

### Flu Prevention

- 1) Do not let stress levels get out of control. Have some fun everyday. Concentrate on gratitude and peace, as this attitude will help enhance your immune function.
- 2) Get plenty of rest every night. Allow time for your body/mind to heal.
- 3) Reduce the amount of dairy and gluten (wheat, oats, barley, rye and spelt) that you are eating. These are the most two most common allergenic foods in the country.
- 4) Eat plenty of vegetables in your diet. Eat veggies raw and cooked, both. Try to eat organic produce. Green vegetables boost your immune system (Note: Shitake mushrooms directly stimulate cells of the immune system, and may be directly antiviral as well).
- 5) Meats are OK in moderation. Eat healthy carbohydrates such as those found in whole grains and vegetables. Eat healthy fats as opposed to deep fried foods. (Refer to our Optimal Health Diet.)
- 6) Stop smoking, and drinking alcohol and coffee (even decaf).
- 7) ***For prevention (as well as for treatment), significantly reduce or ideally avoid eating sweets. This is IMPORTANT.***

Avoid eating sweets in general, including table sugar (found in cookies, candies, cakes, pies, etc.) as well as natural sweets such as honey, maple syrup, dates, raisins and fruit juices. For the average healthy person (without various chronic conditions), eating a small amount of natural sweets once in a while (no more than every few days) might be OK. Parents, please don't let your children eat sweets all day long and then blame their illness on some germ.
- 8) ***Exercising is one of the most important steps to avoid colds and flu.*** If you want to prevent the flu, you should to exercise regularly. We recommend aerobic exercise at least 3-4 times a week, for a minimum of 30-40 minutes. This can include walking fast, jogging, or getting on an elliptical machine or a treadmill. If, at the onset of the slightest sign of not feeling well, (when you don't feel quite right but still have plenty of energy) you do light aerobic exercise, it might just be sufficient in combating an acute illness. 10 – 15 minutes of light jogging will improve lymphatic flow and help cleanse toxins from the body as well as stimulate the immune system.
 

*Exercising when you are sick may not be a good idea. Do not push yourself if you are feeling weak.*
- 9) Walk in nature often.
- 10) Wash your hands often.
- 11) Rub castor oil on your abdomen regularly for prevention of colds and flu. Castor oil is truly one of the best natural therapies ever discovered, and is very stimulating to the immune system.
- 12) Do contrast hydrotherapy every day- Finish your showers with 30 seconds of cool water.
- 13) Go to a sauna 1-2 times a month for detoxification. Always finish with a cool rinse.
- 14) Take your multivitamin/minerals regularly. Don't forget your fish oil. (Note: Do NOT take all your nutritional supplements such as your multi and fish oil, etc., when you actually have a cold/flu. It's best to let the body heal first and then restart your nutritional supplements. The main source of nutrition during an acute illness should be through a wholesome diet. Do, however, take immune boosting and anti-microbial herbs, such as Super Bio Vegetarian- which can be obtained from our dispensary- when you actually have the flu.)
- 15) Use immune enhancing herbal supplements (in pills, tincture or tea form) at least a few times a week. These include (but are not exclusive to) the following herbs:
 

**Astragalus root:**  
To support thymus health, the Chinese use astragalus root. Studies show astragalus is an adaptogen, which means it corrects both high and low metabolic imbalances, acts on invaders wherever they attack the body, and promotes overall vitality. The usual dosage is 100 to 150 mg per day in capsules or you can drink astragalus tincture or tea.

**Ligustrum:**  
Ligustrum has undergone much research recently, which has revealed this herb's immune

boosting functions. Its actions include increasing white blood cell production, phagocytosis, and T-lymphocyte help cell activities.

**Lomatium:**

An adult can take 40-60 drops every 4 hours.

If you are already taking Super Bio Vegetarian supplement, then you may not need to take additional anti-viral herbs. There are numerous other anti-viral herbs that can be used such as astragalus, echinacea, and elderberry.

*Note: You can use these herbs to treat the flu as well.*

- 16) **Take Vitamin D:** Take at least 2000 IUs of Vitamin D daily. Make sure your (blood) vitamin D levels are at least 50-60. Vitamin D is one of the most important supplements in building your immune system. If your levels are low (below 20-30), it could take a high dose (perhaps 5000 IUs per day, or more) of Vitamin D over a period of a number of months to build your levels up. Regular monitoring of your blood levels is recommended if you are taking Vitamin D.
- 17) Take probiotics (acidophilus, etc.) regularly. Probiotics are friendly bacteria important for maintaining a healthy digestive tract and thus immune system.
- 18) Treat any underlying chronic illnesses naturally (or with drugs if necessary). Chronic conditions weaken your body and thus your immune system. Examples: Asthma, diabetes, heart disease, kidney disease, neurocognitive and neuromuscular disorders, etc.
- 19) Get a regular massage and/or chiropractic adjustment. Spinal alignment is important in having a healthy immune system.
- 20) If you are on a "constitutional" homeopathic remedy, make sure it is still working/effective. The remedy becomes ineffective with time, and you might need a re-dose. Typically, a person's constitutional remedy is effective for about a month or a maximum of 2 months. (If you are uncertain what a "constitutional" homeopathic remedy is, please consult with a homeopath or a naturopath who uses homeopathy in their practice.)
- 21) Vaccination is considered an effective method of prevention against the flu. Some choose to not vaccinate (due to concern for side effects of the vaccine itself) while others believe it is the most effective method of prevention against the flu. I recommend that you consider vaccination as an option once you have fully educated yourself on the subject.