

The Flu, What to Do?

Do your homework on the flu vaccines. Before you run out and get a flu shot ...do your homework. This involves doing thorough research on the safety surrounding the flu vaccines and learning the preventive measures against getting the flu. Consider how injecting mercury and/or aluminum and virus strains grown on living non-human tissue can impact the immune system. Question how the IgG antibodies produced by the body after vaccine injection affects immunity. Identify the correlation between the number of flu shots and the incidence of Alzheimer's disease. Familiarize yourself with the potential side effects of both vaccines and nasal mist.

Support your Immune System-- Prevention is the Best Medicine

Avoid sugar. Sugar breaks down the functions of the immune system

Get enough sleep. Your body heals most while you are asleep. When your body becomes fatigued it is difficult to fight disease.

Manage your stress. Find techniques that will help you to manage the stressors in your life in more productive ways. Emotional freedom technique (EFT) is one of the therapies offered in our Clinic to help manage the stressors in your life.

Movement. Movement helps your immune system by improving circulation to your internal organs. Aim for at least 30 minutes of aerobic activity daily 4-5 times weekly.

Foods and Supplements. Garlic is a potent antibacterial, antiviral and anti-fungal food. Black elderberry has also been shown to be immune supportive against viral diseases. Echinacea and foods containing high amounts of beta-carotenes and anti-oxidants are immune boosters during flu season. Vitamin C and zinc may also be helpful for immune support.

Hand washing. Good hand washing for at least 15 seconds will decrease the likelihood of spreading viruses to your nose, mouth or other people. Try not to use "anti-bacterial" soaps. These soaps may contribute to the spread of antibiotic resistant bacteria.

Drink water. Drink at least ½ your body weight in ounces of water each day. This will help your body eliminate unwanted toxins and improve circulation.

The Role of Homeopathy in Prevention. Homeopathic medicines have been used for several hundred years to fight epidemic and pandemic disease. The mixed remedy, Oscilloccinum can be taken as a preventative as well as the first remedy if coming down with the flu. The remedy, Muccococcinum has a similar formula with the addition of pneumonia strains. The formulations of these remedies may change slightly each year as the viral strains vary.

Homeopathic medicines are simple, effective and natural ways to stimulate an immune response. However, a practitioner trained in homeopathy can prescribe the right individualized remedy to match your particular symptoms and follow your progress.