

# Flu Season <<<

## "AT HOME VIRAL COMBAT CHECKLIST"

>>> for faster relief...

- Tea (Recommended Green tea)
- Vix VapoRub
- Humidifier

### KEEP HEALTHY:

- Raisins/ dried cranberries
- Oatmeal
- Hard boiled eggs
- Soup
- Boiled rice and lentil

### SPICES:

- Honey
- Lemon
- Turmeric powder
- Cinnamon
- Black pepper
- Cloves
- Cardamom
- Mint leaves
- Ginger