



## More Helpful Tips

Wash hands often with soap and water or alcohol based hand sanitizer.

Get at least 8 hours of sleep every night. See a Naturopathic Physician if you are experiencing poor quality sleep.

Reducing stress increases the amount of antibodies found in mucus membranes.

Exercise in moderation increases circulation, reduces stress and boosts the immune system.



# Natural Cold and Flu Prevention

*Boost your immune system with nature's medicine*



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## Vaccination

I strongly recommend avoiding the H1N1 or Swine flu vaccine. The vaccine contains an adjuvant, which is an agent intended to enhance the immune response, called squalene. It has been shown to cause autoimmune disorders such as Lupus and Rheumatoid Arthritis. This immune adjuvant has also been shown to be the cause of Guillain Barre Syndrome, a debilitating and potentially fatal neurological condition. The British Medical Journal reported in August of 2009 that less than half of health care workers would be willing to receive the vaccine. This was mostly due to fear of side effects and doubts about efficacy. The following recommendations are proven ways to prevent and fight the flu.

## Food

**Garlic** stimulates immune cells and is a powerful anti-microbial agent. Use it in your cooking every day.



**Coconut Oil** is high in lauric acid which is converted in our bodies to monolaurin, a highly antiviral agent. Replace half of your usual oil or butter with coconut oil in your cooking and baking.

**Protein** is necessary for making antibodies and other components of the immune system. Make sure you are getting at least 0.36 grams per pound of body weight per day.

## Supplements

**Vitamin D** is a potent immune system modulator. Have your doctor check your levels before beginning supplementation. Generally 5,000 IU/day for three months is recommended to achieve optimal levels.

**Vitamin C** enhances the body's resistance to infection. For prevention take 2–3 grams per day. Take 2 grams every 4 hours at the first onset of symptoms. Reduce this dose if loose stools occur.

**Vitamin A** supports healthy mucus membranes and is involved in maintaining a number of cells of the immune system. 10,000–20,000 IU/day can be taken for prevention of illness. In the event of illness 20,000–80,000 IU/day should be taken. *(Do not take more than 10,000 IU per day if pregnant or could become pregnant)*

**Zinc** increases white blood cell production. Take 30 mg/day with food. Zinc should not be taken for extended periods without supplementation of other vitamins.

**Probiotics**, like acidophilus and bifidus, can boost your immune system. Studies show that these beneficial bacteria actually travel to your lymph nodes and increase the number of cells that fight infection. Take a supplement twice a day with food.

## Herbs

**Echinacea** enhances the function of the immune cells that engulf bacteria and viruses. Echinacea should be taken at the very onset of symptoms.

**Elderberry** is a powerful flu fighter. Studies show that it cures the flu in half the time as a placebo. Take 3 teaspoons of elderberry extract four times a day at the first twinge of flu symptoms.

**Licorice Root** has many health benefits. It helps control stress hormones, relieves ulcers, soothes dry coughs and supports the immune system. Check with your doctor if you have high blood pressure before taking licorice.

