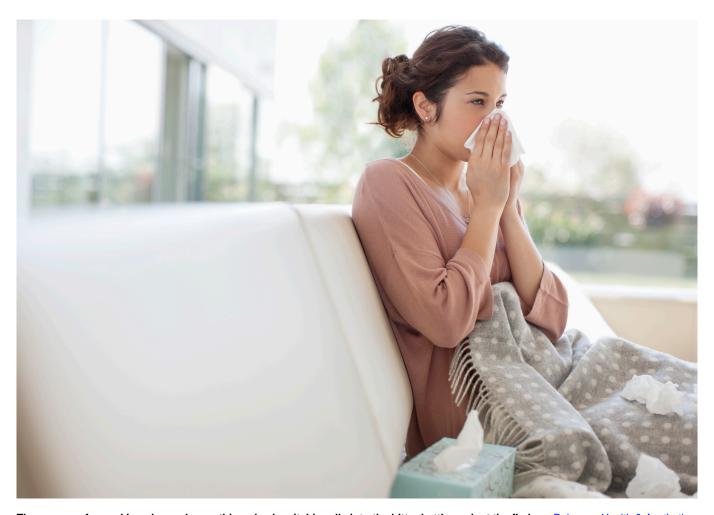
Written by By Dr. Suneil Jain, Rejuvena Health & Aesthetics Monday, 30 September 2019 10:00 -



The season of pumpkin spice and everything nice inevitably rolls into the bitter battle against the flu bug. Rejuvena Health & Aesthetics recommends plenty of natural options to beat the flu besides the obvious tips to rest, relax and drink plenty of fluids.



Dr. Suneil Jain of Rejuvena Health & Aesthetics

UVC Light Therapy: In a new study from the Columbia University Irving Medical Center (CUIMC), researchers found that far ultraviolet C (far-UVC) light can kill flu viruses. Far-UVC light is highly effective at killing bacteria and viruses by destroying molecular bonds that hold their DNA together.

Vitamin C IV Drips: These drips work by providing your body with a direct infusion of vitamins and minerals. Receiving high doses of vitamins through an IV allows the nutrients to bypass the digestive system for a quicker shot of vitality. There are various combinations to help combat whatever symptoms you might be feeling.

Ozone Therapy IV Drips: This treatment helps to reduce chemical stress through medical ozone and oxygen to stimulate the production of

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superoxide dismutase and glutathione peroxidase, two powerful enzymes that protect us from free radical damage and oxidative stress.

Up Your Zinc Intake: Zinc is a mineral important for your immune system because the nutrient helps your body make germ-fighting white blood cells. This means zinc can effectively slow down how fast the flu virus multiplies in your body. Take a zinc supplement during flu season, or eat foods that are high in the mineral like lentils, chickpeas, beans, nuts and seeds.

Black Elderberry: Elderberry is the dark purple berry from the European elder tree. The berries are used to make medicine. This immune-supporting herbal supplement can help you recover faster, and it tastes good too!