

Therapies for the Treatment of the Cold and the Flu

LIFESTYLE SUGGESTIONS:

It is important that you rest in order for your body to heal.

DIETARY RECOMMENDATIONS:

1) Avoid sweets of all kinds, including natural sweets (such as fruit juice, maple syrup, honey, etc.).

2) Avoid your food allergies. Dairy and gluten are very likely to cause sinus irritation. Dairy is more likely to cause sinus problems than gluten-containing grains. Therefore, even if you are not “allergic” to these food items (based on any kind of testing or based on your own observation), it is still recommended that you avoid or at least reduce eating these two main food groups. Gluten is found in wheat, oats, barley, rye, and spelt. (Rice and some other grains such as quinoa do not contain gluten.) Gluten-free products of various kinds (including toast, cereal, waffles, pancake mix, etc.) can be obtained from most all health food stores. The other highly allergenic foods are soy and corn. So, you’re better off without them if you are ill.

3) Eat plenty of vegetables, and simply eat healthy. Chicken soup would be great. Try to eat mostly the vegetables and the broth, and not so much the meat.

4) Drink plenty of fluids so you (or your child) do not get dehydrated.

Good fluids for adults: Warm herbal teas and/or room temperature water

Good fluids for children: Water, diluted (and warm) fruit juices, warm “cold/fever” tea (refer to below).

PHYSICAL MEDICINE THERAPIES:

1) Castor oil “packs”: Refer to instructions under Educational Articles page on our website. This procedure stimulates and supports your immune system better than any supplements I am aware of. You can do castor oil packs a few times a day if necessary. Some people simply apply the castor oil over their abdomen as opposed to actually doing a castor oil “pack”. You want this oil to be in contact with your abdomen at least 45 minutes a day. You can also rub this oil onto your lungs if you are coughing or suffer from any chest congestion.

2) Warming sock treatment:

Refer to the handout on this subject. You need to do this at night when you are sleeping.

SUPPLEMENTS (all the following supplements can be obtained from our dispensary):

STOP YOUR OTHER SUPPLEMENTS DURING AN ACUTE ILLNESS. Nutritional supplements may end up feeding the germs! Talk to your naturopath about which ones to continue and which ones to stop. As a rule, unless necessary, stop all supplements all other than the following supplements that are meant to help with the cold/flu. The supplements that you should not stop are the ones that are “medically” necessary such as the ones that lower blood pressure.

Constitutional Homeopathic Remedy: Take your remedy ASAP, at the 1st sign of a cold/flu or as soon as you are able to. (Refer to document on website called “Homeopathy, dosing during acute conditions”.)

Super Bio Vegetarian: If you feel that you are starting to get sick or if you feel ill already with any acute symptoms (cold and flu), then start on this supplement. Take 1-2 pills four times daily for as long as you feel ill with acute symptoms. (Take one pill 4 times daily if you are mildly ill. And, take two pills 4 times daily if you are severely sick with acute cold/flu symptoms.) As soon as you start feeling better, then reduce the dose to 1-2 pills two times daily for another 2-3 days. Then, stop. Ideally, take it with food. Do NOT take if you’re pregnant as one of the ingredients, Berberis, can cause miscarriage.

Super Bio Vegetarian is a tablet, and is a bit spicy. The capsule equivalent is called Biotics Extra which is more appropriate for children or adults who are sensitive to spicy foods. Dose for children is 1 capsule 4 times daily until he/she feels well.

Whole Health Clinic’s Custom Cold/flu tea (ingredients: Yarrow, boneset, lemon balm, spearmint, elder, and licorice root): Steep one tsp in one cup of hot water for 5-10 minutes, strain and drink. You can have as many cups of this tea per day as you’d like.

UNDA #2, #15, #27, and #312: Take 5 drops (babies: 3 drops) of each bottle 3-4 times daily to help with cold/flu symptoms.

UNDA #15 is not necessary if you already have a fever. If the fever is low, I may still recommend this UNDA number.

UNDA#312: Take if you have a sore throat.

UNDA #2 and #27: Take these for any upper respiratory infection (cold, flu, etc.)

Allimed: This is likely the most powerful natural “antibiotic” available. Based on studies, it can eradicate germs similarly to certain conventional antibiotics. The dose I recommend depends on the type of infection. A typical dose is 1 pill every 4 hours until you start feeling noticeably better. Then, reduce to 1 pill every 6 hours until totally well. Continue for two more days passed clearing of all symptoms and then stop. I’d not set an alarm to wake up in middle of the night to take it- sleep is always more important than medicines. Most people do not require all of the above supplements/medicines for the cold/flu. I recommend a certain combination of the above medicines for the person depending on their signs and symptoms.

Note: It’s of course necessary to get properly diagnosed first before you start treating any condition.