be sure to keep windows open and use air purifiers. Especially during the winter, it is easy for indoor air to be a breeding ground for viruses.
Low immune system root cause	use this as a signal to do everything possible to improve your immune system now and after the acute issue, continue to nourish and build your immune system.

Low vitamin A	Vitamin A, which is high in the form of beta carotene in carrots, squash, green vegetables and other plant based foods, is one of the most important vitamins to protect the immune system. One interesting aspect of Vitamin A function is its ability to enhance antibody response, which is very important in protecting against colds/flu.
Low vitamin C	Vitamin C, as simple and well-know as it is, still has tremendous benefit for the immune system. Consider a supplement of at least 1000mg of a good quality food-based vitamin C to keep the immune system strong.
Low vitamin D	Why do people get colds/flu in the wintertime for the most part. Many people assume, “well, because it is cold!” More recent information reveals that it is the decreased hours of daylight. The reduction of Vitamin D results in the lowered immune system.
Lower respiratory virus	This frequency lets you know that it is possible the upper respiratory infection could be migrating and spreading to the lower part of the respiratory tract. In this case, use caution and be diligent in getting the immune system up and running well!
Nasal passages	Indicates infection or other irritation or inflammation in the nasal passages.
Nasopharyngitis	Irritation or infection in the nose and throat. Often experienced as a scratchy throat.
Picornavirus	Group of viruses that cause the common cold. Harmonize in order to clear the frequency.
Poor breathing practices affecting	Look into yogic breathing to avoid frequent colds. Expanding the lung’s capacity and taking more complete inhales and exhales can be very helpful for staying healthy.
Rest needed	A simple concept to understand, many people don’t remember to do it! Great to show to your client - or to yourself - as permission to get the needed rest.
Rhinovirus	Virus known to cause common cold.

Sedentary lifestyle affecting	By not exercising, the lungs are not strengthened and the lymph system (important for the immune system) is not strengthened.
Sinuses	Infection may be affecting the sinuses if this frequency shows up.
Throat	Infection may be affecting the throat.
Upper respiratory virus	A classic form of a cold is called an upper respirator infection. The cold is contained at the level of the nose, sinus and throat. This is much less serious than a lower respiratory infection.
White blood cells	Important part of the immune system, it may be too low to prevent a cold. Continue to work on it during the acute infection and then for 2 to 4 weeks after recovery.

Colds/Flu Pack 2 Colds Solutions

Understand the best solutions and remedies for colds and flu.

Frequency	Meaning
Bitter orange oil	Excellent for liver and digestive health, this cleansing oil can assist the immune system.
Clove	Excellent for boosting the immune system
Colon cleanse herbs	Clearing the colon/digestive system is very helpful for both preventing and overcoming a cold.
Drink ozonated water	Ozonated water will turn to oxygen when consumed and assist in clearing out anaerobic microorganisms, which often contribute to colds/flu.
Echinacea	Powerful herb for acute colds and flu.
Elecampane	Used in persistent bronchial congestion when there is an irritable cough. Tonifies the lungs and the digestive system.
Ginger root	Anti-microbial, anti-viral. Excellent for clearing the nasal passages and improving circulation.

Frequency	Meaning
Goldenseal	Contains alkaloids, berberine and hydrastine which have potent effects on the immune system. Used for colds, flu, sore throat and chronic middle ear infections. Anti-microbial, powerful immune booster.
Hyssop	Used for indigestion, colds and a gargle for sore throats. Specific for chronic low grade fevers. Antiviral and expectorant.
Lemon essential oil	Good for liver cleansing and digestive detox, lemon is good for boosting the immune system.
Licorice	Soothes mucous mebranes of the throat and lungs. The root is used for coughs, all throat and bronchial irritations.
Ligusticum	Antiviral. Used when sinuses are clogged with mucous. Used for colds/flu for immune system support. Has a particular affinity for respiratory infections.
Lomatium	Antibacterial, antiviral. Used for colds, flu, viral infections, and fungal infections.
Mullein	Demulcent, soothing. Hoarseness, coughs, bronchitis, most respiratory conditions.
Myrrh	Antifungal, expectorant. Used for sore throat and overall support for immune boost.
Peppermint	Immune system support, digestive tonifier
Prickly Ash	Antimicrobial, immune booster.
Red Clover	Spasmodic cough, throat irritation, immune system support.
Rose hips	High concentration of Vitamin C
Sweet orange oil	Immune system support, liver cleanser
Tea tree oil	Antimicrobial, antifungal
Tussilago	Helps to calm cough, clean congestion.
Usnea	Antifungal, good for clearing congestion
Vitamin A	Immune system support
Vitamin C	Immune system support
Vitamin D	Immune system support
Warming socks treatment	Hydrotherapy treatment

Frequency	Meaning
Wild Cherry	Helps to calm and soothe cough
Wild Indigo	Strong boost to the immune system, typically indicated when the person looks very ill with lots of malaise. Helps especially with colds/flu. Antimicrobial, immune modulator
Wormwood Aloe Capsules	This combination of wormwood and cape aloe helps to clear the colon and tonify the digestive system. This often helps free the immune system to heal the cold.
Yerba Santa	Used for colds, laryngitis and bronchitis. Used for cough when there is poor expectoration (as in a dry cough, can't get anything to move, mucous too thick).