



# Cold & Flu Prevention and Treatment

## Dynamic Health

**Homeoprophylaxis is:**

- Flu Milieu homeopathic
- Drainage milieu homeopathic
- Vaccin- tox homeopathic

**Foundational nutrition:**

- Flora Syntropy (Lactobacillus Probiotics)
- Solray D- D3 and K2

**Emergency Remedies:**

- Olive Leaf intrinsic
- Sambucus Intrinsic
- Myrrh Intrinsic
- Nac Forte Acetyl L-Carnitine
- Wild Oregano
- Vitamin C : Alkalize C or Camu Camu
- Nucleotides

With all of the joys this time of year brings, comes dreaded cold and flu season. Most of us are all too familiar with these symptoms— low energy, sore throat, coughing, runny nose, or if you are unfortunate enough— nausea and vomiting. These types of acute illnesses can be caused by more than 200 different kinds of viruses. Flu seasons are unpredictable and can be severe. **Some of the population, such as the elderly, young children, pregnant women, and people with chronic health conditions, are at high risk for serious flu complications,** especially when dealing with newly mutated strains in which vaccinations do not protect against. **The CDC has announced that the current flu shot is only 23% effective at flu viruses.** And in addition to flu viruses, several other respiratory viruses also can circulate during flu season and can cause symptoms and illness similar to those seen with flu infection. These non-flu viruses include rhinovirus (one cause of the “common cold”) and respiratory syncytial virus (RSV). Not crazy about getting a flu shot? Wanting a safer, more effective way of supporting your natural immunity?



Simply said, your best strategy for protection and prevention is to educate and balance your immune system, as opposed to “boosting” it. It’s important to remember that **our health actually depends on our relationship with viruses and bacteria,** and it should be remembered that coming into contact with natural disease or pathogens is beneficial to exercise and educate the immune system!

## Homeoprophylaxis: A Homeopathic Approach

**“The most important thing you can do for your immune system is to achieve lifestyle balance and adopt the fundamentals of healthy living. This will give your immune system what it needs to function at optimal capacity.” -Woodson Merrell, MD**

Homeoprophylaxis consists of a few homeopathic remedies taken in minute doses for 15 days out of the month. This prevention protocol can be taken through cold and flu season. These remedies support drainage and tonification, providing metabolic leverage and supporting the immune system energetically. **Homeoprophylaxis is especially helpful for children, as it helps to educate the immune system by exposing them to the vibrational pattern of pathogens (not the actual pathogen) and without all the toxic ingredients found in vaccinations.**

In the event of onset of symptoms, these remedy dosages are increased and additional “emergency remedies” can be added to stop cold or flu in its tracks, or at the very least drastically shorten the duration and decrease the intensity of the illness. Emergency remedies can be found in the left margin.

# A Nutritional Foundation

Dietary changes can play an important role in your body's immune abilities. It's important to note that **sugar not only kills beneficial gut flora** (which contributes greatly to overall immunity), **but it also interferes with absorption of vitamin C, and reduces neutrophil white blood cell counts**— A couple more reasons to steer clear of refined sugar and excessive sugar intake in general, even if it is natural sugar!

**Bone broths** and **raw juices** are great ways to supplement your diet through out the winter. Raw honey and bee pollen are great additions to smoothies/shakes, for added b vitamins and free form amino acids. Be sure to incorporate generous amounts of **garlic** into your diet. Numerous studies on the therapeutic benefits of garlic can be found on Pub Med. While most research on garlic has been focused on its effect on cancer and cardiovascular health, *Allicin*, its active compound, has been found in laboratory tests to be effective against a wide range of gram negative and gram positive bacteria, including *multi-drug resistant strains*. Impressive anti viral, anti fungal and anti parasitic activity was also exhibited.

## Vitamin D3

According to a demographic taken by the Archives of Internal Medicine in 2009, **a whopping 75% of American teens and adults are deficient in Vitamin D**. Scientists at the University of Copenhagen have discovered that Vitamin D is crucial to activating our immune defenses and that without sufficient intake of the vitamin, the killer cells of the immune system -- T cells -- will not be able to react to and fight off serious infections in the body.

In order for T cells to detect and kill foreign pathogens such as clumps of bacteria or viruses, the cells must first be 'triggered' into action by the vitamin and 'transform' from inactive and harmless immune cells into killer cells that are primed to seek out and destroy all traces of a foreign pathogen. The researchers found that **if Vitamin D is lacking in the blood, the T cells would remain dormant**, 'naïve' to the possibility of threat .

Vitamin D3 is the superior source of Vitamin D, and the type you should be supplementing with, as it is the type humans synthesize from sunlight (Wolpowitz & Gilchrest, 2006).

## Probiotics

Probiotics, meaning "pro life" (opposed to antibiotic—or "against life") introduce beneficial bacteria to proliferate in the gut, leading to increased immunity and less risk of illness.

According to the *Journal of Food Science and Nutrition*, probiotics work by activating cellular immunity via "activation of macrophages, natural killer cells, antigen-specific cytotoxic T-lymphocytes ,and the release of various cytokines."

Research published in the *Journal of Science and Medicine in Sport* found that New Zealand athletes had about **40% fewer colds and gastrointestinal infections when they took a probiotic** compared to when they took a placebo.

In another study, published in 2010 by the European Journal of Clinical Nutrition, use of probiotics was associated with a significant decrease in risk of common infectious diseases in children, such as ear infections, strep throat, and the common cold.



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