

## 5 Natural Ways to Beat the Flu

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

## 5 Natural Ways to Beat the Flu

Written by By Dr. Suneil Jain, Rejuvena Health & Aesthetics

Monday, 30 September 2019 10:00 -

---

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!