



In Health Naturopathic Medicine – Crystal Hannan, ND
4150 Pacific Avenue, Suite 300 - Forest Grove, OR 97116
dr.crystal@ inhealthclinic.com - www.InHealthClinic.com
Ph 503.357.3074 - Fax 503.974.2226

Colds and the Flu ***Options for optimal winter health***

Prevention

1. Good hygiene—wash hands, telephones, keyboards, etc frequently.
2. Keep the immune system strong:
 - Avoid immune suppressing foods such as sugar, simple carbohydrates and alcohol.
 - Consume immune building foods and beverages such as 3-4 lightly cooked vegetables daily, 2 fruits, green tea, water and herbal teas, bone broth, or other broths (chicken, vegetable or miso).
 - Get adequate sleep.
 - Moderate exercise 3-5 times per week.
3. Neti Pot—viruses are spread via respiratory system, using the neti pot daily helps to keep respiratory passages clean (1/4 to 1/2 tsp salt in 1/2 cup of warm distilled water). Or keep a saline nasal spray handy.
4. Consider face mask if exposure risk is high—ie airplanes, conventions, etc.
5. Consider IV Immune push if you typically get frequent colds and flus.
6. Consider Constitutional Hydrotherapy for immune support.

Antiviral vitamins and herbs:

Vitamins

Vit A 5000iu/daily
Vit C 3000mg/daily
Vit E 200iu/daily
Zinc 50mg/daily

Herbs *choose one*

Astragalus—take as prevention only (1/2 tsp)
Larch (ARA) (1 tsp)
Reishi mushrooms (2 caps/day)
Echinacea
Eupatorium
Ligustrum
Thyme
Licorice

Immune Formulas

choose one
Immune Symmetry (2 caps/day)
ViraCon (2 caps/day)
Sambucus (1-2tsp/day)

Homeopathy:

Oscillocochinum—1 vial once a week.

Flu Tone - 1 dropperful 2x/day for 3 weeks.

Influenzinum - 3 pellets sublingually daily for 3 weeks.

Treatment

At the first signs of flu symptoms take

ViraCon or Immune Symmetry

2 caps every 2 hours for 2 days then 2 caps 3x/day until symptoms resolve.

Oscillocochinum

1 vial every 6 hours at onset (total use of 3 vials in 18 hours).

Consider an IV Immune Push

If you get full blown symptoms (fever, aches, chills, sore throat, cough, etc):

1. Rest (stay home).
2. maintain hydration—increase water and herbal tea intake.
3. limit simple sugar consumption, avoid bread and dairy products and alcohol.
4. Continue using the Neti pot.
5. Continue immune formula as recommended above.
6. Increase Vitamin C to 1000mg every 3-5 hours (based on bowel tolerance).
7. Consider IV Immune push.
8. Consider acupuncture.
9. Consider Hydrotherapy for immune stimulation including steam or humidifier.

Emergency Signs *These require immediate medical attention*

*****always see a doctor if needed!*****

IN CHILDREN	IN ADULTS
<ul style="list-style-type: none">• fast breathing or trouble breathing• bluish skin color• not drinking enough fluids• not waking up or not interacting• being so irritable that the child doesn't want to be held• symptoms improve, then return with fever and worse cough• Fever with rash	<ul style="list-style-type: none">• difficulty breathing or SOB• pain or pressure in the chest or abdomen• sudden dizziness• confusion• severe and persistent vomiting

HOW TO AVOID A RELAPSE:

1. Rest until 1 full day after you feel completely better.
2. Pay attention to stress levels.
3. Take care of yourself---nutrition, exercise, sleep.
4. Increase circulation: massage, exercise, hydrotherapy.