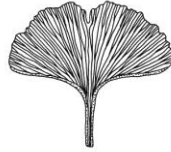


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COLD AND FLU PROTOCOL

We review the latest research and apply it to your life. We include only those items that have been proven or shown to be both effective and safe.

First things first... Classic colds or “rhinoviruses” predominately occur at the beginning and the ends of flu season. For those of us in the northern climates that means fall and spring. Rhinoviruses are passed from nose to nose. Studies have shown that sharing a glass or even kissing are not “highly contagious” activities. Watch for very goopy noses and sloppy sneezes and coughs. Try to minimize exposure, although instant hand sanitizers are popular, it is proven they do not effectively replace hand-washing. This said, some exposures are not preventable (as a parent of three young children I am aware of this), so the susceptibility of the host (you and your immune system) is the most important factor. Below are ways of keeping your immune system strong throughout cold and flu season.

Basic Preventive Protocol for Cold Flu Season

Multiple vitamin and mineral without iron: Taking a good broad spectrum multiple vitamin mineral can help supply the necessary nutrients which helps your body to stay healthy throughout the cold and flu season. It should contain a balance of all minerals without iron, which for many can contribute to less susceptibility to infection.

A well balanced absorbable multiple vitamin/mineral will require 3-6capsules per day: eg. 2 capsules 2x/day.

Maxxum by Karuna: One of the best researched formulations available. [code MAXX3 is a capsule with 1:1 calcium magnesium ratio; code MAXX1 is a tablet with a 2:1 ratio; code MAXX4 is a formula for men]

Multinutrients by Vital Nutrients: The most hypoallergenic supplement – [Codes: MUL47 is without iron or iodine. MUL28 is with iron and iodine]

Pioneer Chewable Multiple Vitamin Mineral [for Children]: [code CHEW4] This is by far the best tasting and superior quality chewable multiple vitamin and mineral anywhere. *With a range of 1-4 tablets/day.*

Cod Liver Oil: [Nordic Natural or Carlson] In our northern climate, the addition of W-3 fatty acids with Vitamin A and D is an important component of our daily diet throughout the winter. *Take 1 TBS per day minimum*

Take these at the first sign of symptoms or exposure

Echinacea Liquid: Protocol for Life [code P4841] This juiced Echinacea has been the exact subject of the most effective studies for preventing colds and flu. "Every home should have this on hand as early treatment is always more effective. - *Take 2.5 ml. Every 2 hours for the first 24-48 hours, then 2.5 ml. 3 times daily for the next 8-9 days, or as needed. Best if added in water or juice. Shake well before use.*

Sambucol: Nature's Way [code SAM21] - This thick great-tasting elderberry extract is indicated when a virus is active. It appears to affect the virus by inhibiting the viral activity. The great taste allows for great compliance with kids. - *Take 1-2 TBS, 3 times per day for up to 7 days.*

Zinc Lozenges: [code ZNL] use only if a sore throat is present - Lozenges need to contain a certain form of zinc to be effective for sore throat and colds. *Use every 2 hours at the 1st sign of cold/sore throa*

EHB: IT, Inc. (code EHB). This is a go-to combination of nutrients and herbs for some immune support and antimicrobial effect. *Take 2, 3x/day, when needed.*

Recommended Changes in Diet

- Limit dairy if there is any mucous production with the illness. Milk, frozen milk products and excess cheese are known to be mucous producing for many people.
- No refined sugars due to the drop in immune system activity. Our immune system is impaired by excess refined sugars, especially on an empty stomach. Avoid sweetened snacks as much as possible.
- Limit/Avoid all stimulants during an illness– coffee, alcohol, and tobacco.

Hydrotherapy

Our favorite treatment for the first sign of a cold or flu is the “Wet Sock Treatment”. This is one of the traditional naturopathic hydrotherapy treatments, used for centuries and still finds its way into virtually every naturopathic physician’s practice. I have recommended this to patients hundreds of times, and for both children and adults the results continue to be terrific. The instructions below are the same for children as they are for adults. My recommendation is if you use this therapy for your child, you should use the treatment on the same night to better understand the effects and benefits.

Wet sock treatment

When to use this treatment: Whenever there is any congestion in the ears, nose, throat, or chest, especially if sleep is interrupted or disturbed. This treatment draws the congestion and pressure away from your ears nose throat and lungs. It has also been shown to stimulate WBC activity, thereby providing a better night sleep and a faster recovery. Children generally sleep exceptionally well on nights the “set socks” are used.

What you need: Some hot water (to initially soak your feet), Cold water (to soak the cotton socks), Cotton socks, wool socks, a comfortable bed to fall asleep.

Instructions:

First: *Warm feet in warm water while soaking summer-weight cotton socks in ice water.* 1st rule of hydrotherapy is to always apply the cold part of a treatment on a warmed part of the body. Sometimes with very young children their feet are so warm to begin with this step can be skipped. Soak for about 5 minutes or more until feet are obviously warm to the touch

Second: *Wring out cotton socks so they are just damp to the touch and put them on.*

Third: *Cover wet sock completely with dry wool socks and immediately go to bed for the night.* Wool is very important here and should cover the cotton entirely. Do not continue with any activity once socks are on, add extra blankets to the bed for warm sleeping.

In the morning all socks should be dry and warm. If cotton socks are still wet, wring them out more and/or warm your feet more the following night.

THIS TREATMENT IS BEST DONE 3 NIGHTS IN A ROW