

# The Scoop on Influenza

**The following information is for educational purposes only.** The information is gleaned from many sources, including clinical experience, university education in food science and references cited below. No claim is made that this or other protocol may prevent, treat, or cure any influenza or severe upper respiratory disease.

Please see the website (LifeRx.ca) for references, articles and videos on H1N1. Refer to the **Swine Flu Update**.

This document covers preventative measure, getting through infections, and applying homo-prophylactic protocols (the 'Flu Powders').

## Preventative measures

Most of the measure described below are commonsense and should be normal practice. Your first line of defense is the natural barriers your body provides against invasion from the outside.

The skin, digestive system, nasal passages and respiratory system are all designed to keep pathogens away from your interior.

If they get directly into the body through a cut (or needle), a leaky gut, or compromised respiratory tract, foreign substances are a much greater risk to the body's balance and health. So shore up the defenses and keep the little blighters out!

## **What about Hygiene?**

### Hand washing

Wash your hands gently and as frequently as needed, using warm water and pure soap.

Do not wash too frequently. Do not use abrasives or scrub - this will cause tiny cuts and allow viruses to penetrate the skin.

### Avoid alcohol or other waterless cleansers

Use only when there is no running water.

These dry the skin, creating tiny cuts and chapping.

They can lead to bacterial resistance.

### Nasal lavage

See the box to learn about this wonderful technique

### Sneezing and coughing

Do not try to hold back a cough or a sneeze.

Cover your mouth with a tissue if possible and throw it out after use.

Cough into your elbow or sleeve - and wash your clothes frequently!

### Toothbrushes

Toothbrushes should be discarded after you have been ill.

They have been proven to favour viral mutation and can re-infect you.

### Stay warm (not hot) and dry

Decrease stress and favour health by towel drying after a wet or snowy day.

Keep your living quarters between 19 and 21 degrees.

## **You, your nose, and a virus!**

Rinsing the inside of your nose washes out the virus and allergens.

Warm salt water comfortably rinses the nasal passages and frontal sinuses.

This will minimise post-nasal drip, so you don't cough as much!

You are more comfortable and your friends will thank you.

Use the **NeilMed** system (available in all pharmacies), the **neti pot**, or other **nasal lavage** system.

Once a day, more frequently if you are congested.



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## Will food and supplements help me? (see the easy chart below)

### Water

Get good fluids in the form of water, herbal teas, hot soups, diluted fruit juice, etc.

They hydrate, nourish, support immune function, and bathe the mouth and throat, washing away viruses and bacteria.

### Vitamin D3

A lack of D3 means a greater chance of getting the flu and having it more severely. If it is long sleeve season, you need Vitamin D3 to replace the sunlight.

The liquid is more bioavailable and more useful than the dry tablet form.

D3 should be taken with food for best absorption. The higher dose is for larger people. D-drops are a great brand for kids.

### Vitamin C \*

Vitamin C should contain bioflavonoid cofactors from fruit (rutin, hesperidin, etc.)

### Zinc

Preferably in lozenges or vegetable form, as it is hard to digest.

### lonix \*

A daily tonic containing adaptogens, bioavailable minerals, B vitamins for stress.

### Isamune \*

A pure source of New Zealand collagen that optimises immune response.

### Antioxidants \*

These include Vitamins A, C, and E, Selenium, grape seed extract, acai berries, and many others. See packages for suggested daily intake.

Brightly coloured fruits are some of the best sources. From Quebec, **BB3** is a wonderful combination of blueberries, rock cranberries (lingonberries) and cloudberries. An ounce a day is a taste of summer!

### Balanced EFAs \*

Omega 3-6-9, see dosage on package. Omega 3s support immune response.

### Silver

Either Oligo Cu/Au/Arg or colloidal silver, according to package labels.

### Herbs

Some herbs that may support immune strength are Echinacea and Hydrastis.

\* - available through Life-Rx

Other items available at Ki Nature & Santé and at Healthtree

## Foods

Emphasise vegetables and good proteins as your food staples. Include fruits and high quality fats (like olive oil).

Eat starches sparingly and avoid processed foods where possible.

Avoid sugars completely - they reduce immune response dramatically.

Eliminate foods that contain MSG.

Include onions and garlic in your meals every day. The sulphur compounds support immune response.

Fermented foods sustain protective gut flora. Include sauerkraut, live yogurt, kefir and tempeh several times a week.



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The values below are broad, conservative ranges for the amounts to take. They depend on your age, size and personal situation. By age 12, most children will be taking the adult range.

Supplements	Adults		Children	
	To stay well	If you are ill	To stay well	If you are ill
Vitamin D3	2,000 - 4,000 IU	4,000 - 6,000 IU (divided doses)	500 - 1,000 IU	1,000 - 2,000 IU
Vitamin C	500 - 1,000 mg / day	500 mg each hour	200 - 500 mg	500 mg, 3 times / day
Zinc	15 mg	Up to 45 mg	5 mg daily	Up to 15 mg daily
Ionix	1 oz. or 2 scoops	1-4 oz or 2-8 scoops	1 Tbsp or 1 scoop	1 oz. or 2 scoops
Isamune	2 spritz, 3X daily	2 spritz, 6x daily	1 spritz	1 spritz, 3x daily
BB3	1 ounce	1-3 ounces	1 Tbsp	1 ounce
Silver (oligo- or Colloidal)	As per packet directions			
Herbs	Ask your practitioner			

### Sleep, exercise and smoking

Adequate sleep and moderate activity are both predictors of strong immune resistance. Aim for 7½ - 8 hours of sleep each night. Make sure the room is dark and the room cool enough to ensure sound sleep.

Remember to be active - but do not exhaust yourself! A half hour walk every day or two will put a spring in your step and apples in your cheeks!

Smoking (by you or another in the family) greatly increases ones risk of severe complications from any flu virus. This is a great opportunity to quit.

### Do stress and fear affect immunity?

Stress can interfere with normal immune response by constantly keeping it on alert - rather like flooding the engine of a car by constantly priming it. Control the stressful factors that you can, and let go of those you can't.

Practice meditation, yoga or relaxation exercises to release the stress form your body. You will be healthier and better able to respond to events as they occur.

Fear is a devastating factor in immune response. Doctors are referring to 'flu-phobia', an unreasoning fear of the mild flu we are experiencing. Inform yourself about the true degree of risk, by reading the articles cited below.

Practice good hygiene to optimise your immune response.

Connect with your spiritual practice strengthen the loving center within you.

Contact your homeopathic practitioner for remedies that can support you through the fear.



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## Social interaction

Remember that strengthening your immune system and your attitude are your best defenses against the flu. And most respiratory infections are not flu - between 80 and 95% of suspected cases are from other causes. So, take your D3, drink lots of water, exercise, and visit with your friends.

Avoid getting too close to people who are clearly ill, and practice good hygiene.

## Can remedies help?

Influenzinum has been used for many years to prevent flu epidemics. It is included in the 'Flu Powders' available from Life-Rx.

R87, R88, R93 are compound remedies available through BioLonreco, than generally support resistance to viruses and bacteria.

Aconite 15C or 30C is a remedy that is very useful for fear of the flu - 'flu-phobia'.

## Tissue salts

The combined twelve tissue salts (cell salts) may be useful in replenishing the mineral forms needed by the body to create immune factors. Further, your practitioner may suggest specific tissue salts for your situation.

## When you feel miserable

If you are ill with any upper respiratory infection - be it cold or flu, stay home!

If you must go out, wear a mask if you are in close proximity with other people especially if they may be immune compromised. Sneeze into sleeve

Gargle frequently with warm salt water.

Nasal lavage, especially to address coughing

If you feel uncomfortable with the nasal rinse, give yourself a steam bath to clear your sinuses.

Some products that may provide relief:

Vitamin D3: 4-6,000 IU daily; 1-2,000 IU for young children

Vitamin C: 500 mg every hour, unless diarrhea results, in which case cut back to 500 mg every two hours. For children, 500 mg three times a day.

Any brand of the homeopathic remedy Anas-b will speed healing if you are suffering from any influenza. It is usually marketed as a version of '-Coccinum' (Muco-coccinum, Oscillo-coccinum, Homeopathy-coksinum, Complete Flu care etc.) If there is a flu epidemic, there will also be a *genus epidemicus* determined by the homeopathic community.

Other remedies will help, even if it is not the flu - Aconite, Allium, Gelsemium, Merc, Eupatorium, Kali-bic. Check with homeopathic references or your practitioner to know which is the right remedy for your symptoms.

Drink as much as you can 6 - 10 cups of fluid

- soup
- herbal teas (chamomile, lemon, ginger ...)
- lemon, maple syrup and cayenne



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**How to Care for a Cough** from <http://www.homeopathy.com/clinic/cough.pdf>

It is important to realize that a cough is the way to body expels unwanted material and viruses. While it can be annoying, even painful, it should not be suppressed. If a virus or bacteria enters your system through the mucous membranes, your body will work hard to expel it via the exact same route(s). If the cough is wet, then you've pretty much won the battle and are well on the road to recovery. For wet coughs you should only take measures to encourage them to keep moving things forward, such as steam, extra nutrition (extra rest, lots of good water, green powdered drinks or capsules, powdered Vitamin C - best with calcium, magnesium and potassium included, so that it fizzes up in water and is more absorbable).

It is also important to understand that a cough is very common when the weather shifts, since we are programmed to respond to such shifts by initiating a cleansing, such as when we go from summer to fall, and from winter to spring. These cleansings are usually not a "cold," but the body's attempts to clear the system of toxins for the new season, almost like a Fall tune-up.

When we come into the house in the Fall, close the windows and start using the heating system or wood stove, the dryness can promote very fine breaks in the mucous membranes through which the tiny viruses or bacteria can enter the system. If you don't have enough sustentive energy to fight them, there is a chance you will find your mucous membranes working overtime and your symptoms will be harder to move forward.

We recommend:

1. **Humidity** – The old-fashioned warm steamy vaporizers (available in most pharmacies, or easily ordered from them) work much better than the newer cool mist vaporizers. They ought to run all night, the vapour ought to drip down the windows when you are fighting to make a cough wet.

Breath steam in any form – in a steam room, in the hot showers, over a pot of water that has been boiled with a towel over your head, even sitting with the vaporizer with a blanket tenting you (and/or your child) can be an excellent way to moisten the mucous membranes. (Logically, be careful with hot steam since it can burn you if you get too close or if the hot water spills.)

2. **Fluids** – Making sure your system has the moisture internally is invaluable. The most useful are warm drinks, like herbal teas, or hot water with honey and fresh, organic lemon (hot lemonade). Water is important too, and your hydration levels ought to be kept high.

3. **Vitamin C** – Our particular favourite is Sisu's buffered Vitamin C powder, which is excellent and fizzes when it is added to water or juice (making juice taste more like soda pop!). It gets into the system quickly and you can adjust the dose for your own needs. In an acute situation you will use up more Vitamin C than in times of relative calm. The powdered C ought to be used about 3-4 times a day, in doses that you fine tune to suit your needs. When you have too much Vitamin C your stools will be a bit softer or looser – so if you find that happening adjust the dose accordingly.

4. **Vitamin D** – Cod Liver Oil is equivalent to liquid sunshine, and the body is extremely happy to see it, especially once summer comes to a close.

5. **Nin Jiom** – The only herbal cough syrup we use, and recommend. Nin Jiom is available at most pharmacies, although you may have to ask them to order it. [www.ninjiom.com](http://www.ninjiom.com) and click on Pei Pa Koa for details. This syrup exceptionally works to calm and soothe a cough when taken straight or when made with hot water and sipped as a tea.

6. **R&R** – The one thing we often neglect to allow ourselves is some gentleness in times of challenge. You will need more rest and more quiet time to allow your system to come back uphill from this challenge. *Do* take care of yourself.

7. **Remedies** – These actually come *last*, not first. Once you have taken care of all of the above, call your practitioner to find a remedy that can help with your cough. If it is a dry cough, the resources above should already in place. If it is a wet cough, you are halfway healed! Then a remedy will serve to remove the actual disease state and finalize the healing process.

