

Flu Support

Your own strong immune system is your best ally and defense in the face of a flu epidemic. The following are our recommendations for maintaining a strong defense.

Sleep

Get plenty of sleep and get to bed early. Bedtime by 9 PM is ideal. If you have trouble falling asleep, you may have an overactive nervous system or poor sleep hygiene. Those with an overactive nervous system are over thinkers and can't quiet their minds or "shut down" at night. In this situation, the best solutions are to manage stress during the day, support the adrenals and introduce calming herbs and minerals before bed. Read more on our website blog post about sleep.

Avoid sugar and processed foods.

This includes sodas, fruit juices, pasta, bagels and pastries. Sugar decreases the function of your immune system almost immediately after ingestion. So if you want to keep your immune function strong, avoid high sugar foods and all processed, refined foods. Focus on real food. You know, what your great grandparents would have eaten.

Exercise

Daily exercise relieves stress and increases the circulation of the lymphatic system, assisting the body in rapid elimination of toxins, including viruses and bacteria. So move daily. Many ask "what kind of exercise is best?" The one you will do! And as much as possible, do it outdoors where you can enjoy sunshine and fresh air.

Manage Stress

Overwhelming stress weakens the body's ability to fight off the flu and other illness. Don't let stress and unresolved conflicts become your normal. Eliminate unnecessary stressors. Learn to say "no." And give yourself margin in each day.

Water

Drink at least half your body weight converted to ounces daily. This amount includes bone broth, kombucha, beet kvass and herbal teas. Proper hydration is vital to detoxification, health and strong immunity.

Homemade Bone Broth

Enjoy homemade bone broths daily to support overall health (gut, immunity and skeletal wellness). We highly recommend Sally Fallon Morrell's bone broth recipes found in *Nourishing Traditions* or check out our recipe on our website under Client Resources. If you want to pick up high quality bone broth sure to rival the best homemade broth, stop by our office for The Flavor Chef chicken or beef bone broth.

Muco Coccinum

Muco coccinum is an exceptional homeopathic preparation containing various strains of the worst flu epidemics of the 20th century. It is specifically formulated to help boost immune function and stimulate the body's own defenses to combat and prevent flu and potent viruses. Take one tablet under tongue every two weeks. Available through our office.

Gammadyn CuAuAg

This oligo-element helps activate the mechanisms of cellular and humoral immunity. Gammadyn CuAuAg is also indicated in conditions such as hypoadrenia, arthritis, chronic rheumatism, skin and collagen disorders such as psoriasis and acne, immune depletion and infectious diseases. Take one tablet under tongue once weekly. Available through our office.

Pure Radiance C or Cataplex C

Vitamin C affects several parts of the immune system and plays a role in neutrophil action required for efficient immune system function. Vitamin C is highly concentrated in leukocytes and is consumed rapidly during infection. Reduced levels of vitamin C in leukocytes are associated with



reduced immune function. T cell maturation is promoted by Vitamin C. Both Cataplex C and Pure Radiance C are derived from real food and provide the whole C complex, not just ascorbic acid. Available in powder or capsules through our office.

Congaplex

A nutritional formula that has been around since 1959, Congaplex is our single most recommended supplement for flu and cold support. Congaplex contains nutrients that contribute to the healthy response of the immune and respiratory systems. Take three capsules twice daily to boost immunity, and up to two capsules every waking hour when acute flu or cold is present. Congaplex is available in a children's chewable form. Children can take one every waking hour. Available through our office.

Vitamin D & Company

A nutritional formula that has been around since 1959, Congaplex is our single most recommended supplement for flu and cold support. Congaplex contains nutrients that contribute to the healthy response of the immune and respiratory systems. Take three capsules twice daily to boost immunity. And up to two capsules every waking hour when acute flu or cold is present. Congaplex is available in a children's chewable form. Children can take one every waking hour.

Vitamin D is best taken with vitamin K2 rich foods or supplement to assist in calcium transport. Blue Ice Royal and D-Synergy Max contain all the vitamin D synergists. Available through our office.

Immuplex

Immuplex combines vitamins A, B12, C and E, folic acid and minerals, such as zinc, copper, chromium, iron and selenium along with other nutrients key in creating strong immunity in the body. Take one to three tablets twice daily. Available through our office.

Lacto-fermented foods or probiotics

This should be a daily part of one's diet. We suggest homemade yogurt, kefir, sauerkraut and other lacto-fermented foods and beverages. These foods encourage the growth of protective bacteria, safeguarding your body from pathogenic viruses and bacteria. The addition of a high quality probiotic, like HMF, CHAMP ProPlus, Ther-biotics and JustThrive, can be very helpful in boosting one's levels of beneficial flora. Infant formulas are also available. Just ask us to recommend one for your needs.

Support for Onset of Flu

Unda #s 2 & 15: Adults take 5 drops each 4-5 times daily; children take 3 drops each 4-5 times daily

Muco Coccinum 200K: 1 tablet dissolved under tongue once a day. No food or drink for 10 minutes. Avoid mint and coffee.

Gelsenium 30K (use for aches): 3 pellets under tongue twice daily. No food or drink for 10 minutes. Avoid mint and coffee.

Congaplex or Immuplex: 3 capsules three times daily Epsom salt bath: 1 cup

Epsom salt baths: Add 1 cup Epsom salts to warm bath daily. Dry thoroughly. Wear cotton sweats and rest in bed.

Bone broth: Sip broth throughout the day. Use recipe from *Nourishing Traditions* or on our website under Clients Resources.

Warm sock treatment (instructions on our website under Client Resources)

Avoid grains, sugar and dairy. No fruit juices, other than lemon or lime juice.



Ear Infection Protocol

Avoid grains, sugar and dairy. No fruit juices, other than lemon or lime juice.

Unda #s 2, 15, 37 & 710: Adults: 5 drops each 4-5 times daily; children: 3 drops each 4-5 times daily

Alternating hot & cold compress over ears (instructions on our website)

Epsom salt bath (one cup in warm bath)

Bone broth (chicken or beef; homemade): Sip broth throughout the day. Use recipe from *Nourishing Traditions* or on our website under Client Resources.

Congaplex: Children: 6 tablets three times daily; Adults: 4 capsules three times daily

Echinacea Premium: Children: 1 1/2 tablets or 3 ml; Adults: 3 tablets or 8 ml

Fever Protocol

*A fever is the body's way of activating the immune system
when viruses or bacterial infections are present.*

Calcium Lactate or **Congaplex:** Children: 2 every hour, up to 12 per day. Double dosage for adults.

Unda #s 2 & 15: Adults: 5 drops each 4-5 times daily; children: 3 drops each 4-5 times daily

Belladonna 30K (to break a high temperature): 3 pellets dissolved under tongue every 15 minutes. No food or drink for 10 minutes before or after.

Epsom salt bath (one cup in warm bath)

Castor oil pack (instructions on our website under Client Resources)

Warm sock treatment (instructions on our website under Client Resources)

Avoid grains, sugar and dairy. No fruit juices, other than lemon or lime juice.

Headache Protocol

Avoid grains and sugar. No fruit juices, other than lemon or lime juice.

Castor oil pack (instructions on our website under Client Resources)

Coffee enema (instructions on our website under Client Resources)

Feverfew: 2 tablets as needed

Antronex: 2 tablets three times daily

Phosfood Liquid: 20 drops in water three times daily

Sore Throat Protocol

Unda #s 2, 15, 37 & 312: Adults: 5 drops each 4-5 times daily; children: 3 drops each 4-5 times daily

Salt water gargle

Sip warm lemon juice with 1 teaspoon raw honey

Congaplex: 2 capsules three to four times daily

Thymex: 2 tablets three times daily

INF Fighter: Adults: 30 drops in water 3 times daily; Children: 10-15 drops 3 times daily

Alternating hot/cold compress over neck (instructions on our website under Client Resources)

Avoid grains, sugar and dairy. No fruit juices, other than lemon or lime juice.

