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Your Best Defense Against Cold and Flu Season

“An ounce of prevention is worth a pound of cure!” How strong your immune system is will determine how easily and quickly you will recover from a cold or flu, or better yet avoid getting symptoms in the first place! Let us start with a list of factors/nutrients that contribute and/or are necessary for optimal immune function:

- Vitamins A, B3, B6, B12, folic acid, and C
- Minerals magnesium and zinc (a high quality multivitamin such as **Opti ii, iv, vi, Trophic Complete Multi** or **Greens+Multi** cover all vitamin/mineral needs)
- Protein (1gram per kilogram of body weight)
- Omega 3 & 6 fatty acids (**Trophic’s Omega 3,6,9, Trophic Super Concentrated Omega 3** or **Nutra Sea**)
- 1 L of water per 100 lbs of body weight (Reverse Osmosis is best)
- Avoiding common food allergens such as cow dairy, wheat, corn, peanuts
- Avoid sugar and stress as they suppress immune function
- Minimize exposure to molds, chemicals, and dust which can overwhelm the immune system making it more susceptible to invading organisms
- Wash your hands regularly
- Take ‘good bacteria’ such as **Ultimate Multi Probiotic** after being on antibiotics
- Exercise regularly
- Get at least 7 hrs of quality sleep per night
- Check your thyroid every year through blood tests

If you think you are getting sick or you are already totally miserable (and you are doing all of the above) here are some of our top picks:

For congestion, runny nose, sore throat &/or flu:

- **Ferr phos** tissue salts 4 salts under the tongue every 2 hours *
- **Kali mur** tissue salts as above for inflamed tissue/mucous *
- **Sambuguard** 1 tbsp.4x/day between meals *
- **Vitamin C** to bowel tolerance (usually around 6000-8000 mg /day) *
- **Zinc lozenges** max 60 mg of zinc per day with food (proven to kill strep)*
- **Eclectic Echinacea** 2 caps 3x/day btwn meals (boosts immune system)*
- **Garlic** 2 caps 3x/day btwn meals (anti-viral, bacterial and fungal)*
- **Oil of oregano** 5 drops in water 3x/day btwn meals (same as garlic)
- **Eclectic Goldenseal** tincture 30 drops 3x/day or 1 cap 3x/day btwn meals (sore throat & sinus infection)
- **Sublingual copper** spray 1 dose 3x/day for max of 7 days

Note only * items are safe in pregnancy &/or nursing

All items are safe in children in the APPROPRIATE dosages