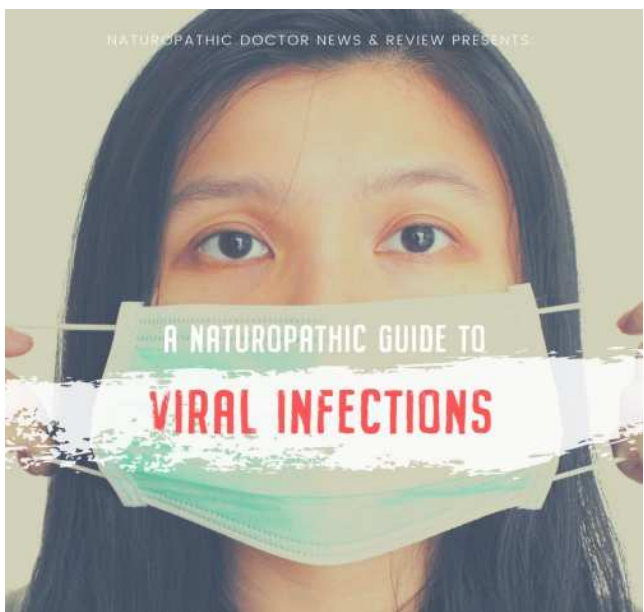


NATUROPATHIC DOCTOR NEWS & REVIEW PRESENTS:

A NATUROPATHIC GUIDE TO

VIRAL INFECTIONS



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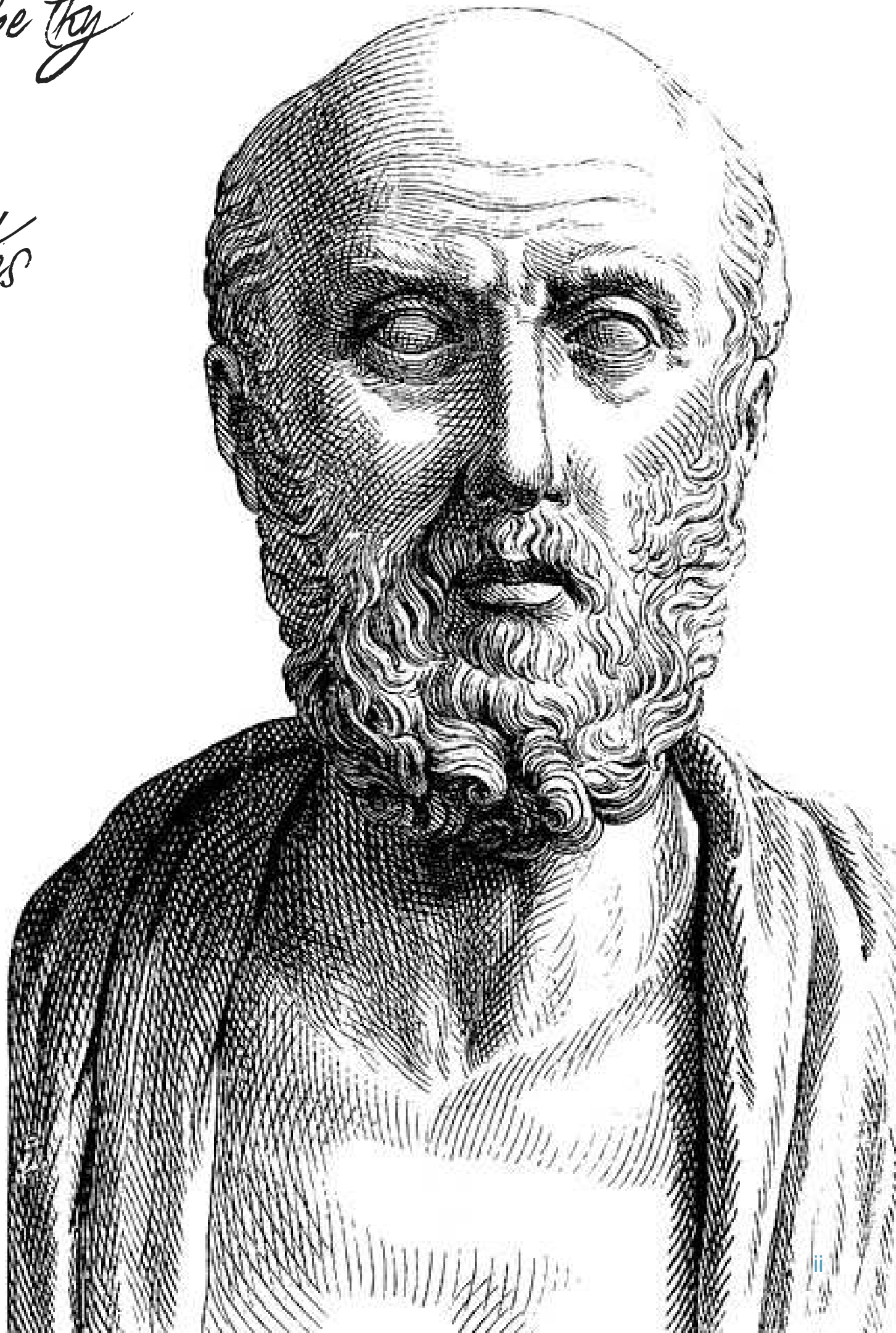
The Naturopathic Guide to Viral Infections contains general medical information. The medical information is not advice and should not be treated as such.

Medical Assistance

You must not rely on the information in this book as an alternative to medical advice from your doctor or other professional healthcare provider. If you have any specific questions about any medical matter, you should consult your doctor or other professional healthcare provider. If you think you may be suffering from any medical condition, you should seek immediate medical attention. You should never delay seeking medical advice, disregard medical advice or discontinue medical treatment because of information in this book.

let food be thy medicine
and medicine be thy
food.

— Hippocrates



FORWARD



NaturalPath is a movement embracing the naturopathic paradigm that honors the vitality within all of us. The Vital Force, as we call it, is that amazing unseen life-force in all living things that strive towards growth, goodness, wholeness, and health. Some call it *Spirit, God, Life, or Love* and it recognizes that healing comes not from the doctor but from our relationship to ourselves, each other and the environment.

Naturopathically speaking, acute illness can be seen as how our body strives to heal. The symptoms we too often suppress our the body's ways to fight pathogens. A fever, for instance, is a self-

healing immune response. Inflammation is another healing response, bringing hormones and peptides rushing to an area to repair infection or damaged cells, to put it in layman terms.

With flu season at its peak, I've invited some of the top naturopathic physicians from NaturalPath and Naturopathic Doctor News & Review to share natural ways to prevent and heal from the flu.

Feel good again, naturally!
Razi Berry

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VIRAL INFECTIONS



WHAT TO DO DURING COLD AND FLU SEASON?

Dr. Christina Bjorndal, ND, completed her Doctorate in naturopathic medicine from the Canadian College of Naturopathic Medicine. She is considered an authority in the treatment of mental illnesses such as depression, anxiety, bipolar disorders and eating disorders. Having overcome many mental health challenges, Dr. Chris is a gifted speaker and writer and has shared her personal story and philosophy of wellness with audiences across North America. Dr. Chris has helped many patients achieve physical, mental, emotional, and spiritual wellbeing. She has completed three books on mental health as well as a 10 week course and in-person retreat on mental health:

Beyond the Label: 10 Steps to Improve your Mental Health with Naturopathic Medicine;
The Essential Diet: Eating for Mental Health;
Moving Beyond: A Journal into Self-Discovery; Moving Beyond 10-week course;
Mental Health Masterclass to do during Cold and Flu season?

What do you do when you are sick?

What do you do when your child is sick?

Last year, our son spiked a 40-41C/103-104 F fever a few days after Halloween. As a Naturopathic doctor, I already feel “on the fringe” with the amazing awareness we have of health – but I know in many people’s eyes we seem extreme because so many of the things that people consume on a regular basis are not found in our house – such as:

- Pop
- Fruit juice
- Slurpees
- Smarties, skittles, M&M’s or any chocolate or candy with food colouring
- Chips & cheezies
- Packaged cereals
- Packaged food in general (i.e. cookies, Goldfish crackers)

- Foods with trans or hydrogenated fats (i.e. margarine)
- Foods with chemicals or preservatives, such as sodium benzoate
- Genetically modified foods
- Dirty dozen foods
- Cheese strings and yogurt tubes
- Caffeine

So when it comes to Halloween, you can only imagine how much it makes me cringe inside. There is nothing about the concept of gathering pillowcases full of candy that sits well with me.

I am sure you are the same when it comes to your child – you don't want to see them make the same mistakes you made. I also feel so torn when our son gets so excited about Halloween because deep down I wish the candy part of it would be outlawed. For the past 2 years, our son has been sick after Halloween, with last year being particularly extreme. It is important for everyone to understand that sugar compromises immune function and to reduce sugar intake during the winter months

So, what do I do when our child is sick? Like most parents, I schedule some appointments for him – but where I take him might surprise you as it is not to a “regular” doctor's office. Instead, I take him to the following medical practitioners:

- 1 Naturopathic Doctor
- 2 Chiropractor
- 3 Massage therapist

This past spring, I did this right away and he was better the next day. However, last fall, I didn't and he was sick for an entire week. You will note that I do not run to a medical doctor, take him to the ER or a pharmacist. I trust in the healing power of nature. I believe that nature is the teacher of science. I am not fearful of all the “what ifs” – in fact, these consequences do not enter my mind. Instead, I affirm that our son will be better in no time – and he usually is. I believe that fever is nature's way of fighting invaders – and that suppressing a fever is the last thing you want to do. I administer immune supportive therapies that are prescribed by his ND to assist his body in recovery. I eliminate all sugar from his diet. This past fall, his fever would spike and then the next day it would be normal in the morning and spike again by the afternoon/evening. In the past, this has rarely lasted more than 1 day; however, last fall it lasted for 7 days. After 1 week of roller coaster rebound fevers, we proceeded with an autohemotherapy treatment using ozone. (For the benefits of ozone, please visit <http://drmasonwood.com/treatments/injection-the-rapies/ozone-therapy/>) It appears that when ozone is injected into the blood sample it destroys pathogens and when it is injected back into the body it has the effect of an autogenous (self-generated) vaccine.

The next day, our child had a normal temperature and he remained well. I did find this paragraph in “A Guide to Child Health” by Michaela Glockler and Wolfgang Goebel really interesting: “It has long been known that genes and their functions are influenced not only by the immune system but also by psycho-social and soul-spiritual processes throughout a person's lifetime. With a fever, the child has deconstructed some aspect of her inherited body and is rebuild-

ing it under the independent direction of her own warmth organization. In our own pediatric practices, we have experienced repeatedly that flu with a high fever, a carefully managed case of pneumonia or even measles may introduce a new, more stable phase in a child's development. Less frequently, longer bouts of repeated illness indicate a task that remains to be accomplished."

This highlighted the importance of not interfering with what the body is trying to do and allowing the body to heal on its own. I must admit that it was hard to hold out the fears – what if something is terribly wrong? Luckily, there wasn't and perhaps this was as simple as his body moving into a more stable phase of development.

Typically, the next question asked of me whenever I tell anyone that our son was sick is: "What did he have?"

"I am not sure – some pathogen that challenged his immunity"

"What pathogen was it?"

"I don't know"

We have to be okay with not knowing what "it" is. This is not a fight we are in. We have to learn to support our own inherent capacity to heal by getting back to basics:

- Real food
- Real fluids (i.e. water)
- Real plant-based medicine & homeopathics

- Physical therapies – such as hydrotherapy, chiropractic and massage therapy which help the nervous and lymphatic systems of the body

My prescription if you get sick:

- 1 See a Naturopathic doctor to ensure you are taking the appropriate dose of immune supportive vitamins and minerals, such as: Vitamin D, Vitamin C, Zinc, probiotics, bioflavonoids, Vitamin A, etc.
- 2 Eliminate sugar from your diet
- 3 Make garlic soup from a bone broth base using organic garlic (For recipe see <http://www.drchrisbjorndal.com/fall-recipes/>)
- 4 See a chiropractor
- 5 See a massage therapist
- 6 Get adequate rest

Remember, it is a good thing to get sick as it means your immune system is responsive and working naturally to develop immunity to the organism. The key is how quickly you are back on your feet.



GETTING TO THE ROOT

Dr. Charley Cropley is a Naturopathic Doctor (registered), teacher and author practicing in the Boulder/Denver area since 1979. He has trained hundreds of doctors in his methods of Self-Healing and nutrition; has been a frequent lecturer at the colleges of Naturopathic Medicine, and regularly leads courses and retreats. He is author of numerous articles, two books and an array of audios and videos. He has been voted best alternative Health care practitioner in Boulder four of the last six years.

Dr. Cropley works with all types of Health problems using no medicines or supplements. He teaches his clients to dramatically improve their Health & Vitality through four practices, which he himself lives.

1. Wholesome Nutrition & Fasting
2. Strengthening Exercise & Deep Rest
3. Healthy Thinking
4. Honest, Caring Relationships

"The flu is supposedly caused by a virus. A virus, like any other living organism, can only live and thrive in an environment that supplies her needs.

We change our internal environment by fasting. Fasting helps to purify, tonify and strengthen our cellular makeup. Alongside fasting it is helpful to purify channels of elimination such as your bowels.

To purify and regain your health, do the following;

- Fasting: Stop eating at the first sign. Drink only liquids and avoid all sugars for 24 hrs. Water, herbal teas, green juices, vegetable and bone broths are all good choices.
- Fever: If you have a fever drink only grapefruit or pineapple juice diluted with 2 to 3 parts water until the fever is gone for 24 hours.
- Bowel Cleanse: Clean your bowels by drinking 15 grams of Vit C.
- Hydrotherapy: Take a bath with 3 cups of epsom salts.
- Cancel Everything: Cancel work and go to bed.

While you are sick reflect deeply on this question, "What am I doing that is making my body a friendly environment for this virus? Specifically, how am I eating, moving & resting, thinking and relating? How can I learn from my flu how to strengthen myself through these activities?"

See your ND for specific supplements, homeopathics, botanical meds etc."



SO MANY STRAINS, SO HARD TO PREDICT -WHEN OFFENSE IS YOUR BEST DEFENSE

Dr. Delayne Gratopp is a Naturopathic Medical Doctor trained in general family medicine with an expertise in nutritional therapies for chronic illness. Her didactic training was a comprehensive blend of conventional western medicine including Pharmacology, as well as alternative medical modalities including Environmental Medicine, Homeopathy, Physical Medicine, Medical Nutrition, Acupuncture, and Botanical Medicine.

Dr. Gratopp's clinical training encompassed the full scope of naturopathic therapies including intravenous therapy, mesotherapy, trigger point injections and minor surgery.

Her additional specialized rotations in plastic surgery served as the focus of her doctoral thesis on Naturopathic Modalities for Surgical Wound Healing. She received her medical training at the Southwest College of Naturopathic Medicine and the UB College of Naturopathic Medicine.

With so many strains of the flu out there, it becomes increasingly hard to predict which strains will come through during flu season. Therefore, it is easy to see that sometimes the best defense is a good offense. Because the flu is viral, antibiotics don't work and since the recent addition of the flu vaccine has been proven somewhat ineffectual the last few years, it might be time to seek other solutions. The best thing to do in this case is to increase the effectiveness of the immune system. Your immune system can work hard to fight off the flu but it can use all the help it can get. This is where IV nutrients come in, specifically ascorbic acid or more commonly known as Vitamin C. Vitamin C is well known for boosting the immune system, however the digestion can only handle so much, usually under 10,000mg or 10G, many people can't even go that high without uncomfortable digestive consequences. In IV form however, the body can handle 25G to over 75Gs at a time and 25G does wonders for the immune system.

Vitamin C is an antioxidant that also increases extracellular collagen production and is important for proper immune cell functioning. It helps the immune system by scavenging free radicals, it



also has the additional benefits of repairing and regenerating tissues, helping the body absorb iron and has been shown to aid in lowering cholesterol. Studies have shown that the need for vitamin C increases in times of sickness and stress; and oddly enough, some signs of vitamin C deficiency in the body mimic symptoms of the flu such as: fatigue, muscle and joint aches and muscle weakness.

The Amazing Effects of IV Vitamin C

I personally learned about the amazing effects of IV vitamin C while in medical school over 15 years ago. I watched it help my patients and also myself, as well. Medical school alone is a stressful environment then when you add taking care of sick patients your immune system is on high alert. I started a preemptive program of one high dose vitamin C IV that I use before and during flu season, before travelling, and in times of high stress. This system has kept me in good health for years, I haven't taken any antibiotics, nor had the flu or any major sickness in the past 15 years. Most Americans are deficient in one or more nutrients, whether it is due to malnutrition or poor diet; the nutrients in an IV are in the exact form the body needs, no need to break them down, they go directly into the system making it one of the most effective ways of getting nutrients. Additionally, bypassing the sometimes-fragile digestive tract allows you to get higher doses of nutrients than what you would be able to ingest, making the nutrient more medicinal without the side effects.

So, next year when flu season comes, instead of hoping you don't get it, strike preemptively and get a high dose vitamin C IV to strengthen your immune system and ward off the flu!



FASTING

Dr. Kaley Burns received her Doctor of Naturopathic Medicine from the National University of Health Sciences in Chicago, Illinois. During her time in Chicago, Dr. Burns worked as a research fellow assisting with clinical trials and participated in a medical volunteer brigade in Nicaragua with Naturopathic Doctors International.

Dr. Burns is currently practicing as a Naturopathic Physician at Yellowstone Naturopathic Clinic in Billings, MT and previously practiced in Manchester, CT. Dr. Burns embraces a natural approach to health and aims to inspire and guide others on their health journey. Dr. Burns welcomes all patients with a focus on family medicine/primary care, regenerative injection therapies and nutritional counseling.

When someone becomes ill, there is a primal instinct to consume less food as a means of reducing the body's daily physiological duty. This natural mechanism directs internal energy systems towards immunity to promote recovery. There is even research to support the hypothesis that the reduced appetite during the early days of an illness is the body's natural adaptation to fighting an infection.¹ Humans today, however, often look for more food during times of illness.

Functions of Fasting

Fasting compels the body to rely on stored energy to sustain function. In the fasted state, the body and brain rely on fat breakdown by-products called ketones, as an energy source. This mechanism enables the body to focus on efficacious immune regulation. One ketone, beta-hydroxybutyrate (BHB), has been shown to specifically benefit the immune system by blocking pathways involved in inflammatory disorders such as rheumatoid arthritis.² Researchers have observed that exposing human immune cells to BHB in amounts similar to levels that would be pre-

sent after 2 days of fasting, resulted in a reduced inflammatory response.²

Autophagy

The lack of appetite often accompanying an infection is a way to encourage your body to remove infected cells. Fasting stimulates a process called autophagy, where the body breaks down old, damaged cells and abnormally developing cells, recycling them to bolster the momentum against an infection. The process of autophagy is part of the innate immune system and utilizes pattern recognition receptors to identify viral invaders. Fasting for 24-48 hours promotes this recycling process.^{3,4} One study performed at the University of Southern California showed that cycles of prolonged fasting protect against immune system damage and induce immune system regeneration.³ Researchers noted that fasting changes stem cells from dormant to a state of self-renewal, activating and regenerating an organ or system.³

Fasting Regulates Immune System

Furthermore, fasting is a terrific regulator of the immune system through its control over the number of inflammatory cytokines released in the body. Studies have shown that fasting reduces the release of key cytokines including Interleukin-6 (IL-6) and Tumor Necrosis Factor Alpha (TNF α), which promote an inflammatory response in the body.^{5,6,7}

Most studies seem to agree that the beneficial effects of fasting are limited to the acute phase of infection, usually lasting up to just a few days.⁸ Drinking water and beverages, such as homemade bone broth or herbal tea, during

fasting reduces the burden on the gastrointestinal system and helps to cleanse waste products.

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HERBAL REMEDIES FOR THE FLU

Dr. Alexandra Cope is a Naturopath whose passion is helping patients manage daily obstacles to health through teaching applied nutrition, group cooking classes, meditation and Yoga techniques, and herbalism. Dr. Cope deeply enjoys working with patients to holistically balance hormones, manage depression and anxiety, and weight management. Dr. Cope also manages diabetes, endocrine conditions such as thyroid, and cardiovascular disease including high blood pressure and cholesterol. Dr. Cope's treatment comprises of a unique combination of primary care including laboratory and medication management, body work, custom herbal formulations, flower essences, personalized cooking and shopping plans. Dr. Cope truly believes minor changes in your daily routine is a key factor to health. She will work with you in order to establish a daily routine that works with your schedule that most efficiently nourishes you so that you may go out in the community a more joyful beautiful you.

Having remedies prepared in your natural medicine arsenal is necessary in order to become an empowered Physician and/or Family Caregiver. There are many home articles floating around about general flu prevention and herbs to take both prophylactically and during the flu. As integrative Physicians, it is our diligence to be able to coach patients through proper dosage and educate ourselves along with each other.

Most general over the counter herbal recommendations are correct and well researched, yet they do not contain proper dosage. For instance, when we talk about taking Elderberry Syrup as medicine, we are talking 3+ tablespoons a day!

Top Flu Recommendations from an Herbalist & Naturopath Who Served in Harsh Outdoor Conditions of North Dakota

As an herbalist and Naturopath that served in the harshest conditions while living outdoors in North Dakota with little access to the comforts of home, I'd like to share some of my top flu recommendations. I try to avoid recommending Osha & Lomatium as a first line therapy as they are on the endangered plants list and a sacred medicine that needs to be preserved for the Indigenous

Americans, although they are both extremely effective at treating respiratory viral infections and warranted to have on hand. Lomatium is contraindicated in pregnancy and may cause a nasty rash.

It is essential to have these herbs well stocked along with preparation for the flu such as wearing scarves, sleeping adequate hours, washing your hands and burning herbs such as sage in order to clean your home air from toxins.

Food as Medicine: Preventative to Curative

Prevention:

If you ask any herbalist around, we will say that we regularly make our soup broths with mushrooms, astragalus, ginger, garlic, and calendula. Teaching our patients food as medicine gives them an empowering tool to know that they have the knowledge to combat the flu as a daily exercise rather than waiting to get sick and get a supplement from their Doctor.

Elderberry (*Sambucus*). This plant is widely known as having a strong antiviral effect. Both the red & black have similar chemical profiles. Eldertrees can have many uses and range from toxic emetics to nontoxic, containing RIPs (ribosomal inactivating proteins 1 & 2), the berries are rich in anthocyanins. Dwarf Elder Leaves are rich in Ebulins which are loaded with a number of unique anti-viral properties. This flavonoid rich plant binds to H1N1 virions and inactivates the viral cells so they can no longer inhabit the host cell. This is a similar method of action to Tamiflu. These plants are used for influenza and enveloped viruses. Traditional medicine practices often revere this plant as a panacea herb, used for many ailments. The flowers and berries as a dia-

phoretic to break fevers; the leaves as an expectorant, and the inner bark and roots as a toxic purgative. For prevention, 1 tablespoon a day is adequate. For treatment 3-6 tablespoons a day.

I generally like to make Elder Syrup before flu season with astragalus, cinnamon, pine needles, and ginger. Fire Cider is easier to make and a popular warming remedy to have as a daily supplement.

Treatment:

Dosage: Any tincture given 1 teaspoon every hour for 6 hours unless there is a low dose herb involved. Sample formula:

-Astragalus, Elderberry, Echinacea, Lemon Balm, Licorice in equal parts

Thyme Steam Inhalation (*Thymus vulgaris*): This treatment is a go-to of mine as it is cost effective, helps with congestion in bronchials and sinuses & aids in regaining strength after debilitating exhaustions. (Fisher)

Fresh Ginger Juice: I regularly add fresh ginger to my juices & soups during the cold and flu season as it is a thermodynamic and warming herb. It turns out that drinking loads of ginger not only prevents the flu, but treats the flu. Recommended dose must be fresh at 4 cups a day for treatment or fresh tincture, 20 drops, 4 times a day. Avoid this dose during pregnancy as it is an emmenagogue. (Buhner)

Echinacea purpurea: is often used at first sign of infection and best used during the early stages of infection.

Licorice: has long been revered as a general antiviral and adaptogen. It can always be used as a synergizer in your formulas. Avoid using it with other potassium depleting drugs. (Buhner)

Fever: Boneset is specific for fever and you must drink about 32 oz of properly steeped tea (2 tablespoons herb/ cup steeped for 20 minutes. I often use Yarrow & Elderflowers together. Peppermint is a great option for kids as it is not as bitter as Yarrow or boneset.

Formulation: Thyme Steam Inhalation or a bath with a few drops of Thyme Essential Oil with Yarrow, Elder, & Boneset in a large tea bag.

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WITH SUPPLEMENTS, QUALITY MATTERS!

Dr. Jaclyn Chasse, N.D. is a licensed naturopathic doctor who is passionate about applying her clinical knowledge, strong communication skills, and leadership skills to advance the fields of nutrition, integrative medicine and the dietary supplement industry. She is a sought-after writer for both peer-reviewed journals and lay publications and speaker at national and international conferences, presenting on topics in regulatory affairs and integrative clinical practice, specifically in the specialty areas of women's health, infertility, and pediatrics.

Today, you can buy supplements almost anywhere.

In addition to traditional options like vitamin stores, natural food stores and your naturopathic doctor's office; you can now find supplements for sale from pharmacies, box stores, Amazon, and even eBay!

Does it Matter Where to Buy Supplements?

I often have patients ask whether it matters where they purchase their supplements. The answer is: absolutely! While many parameters of quality stem from what happens in the manufacturing process, the storage, shipping and tracking of supplements after manufacturing also impacts a product's quality.

Here are some key considerations to think about when you're considering where to get your vitamins and supplements

Product Storage

When a high-quality dietary supplement is manufactured, companies conduct testing to determine how long the product will remain potent. This is called stability testing, and it ensures the

product's quality through its expiration date. The expiration date is accurate as long as the product is stored properly. When you order your supplements from an online retailer, there's no telling how the product was stored, how long it sat at room temperature and the conditions it was exposed to during shipping. This is especially concerning with highly perishable products like probiotics and with products close to their expiration date. Your naturopathic physician knows this, and they know how to correctly store their product. If they use an online dispensary, check that they're using one that ensures proper product storage.

Product Authenticity

You thought it was only handbags, but there have been instances of supplements for sale online that are labeled as a particular brand, only they were not manufactured by that brand, or don't even have anything in them! Who'd have thought there could be a black market for vitamins?

A supplement can't do anything to benefit you if it doesn't have anything in it, obviously. And if it has the wrong ingredients, inferior ingredients, or undisclosed ingredients, that can pose a safety issue for you, in addition to being a waste of money.

Product Tracking

In the unlikely (but important) scenario that a product is recalled, you depend upon your supplement source to let you know that there could be a problem. Only the best companies (this includes your naturopathic doctor!) have the ability to alert customers who have bought a product that was recalled.

Ingredient Integrity and Potency

The first 3 quality considerations we've discussed are risks that you assume if you go online to try to search for the same product and brand that your ND recommends at a cheaper price. Another scenario I see is when my patients try to find the same ingredients in a less expensive brand.

The Fishy Canola-oil Story

A story comes to mind of a colleague who saw supplements for sale at the local dollar store. They purchased several and sent them to a lab for testing. The fish oil? It came back as canola oil. Vitamins were significantly sub potent. The results would be laughable if it wasn't detrimental to your health! While this is an extreme example, I have seen it- even recently, my patient purchased a brand of St. John's wort that was different from what I had recommended and experienced a noticeable decline in effect and outcome.

Quality Really, Really Counts

Supplements can be a fantastic addition to your healthcare plan, but when it comes to supplements, quality is really, really important. Your best bet is to get a recommendation from your naturopathic doctor, as they can share the brands that they trust and where to source them!

If you're shopping on your own, be sure to ask 2 key questions that can ensure you're getting a good quality product:

- How do you make sure the ingredients are what they say they are, that they're pure, and are at the doses on the label?
- How do you store the product to make sure it stays fresh?



CHILDREN AND THE FLU

Catherine Clinton ND, is a board-licensed naturopathic doctor and graduate of NCNM in Portland, OR. She currently practices at her private clinic in Eugene, OR. Catherine lectures on integrative medicine and gut health and has authored several publications in these areas. During medical school, Catherine was diagnosed with a GI autoimmune disease, which stimulated a special interest in gastrointestinal and immune health. Her own journey to health has helped to inspire her patients as well as her writing. With the birth of her own children, Catherine's passion extended to the GI and immune health of all children. Catherine's blog can be found at www.wellfuture.com/blog, or you can follow her at Facebook and Twitter @DrCatherineND.

As soon as the weather gets cooler, I see more and more patients wanting help with the flu. Children make up the majority of the flu cases I see as their maturing immune systems seem to pick up almost every infection that comes along.

Here are my favorite tips for preventing the flu, managing symptoms of the flu, and home treatments for children fighting the flu

Prevention

DIET: A varied diet filled with fresh veggies, fruit, and legumes provide many of the nutrients needed for immune health and the fiber necessary for a healthy gut microbiome which is a huge player in immune function. Fermented foods or probiotics help the microbiome strengthen the immune system. Vitamin D3, vitamin A, vitamin C and zinc are powerful players against infections like viruses and bacteria. Research published in 2010 in the American Journal of Clinical Nutrition found that vitamin D3 supplementation in children decreased the rate of influenza infection by 50% which is far better than the effects of vaccines or antiviral drugs. (1) A recent study released this year concluded that vitamin D3 supplementation is protective against respiratory infec-

tions. (2) Research released in 2011 showed that vitamin A is necessary for a multitude of different immune responses to both bacteria and viruses. (3) Vitamin A is also associated with T cell function, making it a vital component of a healthy immune system. (4) Vitamin A maintains the integrity of mucus membranes, which are at the front line of our defenses against viral, bacterial, and parasitic infections. (5) In controlled trials, Vitamin C has been shown to aid in the prevention of influenza, as well as shortening the duration and reducing the severity of infections already contracted. (6) Low levels of zinc are associated with a decrease in T cell function, a vital white blood cell that helps fight infections. Winter is the perfect time to add more vitamin A to our diets with sweet potatoes, carrots, dark leafy greens and butternut squash. Both vitamin A and vitamin D3 are fat soluble vitamins that can accumulate over time, so you want to be sure to have the right age appropriate dose for you and your child if you choose to supplement. Studies have shown that eating a sugary snack or meal can depress the immune system for several hours, creating a window of time during which it is easier to get the flu so decreasing the amount of sugar in the diet can also help prevent the flu. (7,8)

ELDERBERRY: Recent studies demonstrate that elderberry extract has immune-modulating and antioxidant properties that offset the activity of viruses so they can no longer enter the cell and replicate. (9,10) The berries also contain vitamins A and C, and the flavonoids quercetin, anthocyanin and rutin, all of which boost immune function. Elderberry comes in a great tasting liquid syrup form making it an easy option for kids. We put a teaspoon or so in seltzer water and the kids think elderberry sodas are a treat!

DE-STRESS: With our hectic schedules, stress is a part of everyday life and even our children feel the stress. While regular exercise helps bolster immune function, scheduling down time or rest into your child's day can actually help their immune system fight infections. (11,12)

SLEEP: Children, depending on their age, need anywhere from 9 to 14 hours of sleep each night to rejuvenate for the next day. Not getting enough sleep lowers the body's defenses needed for fighting infections. (13)

NATURE: Spending time in nature has been shown to boost the parts of the immune system associated with fighting infections and is a perfect preventive tool for children. Improvement in recovery rates and increasing infection fighting cells have been found in patients who were immersed in nature. (14) Researchers have also recently found an antibiotic in soil that is effective against bacterial infections so make sure to get those kids outside and playing in the dirt. (15)

Flu Symptoms in Children

REST: All infections require a lot from the body to overcome, so rest is vital to getting over the flu faster with less symptoms, especially in children.

HYDRATE: Similar to resting, staying hydrated with water or tea, is vital in aiding the body's natural defenses against the flu.

HOMEOPATHICS: Homeopathic remedies can be very helpful in children with the flu. Oscillococcinum is a remedy often given at the first sign of sickness. Ferrum Phosphoricum, Eupatorium Perfoliatum and Gelsemium are other common homeopathic remedies for the flu. Familiarizing your-

self with the homeopathic flu remedies or finding a healthcare provider who can help guide you can be a wonderful tool in helping with the symptoms of the flu.

Nasal Congestion in Children

STEAM BATH: Soothing steam baths can help loosen nasal congestion and make it easier for children to breathe. I often advise keeping some special bath toys tucked away just for sick time baths to keep the little ones interested in staying in the bath.

NETI POT FOR OLDER CHILDREN: Rinsing with a neti pot can be very helpful for relieving the pain of a sinus congestion/infection. This is best used in older children who can help participate in the rinsing.

Cough Symptoms in Children

WARMING SOCKS: Early on in naturopathic medical school we learned a hydrotherapy technique that helps supports the immune system, relieve nasal congestion and coughs while also inducing a relaxing state perfect for a good night's rest. Wet socks stimulate the body to increase circulation to the feet, relieving congestion from the head, regulating immune response, aiding in the elimination of waste and at the same time inducing a relaxing, sedating effect.

What You Need:

1 pair white cotton socks-preferably ankle length

1 pair thick wool socks -wool is ideal but the thickest sock you have will do.

Directions:

1 Warm your feet. This is a very important part of the treatment. A nice warm bath or foot soak is a perfect way to warm your feet. Dry feet completely.

2 Wet cotton socks and soak them completely with cold water. Be sure to wring the socks out thoroughly so they are damp but do not drip.

3 Place cold wet socks on feet. Cover with thick wool socks. Go directly to bed. Avoid getting chilled.

4 Keep the socks on overnight or for the 3-4 hours they take to dry. The cotton socks should be dry in the morning.

HOMEMADE COUGH SYRUP: A spoonful of honey does wonders for a stubborn cough. Given before bed, it has been shown to decrease the cough and improve sleep in children. Raw honey works best as it still has the propolis and beneficial bacteria in it to help fight the flu. Honey should not be given to children under 1 year of age to avoid infant botulism. (16)

Sore Throat in Children:

SALT GARGLE: Mix 1 teaspoon of salt to one cup of warm water and gargle which can help soothe sore throats and swollen tonsils in children with the flu.

SOOTHING TEA: There are many soothing, demulcent teas that can help ease the pain of a sore throat. Marshmallow, slippery elm, licorice

are few demulcent herbs that can help and there are a few tea blends on the market with these herbs specifically for sore throats. A little bit of honey in some soothing tea is a great sore throat reliever.

- **HONEY SYRUP:** Adding a crushed garlic clove and some ginger to honey, let it sit for 10 minutes and take a spoonful as needed for relief from a sore throat. Honey should not be given to children under 1 year of age to avoid infant botulism.

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WHAT TO DO TO PREVENT (OR HEAL) FROM A VIRAL INFECTIONS

Nicola Dehlinger, ND received her B.A. in International Health from Brown University in 1997, graduating with honors. She went on to get her Naturopathic Medical Degree from the SCNM in 2004. After medical school, Dr. Nicola worked with HIV+ patients at Phoenix Body Positive where she utilized her Spanish fluency.

In 2006, Dr. Nicola moved to Durango, CO to co-found Open Sky, a wilderness therapy program for young adults and adolescents coping with emotional health challenges. Today, Dr. Nicola sees clients in her naturopathic medical practice, Pura Vida Natural Healthcare, in Durango with a focus on mind-body medicine. Dr. Nicola also teaches classes to her community and local businesses.

More recently, Dr. Nicola has been creating webinars and on-line programming. She also hosts retreats locally and abroad so people can deepen into their healing experience.

Let's keep it simple. My advice if you get sick is to STAY HOME and be sick, supporting the body in all of its wisdom to move through the illness. When we have a cough, fever, runny nose, diarrhea, the body is using those mechanisms to eliminate pathogens from the system. When we take over-the-counter medicine to alleviate symptoms, we are suppressing the body's natural ability to heal. The bug gets to hang out in a warm, moist environment longer. For example, when there's a viral infection, the body will spike a low-grade fever; bacterial infection warrants a higher temperature. This is because the body knows just the right intervention to make the environment inhospitable to the offending invader. The body is not this reckless machine making haywire decisions – there is a precise response based on the insult.

Consider this: stress levels, sleep quality, levels of nutrition

Another thing to consider is your stress, sleep and nutrition levels. Just because you are exposed to a bug, doesn't mean you always get sick. When someone comes in sick to the office, not everyone catches the cold. You get sick based on the quality of

your internal milieu. Offering the body more sleep, more water and herb tea, more healthy foods, less sugar, more vitamin C and elderberry is the best prevention going. (Note to that sick person that came into work: you are, at most, 60% effective when you come in sick to work. Better to stay home and recover fully after a couple days than drag it out and stay sick for more than a week!)

There are lots of natural remedies (herbs, hydrotherapy, homeopathy, etc.) that will support the body's healing mechanisms and help you move through this faster. See the recipes/instructions below for a few ideas.

Warming Socks Treatment

The warming sock treatment is best if repeated until you are feeling completely better.

Indications: Sore throat or any inflammation or infection of the throat, neck pain, ear infections, headaches, migraines, nasal congestion, upper respiratory infections, coughs, bronchitis, and sinus infections.

Supplies: 1 pair white cotton socks, 1 pair thick wool socks, Towel

Directions:

Take a pair of cotton socks and soak them completely with cold water. Be sure to wring the socks out thoroughly so they do not drip.

Warm your feet first. This is very important as the treatment will not be as effective and could be harmful if your feet are not warmed first. Warming can be accomplished by soaking your feet in warm water for at least 5-10 minutes or taking a warm bath for 5-10 minutes.

Dry off feet and body with a dry towel.

Place cold wet socks on feet. Cover with thick wool socks. Go directly to bed. Avoid getting chilled.

Keep the socks on overnight. You will find that the wet cotton socks will be dry in the morning.

Effects of the Wet Sock Treatment: This treatment acts to reflexively increase the circulation and decrease congestion in the upper respiratory passages, head, and throat. It has a sedating action and many patients report that they sleep much better during the treatment. This treatment is also effective for pain relief and increases the healing response during acute infections.

Garlic Oxymel

This is an easy at home recipe for a garlic oxymel. Ox'y`mel. A mixture of honey, water, vinegar, and plant, boiled to a syrup. This is great when used at the first signs of a cold or flu.

Ingredients: At least 1 bulb of garlic, raw (local if available) honey, Apple Cider Vinegar, Water

Instructions:

Peel garlic cloves and cut in half. Boil garlic in 4 cups of water until translucent. Remove water from stove. Add 1/4 cup of honey. Add 1/4 cup of Apple Cider Vinegar. Mix well.

Drink 1/3 to 1/2 cup of warm liquid, two to three times a day, eating at least 2 cloves of the cooked garlic with each serving. Oxymel may be kept covered in the refrigerator for 4 weeks.

Thyme Steam

Place 5-7 drops thyme essential oil or 2 tablespoons loose thyme herb into large ceramic bowl and pour boiling water (about 3-4 cups) over the top. Wait 1-2 minutes until it cools slightly (so that it's comfortable to place your face over). Place your face over the top, covering your head and the bowl with a large towel. Breathe in slowly, ideally through your nose, for 5-15 minutes. Repeat once or twice daily.

For children, put them on your lap with both of you under the towel. Just breathing in the air will do them good, they don't have to put their face directly over it.

Thyme is a great anti-viral, especially for the respiratory tract. Breathing it in helps the medicine touch all the sinuses and get into the lungs. The warm, moist air helps to soothe irritated mucous membranes.

Onion and Garlic Syrup

- 1 large sliced onion
- 1 head of sliced garlic (optional but desirable)
- 3/4 cup of raw honey or sugar

Layer onion, garlic and sweetener alternately in a large covered pan. Let stand 2-3 days, or bake 2 or more hours at low heat. Strain and keep in fridge up to 6 months. Take 1 tablespoon 2-times a day

Immune Support Soup

The warming qualities of ginger can help heat you from the inside-out, making it an ideal ingredient for immune-support foods. Debra Brammer, ND, clinical dean of naturopathic medicine at

Bastyr Center for Natural Health, presented this recipe during a talk called "Herbs to Support Immunity," part of the 2011 Living Naturally fall lecture series at the clinic.

Ingredients

- 1-quart miso, chicken, vegetable or mushroom broth
- 1 small yellow onion, chopped
- 3 tbsp grated fresh ginger root (or use as little as 1 teaspoon, to taste)
- 5 cloves garlic, chopped or crushed (or use as little as 1 clove, to taste)
- 1/2 cup shiitake mushrooms, sliced
- 1/2 organic lemon, juiced
- 1 carrot, grated
- 3 tbsp fresh, minced parsley
- 1 lemongrass (if desired)

Instructions

Combine the broth, onion, ginger, garlic, mushrooms and simmer for 15 to 20 minutes. Remove from the heat and add lemon juice, carrot, parsley and lemongrass if using. Put cover on pan and steam for 5 minutes. Remove lemongrass before serving; eat up to 4 times a day.

Heating Compress to the Throat

This hydrotherapy technique is an amazing tool to heal sore throats and pharyngitis. It can be safely used whether you are at home or traveling. At first sign of sore throat this process can often-times prevent an infection from setting in; and, it

is very helpful in aiding the healing process in an infected throat. It is called a “heating compress” because the patient’s body heats up the cold towel, thus increasing circulation, increasing the amount of white blood cells in the area, and helping the body to clear out the area of debris.

Supplies

- 1 wool scarf (or warm scarf if you don’t have wool)
- 2 hand towels (or wash cloths for very young children)
- Saran Wrap

Directions

- 1 Soak one hand towel in warm/hot tap water and wring out WELL, so that no water is left in the towel. Place around neck for 2-3 minutes.
- 2 Soak the other hand towel in cold tap water and wring out WELL, so that no water is left in the towel. Take off the warm towel and place the cold one around the neck.
- 3 Cover the cold towel with one layer of Saran Wrap or a small plastic bag (do not allow a child to play with a small plastic bag). Cover with wool scarf wrapped around throat.
- 4 Go to bed and leave compress on neck all night long. If heating compress is done in the morning or during the day, leave on at least 45 minutes, or until the compress is warmed and somewhat dry. The patient can move around while the compress is on, if desired.

Constitutional Home Hydrotherapy Treatment

The purpose of this treatment is to stimulate healing by causing changes in circulation to the internal organs. It can be applied in almost any acute or chronic health condition. Consult with me if you have any questions regarding its specific application. It should be done once daily.

- 1 The person to be treated should be in bed, on their back, unclothed from the hips up (or all the way, if they are comfortable with that).
- 2 Soak 2 towels in hot water and then wring out well and place on person’s chest and abdomen, folded in half, as illustrated below. Leave them in place for 5 minutes while the person is covered with the wool blankets.
- 3 Replace the hot towels with one towel soaked in ice cold water and then wrung out WELL, so no water is left in the towel. This is very important! Take the hot towels off and put the cold towel on. Leave in place for 10 minutes, while the person is wrapped up in a sheet and wool or heavy blankets. The object is to warm up the cold towel and not become chilled.
- 4 Repeat the process above on the person’s back, with them lying on their stomach.

** You can also end your shower by turning on cold water – as cold as is tolerable – for 30-60 seconds.*



HOW TO EAT WHEN YOU FEEL SICK

Dr. Anne Dericks is a Naturopathic Doctor and Holistic Pelvic Care™ Specialist. She graduated from the National College of Natural Medicine and currently has a private practice in Ashland, Oregon. It is her passion to guide others to a state of wellness and vitality using clinical nutrition, botanical medicine, and homeopathy. Her approach is Root Cause Medicine, and by addressing the root of an individual's dis-ease she is able to guide them to optimal health.

When not practicing medicine, she can be found enjoying nature with her husband and two sons.

The father of medicine, Hippocrates, once said “Let food be thy medicine and medicine be thy food” and while this is absolutely true in day-to-day living it is also true in recovering from the flu. Our body spends a significant amount of its energy on digestion alone. We want that energy to be spent on processing the bugs and healing our bodies. Heavily indulge in fluids like herbal tea, quality water, and fresh vegetable juices. It is completely ok to skip food while sick. When you are in need of sustenance, think “liquid” and “easy to digest.” My favorites are brothy soups with cooked vegetables like celery which is high in vitamin C, folate and potassium, and carrots, which are full of immune boosting vitamin A. Another winner is bone broth which is full of calcium, magnesium and collagen which are all easily absorbed. Collagen is largely made of amino acids, which are the backbone of the immune system's cells.¹ This means less work for your body and more energy for healing. You get an extra feel good bonus if those liquids are hot when you drink them. Research shows heat can ease symptoms like sore throat and fatigue.² Yes please!

Eat lightly, or not at all, and here's what to avoid and why

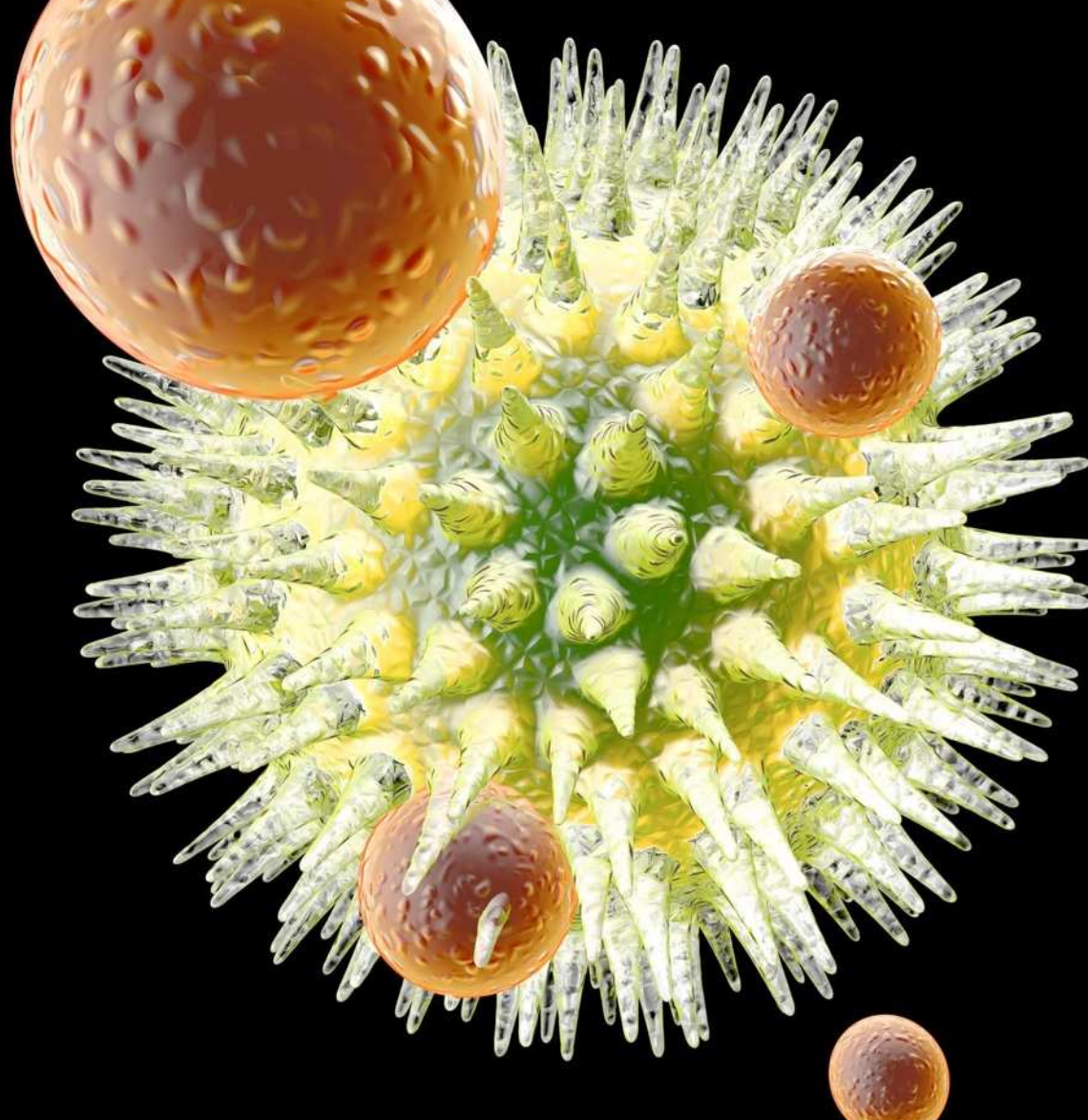
Just as important as what to eat... is what to avoid. Stay away from large, fried, or protein rich meals, because this will cause energy to go to processing food rather than the healing we really need. Leave mucus forming foods like dairy and citrus on the shelf. More foods to avoid are sugars and simple carbohydrates. Gasp. I know, I know, I said it. No more candy, soda, or cookies. "Why these foods?" you might ask. Sugar depresses not only you, but also your immune system³. Its affects begin within minutes of ingestion and last for hours.⁴ When we are sick, the last thing we want to do is inhibit our best defense. Ok, so you need a little sweetness in your ginger tea, think honey. Stick to raw and unfiltered honey for that anti-viral punch. So, get out there, get sick, and remember "Let food be thy medicine and medicine be thy food."

P.S. There is no need to spread your sickness; just because you've got a virus doesn't mean it needs to go viral. Keep your utensils, glasses and cups to yourself.

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THE IMMUNE SYSTEM

Dr. Greg Eckel is a naturopathic physician specializing in natural immunology with a focus on allergies and asthma. In practice since 2001, his purpose is to help as many people as he can to achieve optimal health through integrative care. Every year he is amazed at how the body is able to heal with the aid of removing obstacles to cure and Naturopathic and Chinese medicine. He co-founded the clinic, Nature Cures Clinic, in downtown Portland, back in 2001, where people fly in from around the globe for his intensive programs. In addition to a thriving practice, Dr. Eckel is busying raising his five children and being in awe of the natural beauty that surrounds us!

How is your terrain today?

Why everyone doesn't get the flu and how to maximize your immunity

Well, it's upon us, cold and flu season, and this year it's a doozy. I will share with you the exact special sauce I have concocted to make it through cold and flu season; I've been using and recommending this since 2001. I use this with my children and patients to help charge the immune system and successfully overcome any virus.

Don't Fret about the Flu; It can be Healthy for the Immune System to get a Minor Workout

Early on in my career as a naturopathic physician, I used to get dispirited about getting a viral illness. I thought to myself, 'aren't I, a Naturopath, the poster child of health?' Currently, two decades later in practice, I've come to realize it is healthy for the immune system to get minor workouts. And you should be able to clear the virus just as quickly as it arrived!

Never Getting Sick Doesn't Mean You have a Robust Immune System

In fact, I don't like hearing "I never get sick," because it means that the individual doesn't have an immune system to mount a healing response. When you really think about it, there is no way you, as an individual, have seen every virus on the planet and developed immune system memory to protect yourself from all of them. It's just not possible.

Move into Dis-Ease with Ease

The healthy person's immune system should be able to mount a response and overcome the virus just as easily as it came on in the first place. The definition should be the ability to move into dis-ease, with ease.

Why Don't We All Get the Bug?

As a naturopathic physician, I have never been impressed with the virus itself. There's an age-old debate between Louis Pasteur and his contemporary, Antoine Bechamp. Pasteur, who we are more familiar with for his work on pasteurization and fermentation, not to mention antibiotics, was all about the virus or bacteria. He thought the process, which took off, was to kill the bugs. Bechamp on the other hand, was very naturopathic in his thought process, and would always bring up, if it was all about the bug, then why don't we all get sick? His theory was that if you made your internal terrain (your body) less hospitable to the bug or virus, you wouldn't get ill.

So, how do you Make your Terrain Less Hospitable for Your Viral Visitor?

The best way you can make your terrain less hospitable is to get your rest (at least 8 hours a night), cut out alcohol and sweets at first signs of illness, wash your hands after being in public areas, and maximize your vitamin D levels. At first signs of illness there are great herbal remedies to employ to boost your immune system.

As you can imagine, I fall into cultivating the terrain and invite you to as well. If you would like my exact special sauce of how I stay well for every cold and flu season.





OVERDUE FOR A NEW POINT OF VIEW

Shawna Eischens, ND (“Dr. E”) is a 2012 graduate of SCNM who practices at Rockwood Natural Medicine Clinic in Scottsdale, AZ. As a primary care physician who focuses on mental and digestive health, she is passionate about helping people realize their greatness to achieve physical and emotional health. Outside of the office, she enjoys volunteering with Naturopathic Medicine Institute and Big Brothers Big Sisters, as well as exploring nature via foot, bike, car, or boat.

It is estimated that 5-20% of the United States population gets the flu each year and may experience a fever, cough, sore throat, aches, fatigue, and/or nasal symptoms. Complications may include pulmonary or cardiac issues and are of greater concern for people with asthma, or those whose immune system is compromised.

Prevention

For sports fans, this can be thought of as your “defensive line” preventing illness from temporarily defeating your body. Prep by practicing the following: hand washing, recruiting whole foods, vegetables, fresh garlic into your line-up and sidelining sugar, alcohol, and processed foods. Get quality sleep and procuring stress management tools are just a few ways to keep your body in prime shape to fight off lurking microbes that we encounter on the regular.

Infection

Even though we come in contact with many viruses and bacteria every day, we aren’t always sick thanks to our powerful internal

defensive line. Contrary to what many may believe, it is not unhealthy to come down with the occasional cold or flu that passes quickly. The duration and frequency of illness is a great indicator of how our body's immune system is functioning. Methods like fasting, or nourishing your body with anti microbial foods and herbs, will allow your body to rest and focus on healing, in turn, you will be able to overcome illnesses with a speedy recovery.

Knowing that the Influenza Virus is Prevalent; is the Flu Shot/Vaccine Your Best Option?

Reliable statistics on the efficacy of the flu vaccine are difficult to find for various reasons, but it has been estimated that vaccines are 19-89% effective at preventing the flu. Published research

from June 2013 states that for those immunized against the flu in any given year, only about 1 person out of 100 received any benefit. It was also found that the immunization did not reduce complications or days lost from work due to illness. Vaccines in children aged 2 years or younger are not significantly more efficacious than placebo.

Since the flu vaccine is developed based on previously circulating strains and geographical region, it is difficult to know how protected you will be from this year's virus.

What's in a Flu Shot?

Although ingredients vary based on the form and name of a vaccine, the following ingredients are most commonly found in influenza vaccinations.



- Chicken embryo and egg protein are used to culture the virus and may create issues for people allergic to eggs.
- Formaldehyde is a chemical used to inactivate the virus and is neurotoxic and carcinogenic.
- Thimerosal/mercury is a preservative used in multi-dose vials. This is also a neurotoxin.
- Neomycin is an antibiotic that can damage the kidneys when given intravenously.
- Various other additives and stabilizers such as MSG, sucrose, gelatin, etc., are often used as well.

Just like many decisions in life and medicine, a risk vs. benefit ratio must be considered whether you want to inject these chemicals into your body to possibly avoid contracting the flu.

What other options are there besides the flu vaccine?

Foregoing a traditional flu vaccination does not mean that you should choose to do nothing to protect yourself and others against the flu. In addition to the suggestions mentioned in the “prevention” paragraph above, there are various immune boosting and anti-viral options for you to have at your disposal.

- Nutrient IV’s, homeopathic remedies or injections, herbal tinctures, and specific supplements are all safe and effective options to keep you healthy this flu season and beyond.
- Colostrum supplementation has been shown to be at least 3 times more effective than vaccination to prevent flu in both healthy subjects and

patients with high-risk cardiovascular concerns.

- Homeopathic injections don’t contain eggs, viral particles or preservatives and have been shown to prevent viruses, allergies, sinusitis, and asthma.

Whatever method you decide to take to defend yourself against this year’s flu, know that there are various safe and effective options besides the traditional flu vaccine.

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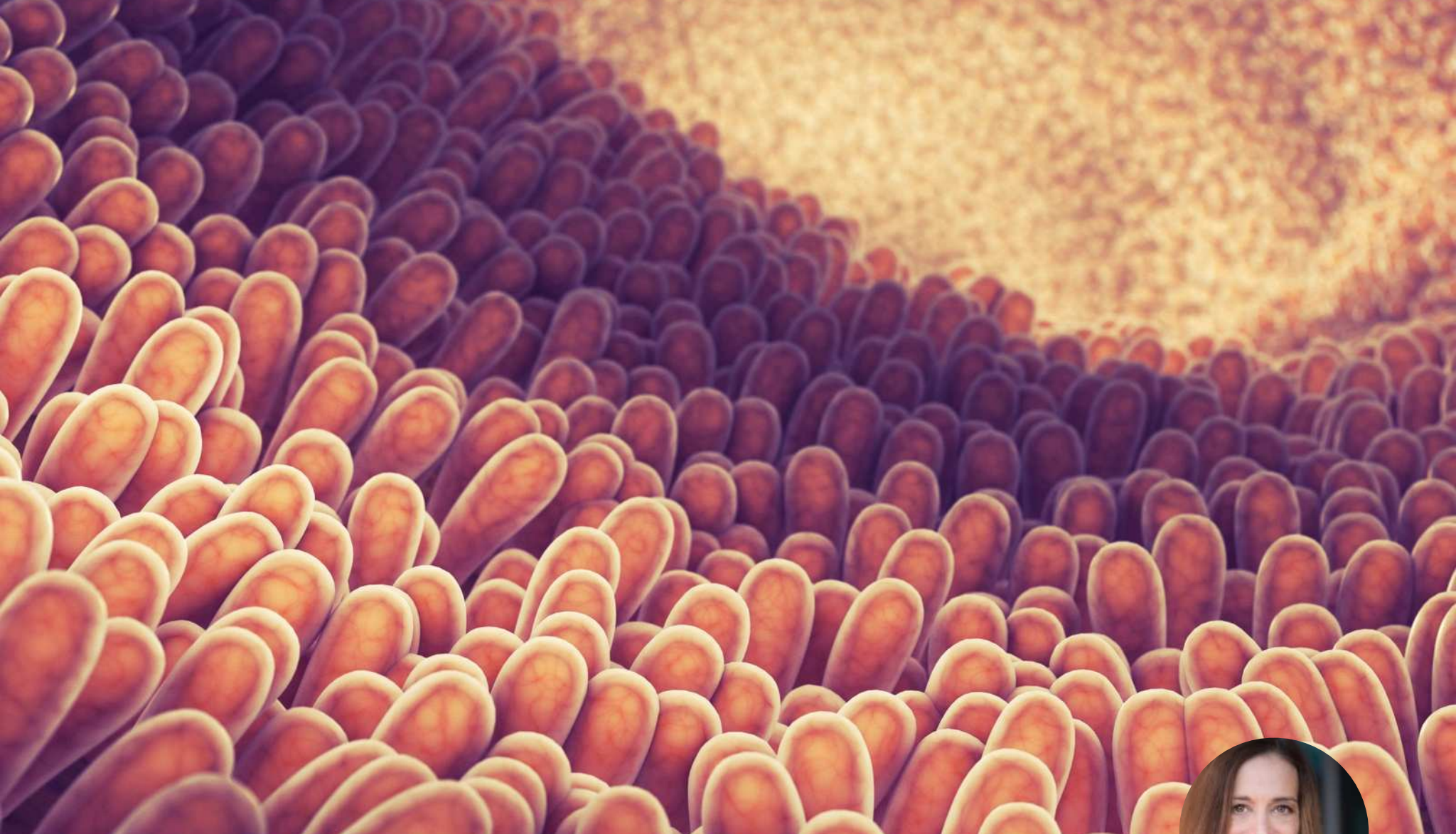
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OPTIMAL NUTRITION FOR FLU: BEFORE, DURING AND AFTER

Dr. Tara Skye Goldin is Registered in the state of Colorado as a Naturopathic Doctor. She is an expert in natural medicine with an emphasis on gut health and digestion.

She is a graduate of Bastyr University and has been successfully sharing her passion of improving the health of individuals and families for many years. She lives with her family near Boulder, Colorado.

Biological terrain sets the stage as to whether or not you will be susceptible to catching this year's strain of influenza. It is common knowledge that nutritional status has a big impact upon this. Here are some tips for how to nutritionally prevent the flu, how to eat during a flu infection and how to eat for recovery.

Prevention: Setting the Stage

First and foremost, in order to prevent the flu, you must get adequate rest and avoid sugar, processed foods, refined grains, alcohol, and caffeine. Sugar is a big culprit. It is no surprise that every year in my practice I see more sick kids starting right after Halloween when kids eat more candy. Furthermore, this is compounded by the increased use of high fructose corn syrup in commercial candy. The effects upon the immune system are quite clear as kids who indulge tend to get sick more often. Refined cane sugar was bad enough but now that high fructose corn syrup is cheaper and more widely used, the effect is amplified. Consuming more nutrient dense foods such as fruits and vegetables is also a great strategy for prevention of the flu. Mak-

ing sure Vitamin D levels are at optimal levels is also important for flu prevention.

What to Do During the Flu

It is important to eat lightly to rest the digestive system so that your body can most efficiently fight the flu virus. Nutrient dense but easy to digest foods are key. Bone broths (organic please!), cooked vegetables and soups like chicken and vegetable without the grains are amazing. Adding ginger, shitake, garlic and onions will also improve its virus fighting capacities.

Flu Recovery

Here we must treat consciously. While it may be tempting to go right back to your old diet and habits, continuing with the bone broths and cooked veggies is a great idea. You may now begin to add in some whole grains and tubers for more nutrition. It is also important to keep protein levels up so that you can rebuild any muscle mass that may have been lost while fighting the virus. Again, nutrient dense foods are important such as dark leafy greens, fruits high in xanthocyanadins (dark richly colored berries!) and lean clean organic or grass-fed protein sources. You may need to ease in slowly if you have been semi-fasting on bone broths and chicken soups so as not to overburden your delicate digestive system!

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ANTI-FEVER MEDICATION MIGHT BE MORE HAZARDOUS TO YOUR HEALTH

Corinne Harpster is a dedicated and passionate naturopathic physician. Dr. Harpster's decision to pursue naturopathic medicine was deeply personal. Growing up, she had a very close relationship with her great-grandmother, who died of throat cancer when Dr. Harpster was eight years old. This inspired her to pursue medicine, as she believes that the best way to cure cancer is to never get it. To this end, Dr. Harpster strives to cultivate an innate health in childhood, or even before conception for her patients. This is why she primarily focuses on treating pediatric patients and their parents.

Dr. Harpster received her doctoral degree in Naturopathic Medicine from Bastyr University in 2009. She is an adjunct faculty member in the Botanical Medicine department of Bastyr University.

Anti-fever medications are widely used for illnesses, especially for the flu. Many people will automatically reach for a fever reducer when the thermometer registers a higher temperature, either to treat themselves, or their children to get 'back to normal' so they can return to work or school more quickly. A terrible idea, by the way. Stay home and rest and recuperate; your body will heal much more quickly and thoroughly and you will cut down on the spread of life threatening illnesses.¹

Several Fever Reducers Available Offering Little to No Benefit

There are several fever reducers (also known as antipyretics or antifebrile medications) available over the counter including ibuprofen, naproxen, diclofenac, ketoprofen, aspirin, and acetaminophen, also known as paracetamol. Some popular antipyretic over the counter drugs in the United States include: Advil, Tylenol, Aleve, Aspirin, Ibuprofen and many combination cold and flu medications like Robitussin.

Fevers Can Benefit the Body by Increasing Immune Function

A fever can be very beneficial for the body as it helps to increase the immune function of the patient and ensures that they will rest and it will help the population at large as it makes the patient feel ill enough that they won't go out and infect others.¹ When fever reducers are given, it may increase the duration of illness as you are in effect turning down the body's efforts to fight the illness. ^{2, 3}

Don't Roll Out the Welcome Mat and Make the Body More Contagious

The influenza virus thrives in the upper respiratory tract until the body's temperature reaches at least 100.4°F (38.0°C) and there are some strains that will thrive until a temperature of 102.2°F (39.0°C) is reached. By giving fever reducers, you may be making the body more welcoming to the virus and helping it replicate. ² Giving fever reducers may lead to an increased "rate and duration of viral shedding," making the ill person more contagious for a longer duration of time. ⁴

Decreasing Immune Function During Illness Ups the Opportunity for Secondary Bacterial Infections

If we decrease our immune function and lengthen the time of our illness there is much more opportunity for secondary bacterial infections to come in and cause a super infection in the lungs or even a full body infection known as sepsis. These secondary super infections cause about one third of deaths from the flu. Another third of flu deaths are from the flu virus over-

whelming the immune system and the last third of flu deaths are from failure of vital organs. ⁵

Possible Dangers of Antipyretic Drugs

Ibuprofen and acetaminophen are both very popular antipyretic drugs that have been linked to kidney and liver failure, in rare cases, particularly when accidental overdose occurred. It is very important to read all the ingredients on the medications you are using to make sure you aren't accidentally over-doing or over-giving antipyretics. ^{6, 7}

Glutathione Depletion and Liver Damage

One of the ways acetaminophen can be problematic for the body is that it reduces a very important antioxidant called glutathione. When glutathione is reduced to a great degree it can cause severe liver damage, especially in people who already have liver disease. ⁸ Glutathione has been found to be protective against influenza, so many times you are much better off skipping the acetaminophen to keep from depleting this helpful antioxidant. ⁹

If a Fever Reducer is a Must, make it a Last Resort Option When You Can't do This

If the only reason for using a fever reducer is to reduce a number on a thermometer, that's not a good enough reason. These medications have multiple actions and can cause damage to the body. Fevers become life threatening at or above 107.0°F and should be treated before they reach that level. Our bodies regulate themselves and most fevers will never get up near the 107.0°F mark. Our bodies heal best when we are sleeping, so if a fever or pain is making sleep impossible and other fever or pain reducing treatments

are not helpful then properly dosed antipyretic drugs can be very helpful. Please ask your naturopathic physician for guidelines for you and your family when it comes to these drugs.

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SUPPLEMENTATION PLAYS A VALUABLE ROLE

Dr. Sean X. Hesler has been committed to global and community health throughout his career. He co-founded the MamaBaby Haiti birth center in Cap Haitien, Haiti in 2010. Currently serving as Executive Director of Naturopaths Without Borders (NWB), he also received the SCNM Alumni Award for Community Service. In addition to sharing lessons on global health at universities and conferences around the United States, Dr. Sean also teaches medical students and professionals at NWB's sites in Haiti, Mexico, Thailand and Phoenix. Dr. Sean uses the tools of root-cause Naturopathic medicine to help patients in his private practice in Tempe, AZ.

Supplementation plays a valuable role in preventing influenza infection, recovering from illness and preventing complications. Aside from acupuncture, homeopathy and hydrotherapy, supplementation in its various forms is key to my approach. A solid base of immune-boosting and antioxidant micronutrients helps the body to mount a strong, maintained defense. Vitamins A, C, E and the minerals Selenium and Zinc¹ (remember as ACESZ) are best used in combination² to support the immune system.

Vitamin D

Vitamin D is an important nutrient (maybe better understood as a hormone) for immune regulation. Every year, the flu spreads when the days get shorter, the sun is less intense and people's Vitamin D levels drop. Although research is mixed on the effectiveness of supplemental Vitamin D for prevention³⁻⁵, get your levels checked, ask your doctor about supplementation, and remember that sun exposure and exercising outside are even better ways to stay healthy!

N-AcetylCysteine

N-AcetylCysteine (NAC) is an amino acid which increases levels of Glutathione, the body's master antioxidant. A fighting immune system puts the body under lots of oxidative stress, and NAC helps, not only to reduce damage to make you feel better (or not feel the infection at all!)⁶ but also to stop the virus from replicating⁷.

Probiotics

As research progresses, specific probiotics are increasingly helpful for prevention of influenza and other respiratory infections. Specifically, *Lactobacillus rhamnosus* GG8-10, *Lactobacillus acidophilus* NCFM11, *Bifidobacterium lactis* Bi-0711, and *Bifidobacterium lactis* BI-0412 all have positive trials which are more valuable than the general advice to take probiotics as the effects have been found to be strain-specific. A different type of *Lactobacillus*, or even different kinds of yogurt may not be helpful!

Dosing Matters

For prevention, starting before the flu season, once-daily dosing is sufficient, and I recommend dosing preventives again after contact with an infected person. The body's increased need during an acute viral infection necessitate herbs and nutrients, which are best dosed every 2-4 hours, making sure not to exceed maximal short-term oral doses. Side effects of acutely elevated Vitamin A include headache and nausea/vomiting which resolve with discontinuation. Vitamin C may cause diarrhea in high doses, but the body increases Vitamin C absorption from the gut when need is high in acute illness. Zinc may cause nausea if taken away from food.

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THE HEALING POWER OF NATURE

Shaon Hines, ND served in the United States Air Force with tours of duty in Saudi Arabia and Qatar. She also served as a Flight Sergeant in the United States Air Force Honor Guard. Concurrently she received two Associate degrees and later a Bachelor of Science degree in Business Management from South University and a Doctor of Naturopathic Medicine degree from National University of Health Sciences. Her passion for health and wellness began over 30 years ago and paved the way for her conscious future in naturopathic medicine. She uses a holistic approach to find the root cause of disease and to support the body's ability to heal itself. Along with internal wellness, she believes that mental health and physical fitness are just as important to reach your optimal vitality and longevity.

One of the principles in naturopathic medicine is the healing power of nature. When you have the flu it's important to support your body with proper nourishment. Eating organic whole foods and adequately hydrating will give your body the power to heal itself.

First, ensure that you are drinking plenty of clean filtered water and electrolytes. For men, aim to drink 3.7 liters of water per day and women 2.7 liters of water per day. When you have a fever, your body uses additional water so you may need to increase your intake. Try sipping on hot water with a slice of fresh lemon. This will provide your body with hydration and vitamin C. If you feel nauseous, try drinking fresh ginger tea. Place freshly sliced ginger in a pan with water, bring to a boil, then turn heat down and simmer for 10 minutes. Drink the fresh ginger tea throughout the day.

Second, consume plenty of non-starchy vegetables and protein. You want to give your immune system a fighting chance with the food you consume. Avoid sugar, simple carbohydrates (bread, cereal, pasta etc.) and dairy as these foods can lower your immune system. Try making a chicken soup with a lot of vegetables such as onion, celery, carrots, kale and garlic. To get additional vegetables in, make a green smoothie or juice with ginger, spinach, apple, lemon, and cucumber. You can also sip on a delicious bone broth throughout the day to give your body the nourishing power that it needs.

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WHEN SHOULD YOU SEE A DOCTOR?

Dr. Lena Kian is a California licensed naturopathic doctor with over 13 years of clinical experience. In 2004, she received her Doctorate of Naturopathic Medicine from Bastyr University, known internationally as one of the leading institutions in the field of natural medicine. Prior to this, she received her Bachelor of Science in Biopsychology from the University of British Columbia, in Canada.

Dr. Kian's expertise includes digestive health, allergies, stress related conditions, and hormone imbalances such as thyroid, adrenal, blood sugar, menstrual disorders, and infertility. She is available to all California residents seeking natural health solutions from a licensed naturopathic doctor, via telephone, video, and online consultations.

For more information or to contact Dr. Kian, please visit www.harmonyhealingclinic.com

While with ample rest and nutritional support a simple upper respiratory infection can usually clear on its own, you need to recognize when it is time to see a doctor. Any of the following reasons should prompt you to make an appointment with a primary care doctor, such as a licensed Naturopathic Doctor (ND).

Persistent Fever

In adults, a fever that is not going away and is greater than 101 degrees F (38.3 degrees C) could be a sign of something more serious, such as another infection. This is especially if it is accompanied by chills, achiness, fatigue, rash, and coughing up thick phlegm (especially if greenish or foul-smelling).

Persistent Cough

Coughs secondary to colds and flu, especially from a post nasal drip can be very stubborn and can take longer than one week to recover from. However, if you are still coughing after 3 weeks, you should have your doctor examine you in case there are other underlying causes. If you are having wheezing or trouble breath-

ing, or your cough is accompanied by a sharp chest pain or pressure when you take a deep breath, or coughing up blood, do not wait; see your doctor right away.

A Painful Throat

Although sore throats are common during a cold or flu, a very painful throat is not! Any significant throat pain especially in a child must be addressed by a doctor for strep throat or mononucleosis. In addition, if there is a skin rash during or after a sore throat, or pus (yellowish-white spots) on the tonsils or throat, or if you were exposed to someone who has documented case of “strep” throat, it needs to be evaluated by a doctor.

Other Important Signs and Symptoms

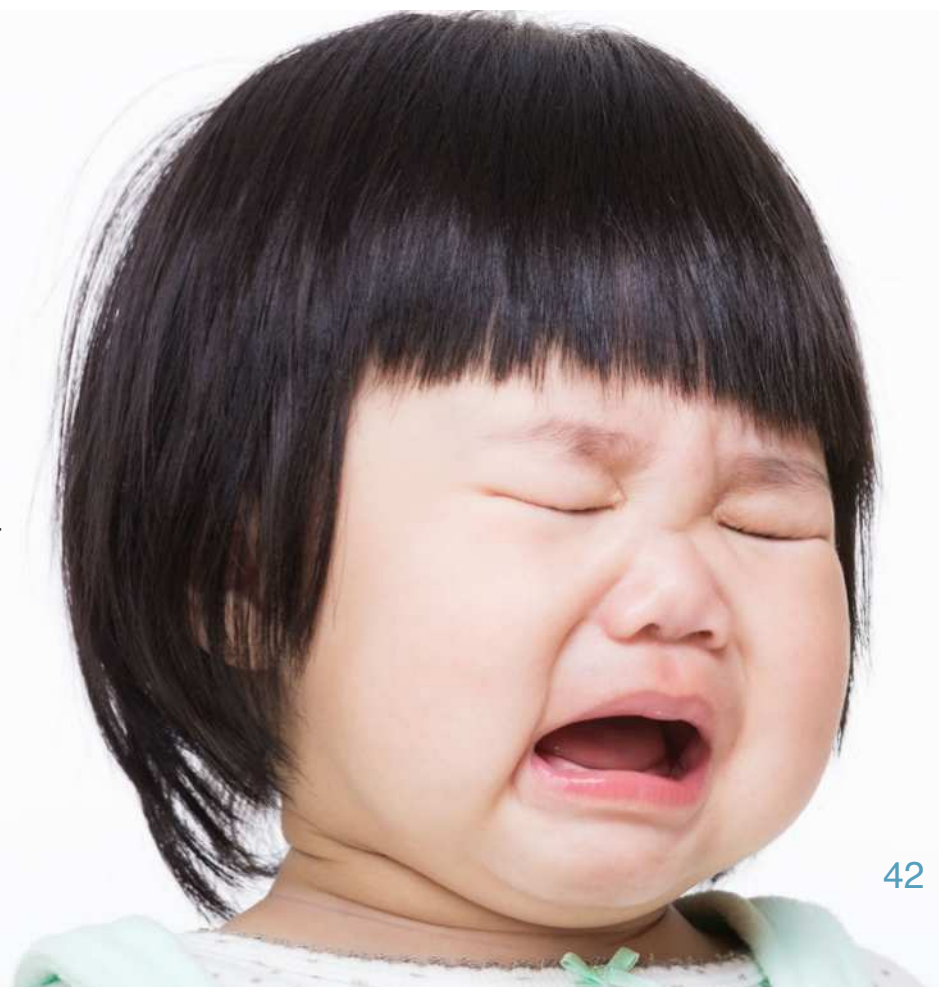
In addition to the above, the presence of any of the following signs and symptoms should be evaluated by a doctor:

- Very tender and swollen glands in your neck or jaw
- Severe sinus pain in your face or forehead
- Fainting, or feeling of fainting, disorientation, confusion
- Severe or persistent vomiting
- Symptoms lasting longer than 10 days, or getting worse after 5 days
- A history of rheumatic fever, rheumatic heart disease, kidney disease or chronic lung disease, such as COPD.

Important Considerations for Babies & Children

In babies 3 months or younger, see your pediatrician immediately for a rectal temperature of 100.4 degrees or higher. This is because the immune system of newborns and young infants is not fully developed which makes them more susceptible to serious infections. According to the American Academy of Pediatrics, if a baby under 2 months has a fever of 100.4 or greater, it is considered an emergency, and you must seek immediate care. Rectal thermometers provide the most accurate readings, and may be the most feasible in babies. Also call your pediatrician if your baby is not feeding or is fussy, cranky, or lethargic.

For older babies and children, fever of 102 degrees or higher, or a fever lasting more than 72 hours must be evaluated. Finally, if your child has abdominal pain, vomiting, trouble breathing or wheezing, has an earache or ear drainage please see your pediatrician.





PREVENTING THE FLU 2018

Dr. Nina Manipon completed her medical training from Southwest College of Naturopathic Medicine, (SCNM) and completed a highly competitive residency in general family practice at the University of Bridgeport's Naturopathic Medical Clinic. She is licensed to practice medicine as a Naturopathic Physician in Connecticut. Prior to receiving her doctorate, she obtained a Bachelor of Arts in Political Science with a focus in International Relations from Villanova University. She is a member of the American Association of Naturopathic Physicians (AANP), Connecticut Naturopathic Physicians Association (CNPA), and Naturopathic Medicine Institute (NMI). Dr. Manipon is the medical director of Revitalize Wellness Center in Stamford, CT and Hawthorne, NJ. She also has office locations in Fairfield and Hamden, CT.

Dr. Manipon's experience of the loss of her parents at an early age heavily influenced her decision to pursue Naturopathic Medicine. She is passionate about empowering and educating patients on how to live healthier lives by utilizing diet and nutrition, botanical medicine, homeopathy, acupuncture, and hydrotherapy. Dr. Manipon has expertise in gastrointestinal health including Celiac Disease, gluten intolerance, IBS, colic in infants and persistent childhood bowel problems. She is also a part of the Lyme Disease treatment team in Fairfield. She is passionate in helping her patients achieve optimal wellness and in her spare time enjoys cooking, yoga, hiking, and spending time with her husband, family, and friends.

Benjamin Franklin said “an ounce of prevention is worth a pound of cure”, and even though he stated this about fire safety, we often hear it related to health today. This year's flu epidemic is one of the worst. According to the CDC, influenza has been rampant throughout the country. Schools are closing in Florida and Oklahoma and the deaths of a 12-year old boy from Florida and a 37-year old woman from Indiana are the latest signs of a growing epidemic. 37 flu-related deaths in children have been confirmed across the US, and NY, Puerto Rico, and 39 other states are experiencing high activity of influenza like illness according to the CDC's most recent activity report. In fact, in the third week of 2018, 6.6% of patient visits were due to flu-like illness. The flu can be deadly for pregnant women, young children, and older people. With such a widespread fear of the flu and many people getting sick, here are some ways to prevent an infection.

1. Wash hands often and practice good hygiene habits – wash hands often using soap and water
 2. Stay home from work. Keep your children home from school for at least 24 hours without a fever
 3. Cover your mouth and nose with a tissue if coughing or blowing your nose, and throw it away. “In 1940, Prof. Marshall W. Jennison of Massachusetts Institute of Technology took a high-speed photograph of the spasm which sprays droplets from mouth and nose at muscle “velocities” of up to 150 feet per second. Most of the moisture drops quickly evaporate leaving thousands of germ laden particles in the air.” (2)
 4. Sanitize and clean all surfaces – door knobs, computers, phones, sheets. Wipe down gym equipment and grocery carts with wipes as the flu virus can last up to 24 hours depending on the surface, according to Dr. Tosh
 5. Avoid touching your mouth and nose as this is how germs spread
 6. Avoid physical contact with other people especially shaking hands
3. Rest/sleep – staying home and resting is the best thing you can do to give your immune system a break

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If you start to feel sick, consider:

1. Boosting your immune system immediately with Vitamin A, D, C, zinc, and herbs such as Echinacea and Goldenseal
2. Drink plenty of fluids – water, broths, teas, green juices, carrot juice



SUPPLEMENTS FOR TREATING THE FLU IN CHILDREN

Dr. Candace Mathers received her doctorate in naturopathic medicine from the National University of Health Sciences in 2016. Although she works with various conditions, Dr. Mathers has a special interest in illness prevention, wellness, and health optimization for children with Down Syndrome, children with special needs, endocrine disorders, autoimmune conditions, hyperemesis gravidarum palliation, and hydrotherapy. Dr. Mathers is the owner of Life Blossom Wellness, a natural health consultation service located in the northwest Chicago suburbs. Since Illinois is a pre-licensed state, she holds her naturopathic physician license in the state of Vermont.

When treating the flu in children, there are a number of different options available. These include:

Vitamin D

Vitamin D has been found to be efficient in not only the prevention of the flu but in also reducing the severity of symptoms, rapid decrease in symptoms, and decreased recovery time [1]. The recommended safe dosage for infants is 1200 IU (international units). Remember that high dose vitamin D is a short term therapy that should be used for no more than three consecutive days without contacting your health care provider.

Probiotics and Vitamin C

L. acidophilus and *B. bifidum* along with vitamin C has been found to not only prevent occurrences of the flu but also lessen the symptoms [2]. Using high dose vitamin C, up to 200 mg or more daily while suffering from the flu, acts as an immune booster while helping to improve lung function by expelling mucus. This can lessen the amount of coughing your child experiences.

Cinnamon Ginger Tea

This recipe is helpful to ease body aches and help your child breathe easier. In 8oz of filtered water, put 1/4 teaspoon of dried powdered ginger, 1 teaspoon of cinnamon, 2-3 tablespoons of honey, and 1/3 the juice of a small lemon. Heat the tea until it is sufficiently hot enough to sip without burning.

Warming Socks Treatment

Warming socks is a fun way to alleviate flu symptoms. To do the warming socks: First, place your child's feet in warm water, then place damp

socks that have been soaked in cool water on his/her feet. Place thick wool socks over the wet socks and have your child go to bed. Your child's socks will be dry in the morning and she/he will feel better due the increased circulation this treatment encourages.

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EXERCISE AND THE FLU

Dr Tyna Moore is the owner of Core Wellness Clinic in Portland, OR. She specializes in the application of natural pain solutions and regenerative injection therapies to treat all varieties of musculoskeletal conditions. As both a Naturopathic and Chiropractic physician, she brings a unique perspective and expertise to the diagnosis and treatment of pain and orthopedic conditions. Dr Moore practices exclusively Regenerative Injection Therapies and non-surgical pain management for orthopedic and musculoskeletal conditions. Dr Moore teaches regenerative medicine around the world and educates physicians as well as the general public online at www.drtyna.com.

It is well known that exercising on a regular basis helps keep the immune system more robust. With regular exercise comes anti-inflammatory effects and a reduced incidence of infection compared with a sedentary state. ¹

A 2012 study showed that the number of days spent with an upper respiratory infection, during the 12-week period of winter, was significantly reduced by a whopping 43% in those exercising 5 or more days a week vs those who were only active one day or less a week. The severity and symptomatology were also reduced significantly in those who were more active. ²

Increase Blood Flow and Oxygenation

Exercise increases blood flow and oxygenation throughout our body. It also increases flow to our respiratory system like our nose and lungs and helps us thin and move particles through that tract more efficiently. This is always a win when dealing with invading organisms like infectious bacteria and viruses.

Muscle Plays a Role in Whole-body Metabolism

Having adequate muscle mass on our frames is also essential when dealing with potential illness. Going into the flu season with skeletal muscle mass is like going into battle with adequate armor. When the body is stressed by infection, trauma, and even cancer, the amount of amino acids available to maintain protein synthesis in vital tissues is critical to recovery and outcomes. Muscle plays a central role in this whole-body metabolism as it acts as a reservoir of amino acids for the body to put into use when needed.

3

Low muscle mass is a known contributor to many common degenerative conditions and chronic diseases. It therefore makes sense that regular strength training exercise contributes to adequate muscle mass, strength, metabolic function, recovery and even survival when the body is met with the high level of body-wide stress that the flu can bring. Strength training 2 to 3 times a week throughout the year, is a surefire way to build healthy and protective muscle mass.

As with anything, too much of a good thing is, well, too much. The type and intensity of exercise does actually matter. Too much intensity and duration inhibits immune function.

Did you Know that Some Forms of Exercise Can Cause Immune Dysfunction?

Some types of exercise can actually cause immune dysfunction, seeing these types of athletes more prone to illness. Certain types of exercise has been shown to cause a temporary depression of various aspects of immune function that lasts anywhere from 3 to 24 hours following exer-

cise. This post-exercise immune dysfunction is most pronounced when the exercise is continuous, prolonged and of moderate to high intensity such as distance running or cycling (think marathon runners). When intense training lasts a week or more the immune dysfunction is even longer lasting.¹

This can hold true for excessive resistance and strength training, as well. Overreaching and overtraining the body can definitely lead to further immune dysfunction and subsequently, the person becomes more prone to illness.

Above and Below the Collarbone

There is an old adage in exercise medicine in the case of colds and flus: if the symptoms are above the collar bone then exercise to tolerance is safe and indicated; if they are below the collarbone the patient is to rest and not exercise. These are loose rules; however, they are worth considering. Above the collarbone symptoms would include mucus production from the eyes and nose, sore throat, etc. Below the collarbone symptoms generally include deep cough and those associated with bronchitis and pneumonia as well as aches and pains, which are clearly more serious conditions than the common “head cold”.

Walking to Fire Up the Immune System

Walking is a wonderful way to “spark” the immune system.⁴ When feeling run down or hit with illness, consider walking to tolerance. Always go with a buddy in case you need support home. If it's a common cold and symptoms are above the collarbone, consider keeping with your exercise routine, only dial it back so that you don't stress your body too far. If symptoms are deep in the

chest, see your doctor immediately and prioritize rest and sleep. The gym will be there when you are ready. If coming out of a bout with the flu, walking and mild exercise of any form to induce blood flow to the lungs and work up a mild sweat is always helpful. Slow and steady wins the race. Lastly, whether you exercise or not, consider short duration dry or infrared sauna. The heating effect on the body's heat-shock proteins is always a great way to stoke the immune system.⁵

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THE VALUE OF GETTING SICK

Dr. Mona Morstein is considered an expert both in gastroenterology and hormonal conditions, especially diabetes. Dr. Morstein taught gastroenterology for eleven years at a naturopathic medical school. A speaker on the first and second SIBO SOS™ Summits, Dr. Morstein is a frequent lecturer on webinars and at conferences. She has numerous lectures archived at MedicineTalkPro.org. Her book "Master Your Diabetes: A Comprehensive, Integrative Approach for Both Type 1 and Type 2 Diabetes" is a highly regarded publication for both the diabetic patient and medical practitioners. A senior vitalist in the Naturopathic Medicine Institute, she practices in Tempe, AZ at Arizona Integrative Medical Solutions: drmorstein.com

In naturopathic philosophy, as most described by Henry Lindlahr, author of the book *Nature Cure*, acute illness is a vital aspect of detoxification of bodily toxins. If these are not excreted when necessary, they may settle over time deeper into body tissues and organs, and, as a result, damaged tissues may develop into serious, chronic conditions.

Thus, although one feels awful when one has a sickness, mentally/emotionally it is helpful to understand the value of the illness and its benefits to the overall body.

Sickness develops from toxins made in the gastrointestinal tract, which have the capacity to enter into the systemic body. A microorganism entering into the body can handily trigger a cleansing response of those toxins, burning them out via fever, and then excreting them via vomit, phlegm, nasal discharge, rashes, or diarrhea. It is this phenomenon that dictates the vitalistic treatment naturopathic physicians do when a person presents with an acute illness.

Just as a person can heal a badly fractured bone, when the bone is properly casted and rested, the body has the wisdom to heal

from viral and bacteria microorganisms, when it is also treated in the appropriate way.

When a person comes in sick, here is a lucid, sensible treatment methodology following the philosophical understanding of what sickness is in naturopathic medicine:

1. **First, take a couple of “42s”.** These herbal capsules are 4 parts aloe and 2 parts wormwood. Being very bitter they stimulate bile secretion from the liver and gallbladder and we secrete many toxins that way, and then being slightly cathartic to the colon, they will cause a little purgative release of stool. Thus gastrointestinal toxins can be reduced from the beginning.

2. **Fast, only water.** Since toxins begin in the gut, from bad digestion, or bad food, or dysbiosis, or digestive difficulties, not putting anything into the gut means it can rest. It will not produce any more toxins that enter the body, and all the energy the body spends on digesting food, which is considerable, will be free to fight off an infection instead. There should be nothing but water, or perhaps some herbal teas, until the fever has completely broken.

3. **Rest.** Nature is wise—when a virus or bacteria enter the body and proliferate, the immune system is signaled to increase white blood cell (wbc) formation, the soldiers in the infectious wars against microorganisms. Those wbc's are made in the bone marrow, which can produce a feeling of soreness and achiness when they are made to increase production. That should send the person to bed, so that all body energy can be used against the microbes, and not, driving, going to work, playing soccer, shopping and so forth. The more one rests, the more one does not spread their infection to others (always a nice

thing), and provides their own body with more capacity to recover quicker.

4. **Do not suppress symptoms.** Do not lower fevers—fevers increase the metabolism of the body so the wbc's are produced quicker and act stronger, and besides the microorganism doesn't like the fever and can help weaken it. I tell patients that when you feel hungry, you do not take a pill to suppress that feeling, and when you feel you need to urinate or defecate, you do not suppress those feelings either. You understand the body has collected toxins it needs to excrete from your body. We need to trust fevers the same way; as a natural body action that makes great sense. Suppressing fevers means suppressing a valuable way to enable the body to fight the sickness. As for other symptoms and signs, if you have toxins that need to come out via your nasal mucous or through coughing, then blow your nose (use nice soft aloe vera tissues), and cough (to some allowable limit—see treatments below). If you feel achy, it will pass. Realize your illness is temporary, your symptoms will clear up, but in the meantime, a great detoxification is occurring!

5. **Hydrotherapy.** For treatment of acute viruses and bacteria, we need to ensure we are working with the body, not against it. Hydrotherapy, or the use of water therapy, is an incredibly effective method of enabling the body to more efficiently heal from an infection. There are many simple hydrotherapy applications patients can easily do at home: heating compress to the throat (pharyngitis, strep throat, laryngitis), heating compress to the chest (bronchitis), wet sock (all upper respiratory conditions), hot foot bath (sinusitis, headache, congestion), garlic feet, and so forth. With clear handouts, any patient

can do these treatments on themselves or help their loved ones do them.

6. **Supplementation.** When people get sick they oftentimes first reach for supplementation, but everything listed above is more important. Once they are all set up, then naturopathic supplementation can remarkably stimulate the body's vital force and initiate prompt and effective healing. Here are some commonly used treatments to consider:

a. A product that contains many different natural **antimicrobials and immune stimulators.**

There is a tablet formulation I use for adults and a glycerite formulation I use for children.

b. **Vitamin D3** in thousands of IU per body weight. That is, if you weigh 150 pounds, you would take 150,000 IU Vitamin D3 for 4 days. They come in 25,000 IU capsules, so it's easy to take.

c. **Liposomal C**—I find liposomal C easy to take and extremely effective for children and adults. One teaspoon 5-6 x a day is a real immune stimulant.

d. **Vitamin A drops**—for children or adults who cannot take a more comprehensive product, taking Vitamin A 200,000 IU in divided doses for 2 days and then 100,000 IU in divided doses for another 2-4 days is also a great immune stimulant. Even the World Health Organization wants medical practitioners to dose Vitamin A 200,000 IU to patients with measles, to ensure better survival globally. We might have measles here much in the US, but that immune boost is applicable for all types of viruses and bacteria.

e. **Herbal tincture.** An herbal tincture is a liquid extract of one or several different botanicals that have soaked in alcohol for weeks. The botanicals are then strained out and all their healing properties are in the tincture. The above products overall stimulate the immune system, but with botanicals we can produce formulas specific to the most affected area(s). There are sinus tinctures, sore throat tinctures, bronchitis tinctures, tinctures for wet coughs, dry coughs, coughs that hurt, coughs that are asthmatic, and so forth. We can also use herbal teas.

f. **Ear drops.** There are great ear products, containing garlic, mullein and hypericum (for pain), which will likely cure any ear infection in a short time.

g. **Homeopathy.** Although I cannot describe the wonders of homeopathy in this article, this particular modality of healing is amazingly effective if the correct remedy is dosed to the ill patient.

In this comprehensive protocol, it is highly likely that any ill patient will recover without the need for antibiotics, without developing a serious complication, such as pneumonia. The person will still be sick, it's not a miracle cure (except now and then by homeopathy), but it will allow the patient to be less intensely sick for a significantly less length of time. Whether the patient has strep throat, or sinusitis, or an ear infection, or a bronchial infection, naturopathic medicine can treat it by allowing the body to detoxify, and by working with its healing capacities instead of suppressing them.

UNCOVER THE FACTS



10 FLU MYTHS DEBUNKED

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Influenza wreaks havoc on our bodies and health-care systems. Nearly 6% of Americans currently seeking medical care have flu symptoms and at least 37 children have been killed by the flu so far this year. According to the Centers for Disease Control (CDC), the flu kills about 12,000 Americans in a mild year and up to 56,000 in severe years. Despite its ubiquity, myths about the flu, and how to treat it persist. Therefore, it is important to separate fact from fiction because wrong information can have fatal results.

So, let's debunk a few myths below:

1. Myth - Flu is like the common cold and isn't dangerous: The flu is a highly contagious viral respiratory infection that can be deadly if not addressed properly. The elderly, young children, and people with compromised immune systems (i.e. asthma, heart conditions) are high risk groups where severe flu complications may occur.
2. Myth - You should fear Ebola more than the flu: Influenza kills more people in a year in the U.S. than Ebola has killed in the history of the world.

3. Myth - The "stomach flu" is the flu: They are unrelated. Stomach flu is a popular term, not a medical diagnosis. The flu attacks your respiratory system—your nose, throat and lungs may include coughing, congestion, fever and muscle aches. Gastroenteritis (stomach flu), affects your intestines resulting in diarrhea, vomiting, fever, chills, head and body aches.

4. Myth - I can avoid the flu since I can't catch it from the air: You can catch the flu from air droplets when coughs/sneezes are nearby (note: you can also catch it via fomite transmission (touching surfaces (handles, keyboards, cups) that someone has contaminated). You can reduce exposure to the virus by washing your hands frequently and not touching your nose, mouth and eyes when out and about.

5. Myth - Taking antibiotics treats/cures the flu: The flu is a virus. Antibiotics treat bacterial infections ONLY. They cannot treat viral infections like colds or the flu. In some cases, antiviral medication (i.e. Tamiflu or Relenza) may be prescribed to treat your flu but they are only effective when taken less than 2 days from when you begin feeling flu symptoms. They do not cure the flu, but can help make you less infectious to others and reduce the duration of your illness.

6. Myth - I don't have any symptoms or feel sick, so I'm not contagious: You are able to infect others before you begin exhibiting symptoms (i.e. fever, headaches, cough, sore throat, nasal congestion, extreme tiredness, body aches) from the day before you exhibit symptoms to 7 days after. Relying on symptoms to determine if you are contagious is not reliable. According to the Harvard Medical School, 20% -

30% of people with the flu do not exhibit any symptoms.

7. Myth - Going out without a coat, wet hair or exposure near a draft can cause the flu: Because flu cases typically corresponds with colder weather, we tend to associate cold weather with the flu; however, they are unrelated. Catching the flu occurs whenever you've been exposed to the influenza virus.

8. Myth - Travelling exposes you to flu: Germs tend to thrive in small, crowded areas, like trains, planes or bathrooms. However, the International Air Transportation Association indicates that in-cabin filters eliminate 99.9% of germs in the air.

9. Myth - Getting the flu shot is the best way to protect against the flu: Many believe that the flu vaccine totally protects you from the flu. The flu vaccine does not provide 100% protection. On average, flu vaccines are about 60% effective, depending on your health, age and strain of current virus/es. The best protection includes frequent hand washing, covering coughs/sneezes, staying home to reduce exposure to/or spreading the virus to others, and healthy lifestyle habits like a healthy diet, stress management, etc.

10. Myth - Chicken soup can fight/treat the flu: Yes, it can; especially if you use the whole chicken when making the soup. According to medical journal Chest, one study suggested that chicken soup may have anti-inflammatory activity, which may help ease symptoms of upper respiratory tract infections.

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#WSW: WET SHEET WRAP

Dr. Kye Peven is a naturopathic doctor and licensed acupuncturist. His passion is exploring the intersection of mind and body to heal chronic health conditions. He currently practices in Oakland, California.”

Home Instructions

The wet sheet wrap is a time-honored and excellent treatment, especially for acute illness, such as fevers, colds, flu, or other infectious diseases. Fever is the body’s way of fighting disease and should usually be encouraged, not suppressed. Sweating is also an important healing mechanism for resolving diseases like the cold or flu. This treatment stimulates the body and is simple to do at home by oneself, though having a second person help with the treatment can make it easier on the patient.

Precautions

This treatment is not appropriate for patients who are too weak to generate body heat, or have excessively high fevers. Make sure to stay hydrated, preferably with warm beverages. Seek medical attention if fever is 104°F or above, or if the patient is delirious.

Materials:

- Hot bath or shower
- One twin or single size sheet, dipped in cold water and wrung out
- 2-3 dry towels
- A comfortable place to lie down
- Blankets

Directions:

Prepare a comfortable spot. This can be the bed, the couch, or even the floor. Place a towel down to lie on and put the blankets on top, or close by.

Prepare the wet sheet and lay it on top of the towel you have just put down.

Take a hot shower or bath, making sure you feel very warm when you get out. Dry yourself off, taking care not to become chilled.

Take a towel with you and lie down on the wet sheet you placed earlier, wrapping the sheet around your whole body. You will feel the cold against your skin but you should still feel warm from the shower or bath.

Place the second towel over yourself to keep the blankets dry, and then pull the blankets up over you as well. Make sure you have enough blankets to keep you warm. It is better to have an extra blanket handy than to get cold.

Rest quietly until you have warmed up the sheet with your body heat and have begun to sweat. This could be within 5 minutes or it could take 30 minutes or more. Let yourself sweat for several minutes before finishing the treatment.

You can now get up. After you have dried yourself off make sure to dress warmly and cover your neck and throat to prevent wind-chill. Or, go straight to bed and rest.

Don't do this treatment more than twice per day, as it is very stimulating and can deplete your energy if done more often.



DO PRESCRIPTION TREATMENTS HELP THE FLU OR IS IT A HELPING OF A BUNCH OF SIDE EFFECTS?

Tina Vucaj, ND received her doctorate in naturopathic medicine from National University of Health Sciences in 2016. She currently practices in Oakbrook Terrace, IL and is particularly interested in gastroenterology, endocrinology and autoimmunity. She is also pursuing her Master of Science in acupuncture and set to graduate in August, 2018.

Flu season typically occurs during the fall and winter months. There are a number of prescription antiviral drugs that are available that may help prevent complications from the flu, or shorten the duration and severity of the flu.

Centers for Disease Control and Prevention (CDC) Recommendations

The Centers for Disease Control and Prevention (CDC) recommends the following antiviral drugs: zanamivir (Relenza®), peramivir (Rapivab®) or oseltamivir (Tamiflu®). Relenza is a powder that is inhaled through the mouth and used to treat the flu in people 7 years and older and to prevent the flu in people 5 years and older. (Note: Relenza is not recommended for those with breathing difficulties like asthma or COPD). Rapivab is a drug given intravenously to people 18 years and older. Tamiflu is taken orally and used to treat the flu in those over 2 weeks of age and prevent the flu in people older than one year of age. These antivirals are said to work best when administered within 48 hours of getting symptoms of the flu. Some doctors will prescribe these drugs even after that 48-hour window has passed to

possibly prevent flu-related complications.

There are also doctors that recommend an antiviral drug if you want to prevent the flu after coming into contact with someone that is sick with the flu. This, however, is not recommended by the CDC, since it can give rise to drug-resistant strains of the virus. (1)

Natural Alternatives to Prescription Antivirals Without Side Effects

Elderberry, for example, is one of the most potent and well-studied antiviral herbs shown to be effective against the influenza virus with favorable efficacy compared to the anti-influenza activities of Tamiflu. (4) Echinacea is another herb that has shown to have antiviral activity against influenza viruses in vitro and has traditionally been used for treatment of colds and flu without any side effects. (3)

Tamiflu – Subject of Controversy

Tamiflu is one of the more popular antiviral drugs, but has recently been the subject of controversy. A 2014 review by the Cochrane Collaboration, found that Tamiflu only shortened the duration of flu symptoms by 17 hours in adults and 29 hours in children. Furthermore, it found that Tamiflu did not reduce hospitalizations and secondary infections following the flu. The side effects of the antiviral drug - which include nausea, vomiting, headaches, insomnia, hallucinations - are also worth considering. (2)

Although these antiviral drugs are said to treat or prevent the flu, you and your doctor should discuss what the risks and benefits of these antivirals are before use. For children, pregnant women, the elderly and people that are immunocompromised, the benefits may outweigh the risks.

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ARE YOU READY TO FIGHT INFECTIONS NATURALLY?

Dr. Donielle (Doni) Wilson, a naturopathic doctor, certified professional midwife, and certified nutrition specialist, graduated from Bastyr University in 2000. Author of *The Stress Remedy*, Dr. Doni redefines stress to include toxins, food sensitivities, and imbalanced blood sugar levels, and then offers expert guidance on how to reclaim optimal health. She is creator of a gluten-free nutritional regimen that integrates mind-body medicine with support for reducing exposure to all forms of stress – The Stress Remedy Program. Dr. Doni is passionate about empowering wellness for as many people as possible.

In 2004, Dr. Doni was awarded the NYANP Physician of the Year Award, and in 2013 she was honored for serving as the President and Executive Director of the NYANP for over ten years. She continues to play an instrumental role in the effort to license NDs in New York. Dr. Doni is frequently called upon to discuss naturopathic medicine and her research related to stress in the media, as well as at both public and professional events.

As flu season starts, Dr. Doni Wilson advises on natural approaches to protecting yourself against those nasty winter viruses.

Cold and flu season is here. This means we're all more likely to get exposed to viruses that can make us feel awful for a week or more, and make us susceptible to bacterial infections as well.

Taking antibiotics and steroids (which are commonly prescribed for these infections) can help in the short term, but they can lead to more health issues later on.

Anything you can do to help you fight off infections without the need for antibiotics or steroids, the better it will be for your long-term health. I'd like to help you accomplish that goal.

Here are the 5 steps to help you fight cold and flu naturally – starting with prevention.

Step 1: Boost Your Immune System

As a naturopathic doctor, my belief is that the best thing you can do to help yourself stay well and avoid catching viruses in the first place is get your immune system working as well as possible. This will enable your body to fight off infections for you.

This process can take time – anywhere from a few weeks to several months – so you may as well get started now. If I had to give you an overall strategy based on the research and my experience, it would involve the four most important daily “CARE” activities:

- Clean eating
- Adequate sleep
- Reduce stress
- Exercise at your own speed

These are the 4 key elements of healing and the more you do them, the better you’ll be able to fight off any type of infection.

For help with getting started, check out THE 7 AND 21 DAY STRESS REMEDY PROGRAMS I have designed to help you. If you’d like to individualize your plan, then a ONE-ON-ONE CONSULTATION is best so we can test for your food sensitivities to find out which foods you should avoid, and test your cortisol and neurotransmitter levels to find out exactly how stress has affected your health.

Step 2: Be Proactive

When patients come in and tell me they keep catching colds or other infections and want to know what they can do, I tell them 6 things (at least):

1. Your state of mind matters. As miserable as it can be to feel under the weather with all the aches, fever, chills, congestion, and headaches that go with it – if you can keep your goal in mind, to recover by supporting your body to fight off the infection – the more likely it is that you’ll recover faster.

2. A fever of about 99 to 102 Fahrenheit is probably a good sign. Your body creates a fever in order to fight off the infection. So, if you take products that reduce your fever, you may actually be extending the length of time that you are ill. Instead, stay hydrated and rest to help your body’s natural healing process. If ever a fever is over 102 for a child or over 104 for a teen/adult, then you need more medical attention to determine the cause.

3. Your body can learn how to fight off infections without antibiotics. The first time you fight off a cold, flu, or other respiratory infection without the help of antibiotics, it’s going to take a concerted effort, especially if you just recently stopped eating gluten. Once you have successfully fought off an infection naturally, and the longer you avoid gluten and reduce your sugar intake, the easier it will be next time and the time after that.

4. Start immune support right away when you think you may have been exposed, before and after travel (where you’ll definitely be exposed), and/or as soon as you have an inkling that you might be sick. The longer you wait to start supporting your body, the longer the infection will last.

5. Take your doses frequently. Herbs and nutrients will wear off or be used up within about 3-4 hours, so you’ll get the most out of them if you take them every four hours or so. *

6. Know when to seek medical attention. If you catch a cold or flu, have a fever or a cough, and you’re not feeling better even after taking all these steps, then it is important you seek professional medical attention right away.

Step 3: Follow My “Fight Off a Virus Quick” Instructions

If, despite following the first 2 steps, you do succumb to a virus, these 3 things will help you recover as quickly as possible:

1. Drop all sugar, alcohol, dairy, and gluten. They all deplete your immune system, which you need functioning as well as possible to fight off the virus.
2. Cancel any plans and head home for a hot shower or bath, to gargle salt water, and to take the supplements* listed below. Then it's off to bed for as much rest as possible.
3. Bundle up, stay warm, keep hydrated, and take your doses frequently.

Step 4: Start Taking Supplements Right Away

I recommend stocking up on these supplements so you have them to hand and can start taking them as soon as you notice you've caught a virus:

EHB

An all-in-one nutrient and herbal combo product that I've counted on for over 15 years to help me and my patients fight off infections. Recently reformulated, there are minor differences in this tried and true product containing vitamin A, C, zinc, echinacea, bio-flavonoids, and garlic. Take 1 or 2 capsules every 4 to 6 hours through the day (up to 8 per day in divided doses). You can also take 1 or 2 capsules prior to a flight or for prevention.

HMC

A natural bioflavonoid-based anti-histamine, which helps both with allergies and congestion associated with colds. Take 1 or 2 capsules every 4 to 6 hours through the day (up to 8 per day in divided doses).

Triple Flu Defense

The most comprehensive homeopathic remedy for fending off cold and flu viruses is reformulated each year to make it specific to the current virus strain. For prevention, you can take 10-20 drops once per week. For when you're actually sick, you can take it multiple times per day.

Mushroom Extracts

Mushroom extracts are known to provide immense support to the immune system, in particular to help it fight off viruses. Take one capsule once or twice daily – both for prevention and when you get sick. There is also a mushroom extract in a throat spray form that can be useful as well (log in to your account at DRDONISTORE.COM to find these).

Vitamin D

Vital for calcium absorption, we get vitamin D through exposure to sunlight. Considering that light exposure is lower in the fall and winter, it is probably a good idea to supplement our intake at this time of year (unless you live near the equator). Vitamin D also supports immune function. 5000 iu per day is a standard dose, but it is better to have your vitamin D levels tested in your blood to know where you stand and how much you need to take every day. The optimal blood level of 25 OH vitamin D is 70.

Vitamin A

As long as you are not pregnant or don't have liver disease, then taking vitamin A can make all the difference when it comes to fighting off infections. I suggest you take between 10,000 iu and 25,000 iu per day. If you work with me directly, I may guide you to take a higher dose for a short period of time in order to address the infection effectively.

Probiotics

“Probiotics” refers to supplements containing bacteria that are good for your gut. [READ ABOUT PROBIOTICS HERE](#). Keeping the healthy bacteria in proper balance helps your body fight off viruses. In general, you can choose a formula that contains Lactobacillus and Bifido bacteria to support your immune system. However, if you have IBS, SIBO, histamine intolerance or any other digestive issue, talk to your health practitioner or make an appointment with me to discuss which product will suits your specific requirements. [READ MORE ABOUT HOW GUT HEALTH INFLUENCES YOUR OVERALL HEALTH AND IMMUNE SYSTEM HERE](#).

Additional Immune Support and Notes

You may also consider these other supplements, all of which support immune function and help you fight off infections:

- OLIVE LEAF EXTRACT
- OREGANO OIL
- Colostrum – PLAIN or VANILLA
- LARCH ARABINOGALACTAN (ARA6)

For children, or if you can't take capsules, I recommend RESPIGUARD LIQUID and IMMUNE GLYCERITE LIQUID, plus you could also add LIPOSOMAL VITAMIN C, BERRY WELL IMMUNE, and ARABINOGALATAN (ARA6) POWDER.

During pregnancy it is important that you consult with your naturopathic doctor or midwife. Research has not been done on all-natural products during pregnancy, but there are some that are considered okay to use for short periods of time (for a week while recovering from a cold for example). Homeopathic Triple Flu Defense is okay to use. Rest, hydration, and salt water gargling are also all good options.

Of course, if you are allergic or sensitive to any of the ingredients in these products, or if the ingredients are contraindicated based on a medical condition, don't take them – we can always find alternatives.

Step 5: Act Quickly if it Becomes Bacterial

If you notice green or yellow phlegm when you blow your nose or cough it means bacteria have become part of the infection. Now it's good time to see your health practitioner, so that you can devise a plan to address your specific situation.

In my practice, two supplements I commonly recommend for a bacterial infection are:

- BERBERCAP or BERBERINE-500 comes from a plant and is highly anti-bacterial. You need to start taking this at the lowest dose and start increasing it bit by bit to determine the effective dose for you.
- ARGENTYN 23 is a nano-particle form of silver that is known to safely and effectively boost immune function and fend off viral and bacterial

infections. It can be taken orally or as a nasal spray for sinus infections.

But again, seek help from a professional at this point. If you don't have a practitioner, I can meet with you individually to support you through fighting off the bacteria using nutrients and herbs and working to address the underlying reason why you are susceptible to infections in the first place. Find out more about [SCHEDULING AN APPOINTMENT HERE](#).

It's Time to Put Yourself First

The best way to fight off an infection is to focus on yourself – at least for a little while. Many of my patients resist this, which we can all understand. We're busy, with demands from our families and our jobs. But making a concerted effort to give your body the best food, nutrients, herbs, hydration, and sleep gives it a chance to help you recover.

If you're not seeing progress, it means we need to up our game a bit or to investigate whether there is something we are missing. So, if you are not getting better, schedule an appointment with your naturopathic doctor or at urgent care right away.

Are You Ready to Fight Infections Naturally?

Do you think that we can make a commitment to try decreasing the use of antibiotics this year? I'd love to give it a try because I believe it is possible. What about you?

The better you get at fighting off infections naturally, the more confident you'll feel in your body – and the better prepared you'll be for exposure to viruses and bacteria in the future.



Let me know how you feel about it – and remember to go at your own pace. What's right for you is not necessarily what's right for someone else. Just be logical, be optimistic, and be careful. Pay attention to what your body is telling you – and always seek help from a practitioner if you are not sure of something.



THE SCIENCE AND ART OF HOMEOPATHY MEDICINE

Dr. Meghna Thacker is a licensed Naturopathic Physician in the State of Arizona. In the last 10 years of practice, she has developed a successful protocol for treating patients with Hypothyroidism and Hashimoto's Thyroiditis and is currently writing a book about it. She works with every patient to find the root cause of their health problem by utilizing wide range of lab testing and then customizing their treatment plans. She graduated from Southwest College of Naturopathic Medicine in Tempe AZ in 2007 after completion of her Bachelor of Homeopathic Medicine and Surgery from University of Mumbai in 2002. She offers the following services: Women's Health and Hormone Balancing, Thyroid disorders, Natural Weight Loss Program, Nutrient IV therapy.

What Are Homeopathic Medicines?

I recommend everyone having a homeopathic kit at home, so, based on the symptoms, your doctor can advise you which medicine to use. Let me list a few homeopathic medicines that are helpful during flu.

- Gelsemium- There is much exhaustion and prostration. The patient can be described as dull, droopy and drowsy without thirst.
- Oscillococcinum- best to give at the first onset of a flu as it will abort onset.
- Bryonia- The patient has unquenchable thirst for large quantities of cold water. Much dryness of the mucus membranes.
- Aconite- Rapid onset of chills and fever after exposure to cold dry winds. The patient is very anxious and restless due to the condition.

Nutrient IV Treatments

This is a great way to get a high dose of vitamins, minerals and antioxidants directly to your cells. I recommend you take your vitamins orally everyday but a good part of it gets excreted in the urine, giving it a bright yellow hue. Our gastrointestinal tract has the ability to tolerate up to a certain dose of Vitamin C without causing diarrhea, but when Vitamin C is administered in high doses intravenously, a large dose can be given safely and make it of therapeutic benefit. I encourage you to take a break from work and get an immune boosting IV session to prevent or curb the onset from an unsolicited home and health wrecker, aka: the flu.



TREATING CHILDREN WITH HOME TREATMENT REMEDIES DURING FLU SEASON

Dr. Krystal Shelmire is a graduate of National University of Health Sciences, IL. She is one of five Naturopathic Physicians in Louisiana and serves as the Treasurer for the Louisiana Association of Naturopathic Physicians. Dr. Shelmire also is Vice President of the Vermillion chapter of Business Network International. She uses several modalities including Botanicals, Homeopathy, Hydrotherapy, Nutrition and supplements, Lifestyle and psychological counseling, physical manipulation skills, Minor surgery, and Modern diagnostic and laboratory testing and Infrared Sauna therapy. She owns her own private practice, Alternative Natural Health Solutions, LLC located on Westmark Blvd in Lafayette, LA. She is the Naturopathic writer for BlackDoctor.org, and has been featured on the podcast series Black People Speak, The Dr. Krystal Shelmire Episode and The Practically Healthy Life Show. Dr. Shelmire was a Keynote speaker at the 2nd World Congress on Polycystic Ovarian Syndrome in 2016. Dr. Shelmire has also been featured on KLFY News discussing Life hacks to help with migraines and headaches.

Being sick as an adult is not fun, but when children are ill, their vocabulary is sometimes limited and they are not always able to vocalize exactly what is going on or how they feel. They might start to act more irritable, lethargic, express fits of rage or just sleep more than usual. If you notice that your child is acting strange, you may need to seek medical attention. In the event that your child has been diagnosed with the flu, here are some recommendations for naturopathic treatment options that can be done in the comfort of your own home.

Important Ingredient: Hydration

A child's body is roughly 65% water and with fever, vomiting or diarrhea a child can easily become dehydrated. Staying hydrated is key. Chamomile tea is calming and is also a carminative which helps to calm the stomach. This is a great option for hydration. Pedialyte is also a readily available option to replenish electrolytes if your child has lost a lot of fluids. Bone broth is also a great way to hydrate a child and it also includes many essential nutrients including calcium, protein, magnesium, phosphorus, vitamin D, potassium, zinc, manganese, copper, boron, iron, vita-

min A, vitamin K, vitamin C, B vitamins, electrolytes and protein. This is a great option especially if your child has a decreased appetite because bone broth is nutrient dense.

Stimulate the Body's Natural Healing Power

Once you have created the conditions for health with proper nutrition and hydration, at home hydrotherapy is a great way to stimulate the body's natural healing power. If your child is not a fan of having wet socks on their feet, homeopathy is a great alternative that also stimulates the body's innate ability to heal. If you know your child's constitutional homeopathic remedy, you can start with a dose of that. Homeopathic *influenzinum* made from the most up to date flu strain is also an option but the best option is to contact a professional who specializes in homeopathic medicine.

Tonify the Respiratory System: Steam Inhalation + Oils

Steam inhalation with eucalyptus oil can be beneficial because eucalyptus oil is mucolytic, antiviral, antifungal, anti-inflammatory and antibacterial. This will help tonify the respiratory system. Massaging the child's chest with eucalyptus oil diluted with a carrier oil like coconut oil can also be helpful. A warm bath can help calm a restless child, and a neutral bath can be beneficial if the child has fever.

Taste the Antiviral Benefits: Elderberry Syrup

Elderberry syrup is a tasty option that is full of anti-viral benefits of *Sambucus nigra* and tastes great. The best treatment plan is one that the patient will actually follow so remember to keep it simple!





4 SUPPLEMENTS THAT PACK A PUNCH AND KNOCKOUT THE FLU!

Dr. Sharon Stills, NMD is a Naturopathic Medical Doctor who provides therapeutic and diagnostic services to patients in need of a different approach. She is a graduate of SCNM (The Southwest College of Naturopathic Medicine) in Tempe, Arizona. This college is one of the nation's foremost accredited medical schools. She is a leadership member of the American Association of Naturopathic Physicians, the Arizona Naturopathic Medical Association and the Oncology Association of Naturopathic Physicians. Dr. Stills is a sought-after lecturer and natural medicine consultant who authors and reviews articles for Women's Health Network where she is also a member of their Expert Panel, a certified meditation teacher of MBSR (Mindfulness Based Stress Reduction) as well as one of the few leaders in the USA of the AUM Meditation Process which she studied in Holland.

1. **VITAMIN D** – has a significant role in modulating the immune system and preventing and treating the flu. A large meta-analysis published in the British Medical Journal 2/16/17 even showed that it is more effective than flu shots in reducing the flu. Since Vitamin D deficiency is rampant, becoming aware of your levels by having a 25-OH level drawn from your blood is a must for everyone. If a current patient of mine gets the flu I will, at a minimum, triple their current dose of Vitamin D for 5 days and then reduce it back down to their normal level. This can mean they are taking anywhere from 30-100,000 iu for those 5 days. If you are not currently taking Vitamin D, and you get the flu, I would recommend taking 5,000 iu for 5 days to help fight it off. Vitamin D should be taken in emulsified liquid drops for best absorption and utilization by the body.
2. **VITAMIN C** – enhances the production and activity of white blood cells, specifically Neutrophils to attack and engulf viruses. Suggested dose is 1,000-1,5000mg every 2-3 hours until saturation occurs which will be noticeable by GI symptoms such as gas, bloating and diarrhea. Then reduce to 3 doses daily.
3. **The Other Vitamin C** – Vitamin CHILL! It is always important to recognize the wisdom of the body and when the immune system stops functioning and we find ourselves bedbound with all sorts of uncomfortable symptoms it is important to take stock

of our life and see where we are doing too much. If you won't give the body the rest and nourishment it deserves then often the body will force you to give it to yourself and alas you have the flu!

ZINC – is a critical co-factor in a multitude of reactions in the body, one of which enhances the

expression of interleukin 2 to combat viruses, is an important supplement to have on board. I recommend zinc acetate lozenges at a high dose of 75mg to shorten the duration of the flu and relieve symptoms. Be sure to let the lozenges entirely dissolve in the mouth and suck on one at least 3x daily. This high dose should be discontinued after 2 weeks.





CONGRATULATIONS! YOU HAVE A FEVER! NOW WHAT?

Dr. Jennea Wood graduated with a doctorate in naturopathic medicine from National University of Natural Medicine in Portland, Oregon. She is licensed in both Oregon and California. She lives and practices in Portland, Oregon as well as traveling periodically to the Bay Area to practice in San Rafael, California. Her greatest satisfaction is in working with people struggling with chronic illness who are motivated to discover the root causes of what is making them sick, so they can truly heal. In addition to her one-on-one patient work, Dr. Wood writes prolifically in her areas of specialty including gastrointestinal, thyroid, autoimmune and respiratory disease as well as the therapeutic use of nutrition, herbal medicine and constitutional homeopathy. Her recent blogs on these topics and more can be found at www.araliamedicine.com.

The flu has been sweeping the nation in the past weeks, and taking down people of all ages for a week or more of serious discomfort. The flu, or influenza, is a viral illness that frequently includes a fever as one of its cardinal symptoms. From the perspective of naturopathic medicine, developing a fever during the flu is actually a very good sign. Here's why:

A Sign of a Functional Immune System

When you catch an infectious illness like a flu, it's actually not the virus causing your symptoms. It's your immune system. Your body pumps out white blood cells to fight the infection, and those white blood cells make chemical messengers called cytokines.

Case of the Cytokines

Cytokines make you feel tired and grumpy, increase the activity of your immune cells, stimulate a fever, and more. Your immune system is doing this for a reason. It wants to you to lie down and conserve energy so it can do the work of fighting off the invader.

Would You Benefit from Immune Support and an Immuno-Investigation?

If you have not been sick with a cold or flu for many years, this may actually be a sign that your immune system is not functional enough to create the symptoms of a viral illness. Conversely, if you catch every illness that goes around, this displays a certain level of immune activity, but also reflects dysfunction and inefficiency in the process. In either case, you would benefit from immune support and investigation into why your immune system is not functioning optimally.

The Benefits of a Fever are Many and Varied

- Inhibiting growth of viruses - A higher body temperature actually helps your immune cells work more efficiently while inhibiting the growth of infectious organisms.
- Flushing out the infection - A fever results in increased heart rate and thinner blood, thereby helping to flush out infectious substances and other waste.
- Fevers help kill off cancerous or pre-cancerous cells - Though it may sound scary, we all constantly have cells that sustain damage and become pre-cancerous or cancerous. During a high fever, rogue cells can be selectively killed off.
- A chance for your body to “clean house” - Increased sweating during a fever represents an additional route of elimination of toxins from the body.

Dr. Wood’s Top 6 Tips During Times of Fever

You can work with your body and your immune system to help it do its job so that you recover quickly and actually emerge healthier than you were before.

1. Let Yourself Have a Fever - As long as the fever remains below 104 degrees (see age-related caveats below), allowing yourself to have a fever without taking fever-suppressing medications like Tylenol is good for you.
2. REST! - Do your best to listen to those cues of feeling tired and grouchy. Stay home and sleep. Your co-workers will thank you for not spreading the germs, and your immune system will thank you by helping you recover faster.
3. Stay Hydrated - Your body will be better equipped to maintain a productive and safe fever, and cool you down as needed if you are well hydrated. One of the greatest dangers during a fever is dehydration.
4. Fast - Most people don’t have an appetite when they have a fever. This is your body’s wisdom at work. Listen to it and don’t eat until your appetite returns. If you are hungry, stick to broths and well cooked vegetables until you feel well again. Additionally, eating during a fever can confuse your immune system and actually put you at risk of the fever getting too high.
5. Tepid Baths -If your fever gets up to 104 °F, it’s a good idea to get in a tepid bath (98-100° F water) until the fever has reduced to 101° or 102°. The risk of neurological damage from fever starts at 105° F.
6. When in Doubt, Schedule a Visit - The flu can be nasty and sometimes results in complica-

tions like pneumonia. Working with your naturopathic doctor, acupuncturist or other functional medicine minded provider can reduce risk of complications and aid in a quick recovery. When in doubt, see a doctor!

When to Seek Medical Care for a Fever

Call 911 if the Person is:

- Unresponsive
- Wheezing or having difficulty breathing
- Having convulsions or seizures
 - o A Child with a first time febrile seizure. - Although scary to witness, febrile seizures generally don't affect a child's long-term health. That said, bring your child to urgent care or the emergency room to be assessed following their first seizure.
- Appearing blue in the lips
- Speaking in a confused or altered way

Seek Emergency Medical Care if the Person Has:

- Symptoms of meningitis: Severe headache, stiff neck, sudden onset of rash and/or changes in cognition or mental functioning can point to a life-threatening infection. Go to the hospital!
- A temperature of 105° F or higher - This is the threshold above which brain damage can occur.

When to See your Doctor:

- Newborns (0-3 months) with a fever of 100.5° F or higher - Teething won't cause a fever above 100.5°.

- Infants or children with a fever of 104° F or higher that don't respond to fever reducing therapies like a tepid bath.
- Fever in kids lasting more than 3 days.
- Adults with a fever of 101.0° F or higher that lasts for longer than 3 days or is getting worse.
- Adults with fever of 100.5° F that lasts longer than 3 weeks without other symptoms.
- Elders with urinary symptoms, shortness of breath or any sign of infection, regardless of whether they have a fever. - Elderly folks are much less likely to develop a fever for any reason, even during serious illness.
- If you are unable to stay hydrated during a fever - Signs of dehydration include sunken eyes, dry mouth or lips, or skin tenting (if you pinch the skin on the back of the hand and it doesn't spring back into place instantly.) In young kids you may notice fewer wet diapers.
- Fever accompanied by any of the following:
 - o Severe pain in the lower abdomen
 - o Severe stomach pain with vomiting or severe diarrhea
 - o Pain with urination or back pain
 - o Symptoms of sinus, ear, lung or other infection.
 - o Symptoms of strep throat such as severe sore throat, high fever, swollen lymph nodes, skin rash, enlarged tonsils or drooling.
- If you're unsure or want tailored support for a speedy recovery