



# The Recovery Phase

**Giving our body a chance to rebuild after a viral attack, like the current flu, is an important consideration, and one which is often overlooked. Unfortunately, the pressure of rushing back to work, or resuming control of a busy family, can put further pressure on our immune system, sending us back into infection territory.**

More interestingly in the current flu season, is the number of people with a type of “post-viral fatigue”, wherein energy levels are continually flagging, concentration levels aren’t the same as usual, and flu symptoms like a dry cough remain.

Recovery time is something we can easily overlook. But it’s a very special time from our immune system’s perspective. Our immune system is like the shelter from the impending storm. It might be threatened, and it might fall over. Rebuilding it to the same, or better strength, is a logical solution. But do we allow our immune system time to recover?

Hearty soups, lots of vegetables like onions and garlic, along with at least seven hours of restful sleep, are fundamental options. As well, keep hydrated and ensure your stress levels are well managed.

**Ask your Chemist for advice.**