

Helpful Tips for Prevention and Treatment of the Flu

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Influenza virus is spread by inhaling air contaminated by coughing and sneezing, or hand contact with contaminated surfaces.

The virus can survive for 48 hours or longer on an exposed surface.

Prevention

1. Avoid exposure:

- Frequent hand washing with regular soap (doesn't kill virus but removes dirt that viruses can cling to), waterless hand sanitizing solution or hand wipes.
- Avoid touching your nose, mouth or eyes
- Cover your nose and mouth when sneezing and coughing – preferably using a tissue
- Dispose of tissues promptly, placing them in a separate plastic bag.
(Do not burn them)
- Wipe surfaces down with disinfectant, diluted borax solution or hydrogen peroxide and sanitize your cloths and sponges in borax solution or hydrogen peroxide for at least 10 minutes
Top germ hangouts include phone receiver, desktop, keyboard, photocopier and fax.
- Limit or avoid shaking hands
- Avoid flu hot spots -crowded, enclosed spaces e.g. malls during peak hours, schools, public transportation, and airplanes.
- Don't be a germ spreader – **STAY HOME WHEN YOU ARE COUGHING AND SNEEZING!**
- Wear a mask if you're coughing
- Wear gloves when handling objects touched by sick persons
- Maintain good indoor ventilation
- Use a humidifier if you live in a dry climate or have central heating.

2. General good health measures like getting plenty of sleep, exercising regularly, decreasing stress, staying warm and avoiding getting chilled.

3. Diet

- Eat plenty of fruits and vegetables (preferably organic to avoid pesticide toxicity)
- Consume omega 3 fatty acid foods, like cold water fatty fish, flax seeds, walnuts, soybeans and dark green vegetables
- Avoid trans fat (hydrogenated oils); meats with nitrates, antibiotics and growth hormones; artificial sweeteners and high fructose corn syrup: high starch foods.
- Stay well hydrated.
- Drink green tea to boost the immune system.

4. Supplements

- Vitamin C 2000-4000mg/day
- Vitamin A 10,000-25,000IU/day
- **Vitamin D₃** 400IU at least (best to get your 25(OH) vitamin D levels checked and then aim for an optimal level of 50-70ng/ml)
- Vitamin E with mixed tocopherols 400IU/day
- Zinc 25mg with copper 2mg
- Bovine colostrums, which stimulates the immune system
2capsules or 1 tsp 2x/day

- Mushrooms or their extracts e.g. maitake, shiitake, reishi
- Monolaurin, a natural antiviral
2 pills/day for prevention (3 pills 2x/day for treatment)
- Influenzinum, a homeopathic remedy made from the previous years flu strain
1 dose/week for 4 weeks, then a 5th dose 3 weeks later

5. Vaccines

- Current CDC guidelines recommend vaccination for everyone over the age of 6mths, especially if you are in a high risk category:
 - Persons at high risk for influenza-related complications and severe disease
 - Children 6 months to 5 years old
 - Adults >50 years old, especially in nursing home or long term care
 - Pregnant women
 - Persons with chronic medical conditions e.g. asthma, COPD, diabetes, kidney disease, immunodeficiency, patients at risk of aspiration (cognitive and neurologic conditions)
 - Persons who live with or care for persons at high risk
 - Household contacts with high risk persons and who can transmit influenza
 - Health-care workers
- However, the vaccine is only potentially effective for influenza A & B (but there are over 200 other viruses that cause “flu-like” symptoms)
- Lancet 2011 reported that the vaccine is only 59% effective in adults younger than 65 years old and there is a lack of evidence for protection in adults older than 65.
- The vaccine contains hazardous ingredients like thimerosal (mercury, a neurotoxin), aluminum (neurotoxin linked to Alzheimer’s), ethylene glycol (antifreeze).
- At least ask for thimerosal-free injected vaccine.

6. Antiviral

- Tamiflu 75mg/day for 7 days if exposed to flu.

Treatment

1. REST!!
2. Fever is a necessary mechanism for fighting infection. Suppressing fever may prolong illness by decreasing the antibody response.
 - Heat has been used in healing for thousands of years. Try hot water bottles, baths, saunas & steam to raise the temperature and kill viruses & bacteria
 - Use cool, wet washcloths, fluids, ice chips and popsicles.
 - Never use aspirin with a viral illness.
 - Herbal diaphoretics – chamomile, fennel, linden, and willow bark.
 - If temperature greater than 104F seek medical advice.
 - Danger signs include fever in a child <3 months old, temperature >105F, lethargy, pale skin, severe headache, stiff neck, repeated vomiting.
 - Avoid dehydration (dry mouth, no tears, sunken eyes, decreased urine, lethargy)
Rehydration solution: 1 quart water, ½ tsp salt, ½ tsp baking soda, 8 tsp sugar

3. Diet

- **Avoid immune-suppressing foods** e.g. refined sugar, high-fructose corn syrup, artificial sweeteners, processed foods, highly preserved & chemical laden packed foods, foods with pesticides & fertilizer residue
- **Avoid mucus forming foods** e.g. dairy, sugar, white flour and processed foods
- Immune boosting foods include oats, mushrooms, garlic, green onions, ginger, chili peppers & **green tea**.
- Immune boosting herbs & condiments like tamari, anise, basil, cardamom, cilantro, fennel, oregano, peppermint, parsley, rosemary, sage, thyme, and turmeric.
- Infection fighting foods e.g. bell peppers, carrots, bananas, blueberries, cranberries, rice, mustard & horseradish.
- Alkalinize the body by drinking lemon water, and eating lots of vegetables, legumes, and grains.
- Try **“Kill-A-Germ” Juice** – equal amounts ginger & garlic, a bunch of peppermint leaves, and a pinch of cayenne in boiling water, with the juice of one lemon and honey to taste.

4. Supplements

- Vitamin C 4000-6000mg/day in divided doses
- Vitamin A 10,000 – 25, 000IU/day
- **Selenium** 400mcg
- Zinc 30mg/day
- Immune boost:
 - Echinacea 200mg 3x/day or 25 drops 4-5x/day
 - Goldenseal 200mg 3x/day or 20 drops 4-5x/day - boosts immune system (not more than 1 week)
 - **Mushrooms** (see above) or beta 1,3-D-glucan 500mg 3x/day
 - Arabinogalactan – 1000-3000mg/day
 - Astragalus 1000mg 2x/day
 - Inositol Hexaphosphate (IP6) 1-2 gm/day
 - Lactoferrin
 - **Epicor** 500mg/day (Vitamin Research Products)
 - **Immunomax** 1 capsule 3x/day (Vitamin Research Products)
- Antiviral
 - Elderberry (Sambucol 2-4tsp/day)
 - **Monolaurin** 3 pills 2x/day
 - Garlic 2 capsules 3x/day
 - **Oil of oregano** 450-1350 mg/day
 - Olive leaf extract 1000mg 3x/day
 - Andrographis 300mg 4x/day (not for longer than 1-2 weeks)
 - Quercetin 500mg 2x/day
 - Colloidal silver
 - Cat’s Claw 1000mg 3x/day with food
 - Neem leaf
- Mucus thinner
 - N-Acetyl-cysteine (NAC) 500mg 2-3x/day
 - Boneset
 - Bronchoril (by PhytoPharmica) or Air Power (by Enzymatic Therapy)
 - Cayenne
 - Fenugreek

- To ease cough
 - Gargle than drink lemon juice & honey with a pinch of cayenne pepper
 - Drink ginger tea
 - Wild cherry bark syrup
 - Slippery elm lozenges
- To ease congestion
 - Inhale steam with eucalyptus, rosemary and/or sage oil.
 - Menthol or eucalyptus packs applied over sinuses vaporizer
 - Salt water nasal irrigation or saline nasal sprays 3-4x/day
- Chest tightness -Magnesium 500mg daily
- For pain and inflammation – flaxseed oil, MSM
- For sore throat
 - Gargle with warm salt water (add a pinch of cayenne for more healing).
 - Use a mixture of raw honey and lemon juice to coat and soothe the throat.
 - Gargle with mixture 1/3-1tsp myrrh &/or propolis tincture in ½ cup warm water
 - Gargle with 1tbsp raspberry leaves steeped in hot water with lemon juice
 - Suck on zinc lozenges
- If antibiotics given, take probiotics like acidophilus to replace friendly gut bacteria

5. Essential Oils

- Diffuse 3 parts Ravensare: 1 part Eucalyptus: 1 part Lemon: 1 part Rosewood: 1 part Lavender. Or blend 6-8 drops of each in boiled water for inhalation 2-3x/day
- Relieve body aches with topical Juniper oil
- Add 4-5 drops eucalyptus, tea tree or sage to hot bath to encourage sweating

6. Homeopathy 30C 1-3x/day

- **Tissue salts** (homeopathic minerals): acute every 15-30mins; chronic 1-3x/day (no food or drink 15mins before or after)
 - **Ferrum Phos**/ Iron phosphate (inflammation remover)
1st stage of infection: fever, pain, redness watery discharge, ear infection
 - **Kali Mur**/ Potassium chloride (congestion remover)
2nd stage of infection: congestion, swelling, thick mucus, lymphatic congestion
 - **Kali Sulph** /Potassium sulfate (chronic infection)
3rd stage infection: yellow-green mucus, sinusitis, bronchitis
- **Oscillocoquinum** - initial symptoms of flu during 1st 48hrs
- Gelsemium - slow onset, chilly, worse with movement, exhausted, weak, neck and head ache, lack of thirst
- Bryonia - slow onset, warm, worse with movement, worse with warm, better with cool air, irritable, frontal headache, thirsty, painful cough
- Rhus Tox – restlessness, better with movement, worse lying still, worse at night, anxious & emotional, chilly and sweating, better with warm, neck and head ache, dry mouth but lack of thirst.

- Do not smoke and avoid second-hand smoke.
- Use a humidifier to add moisture to the air.
- Hydrogen Peroxide 3%: 3 different routes – drink 1tsp in 8oz water; hold 2 tsp in mouth for 3 mins then spit out; or put 2-3 drops in ears several times a day.

7. Over-the-counter Aids – read labels carefully (avoid products with added artificial sweeteners)
 - Decongestants like pseudoephedrine (Sudafed) or phenylephrine for nasal congestion (not if you have high blood pressure)
 - Mucus thinners like guaifenesin (Mucinex)
 - Cough suppressants like dextromethorphan
 - Pain reliever and antipyretics like Tylenol or ibuprofen (Advil, Motrin)

8. Antiviral prescription
 - Tamiflu is only effective if taken within the first 48 hours. It can also be taken preventatively if you have been exposed.

9. CALL YOUR DOCTOR if you have
 - High fever (>103F)
 - Worsening symptoms
 - Severe cough
 - Severe difficulty breathing
 - Blood-tinged sputum

| Cold vs Flu | | |
|--------------------|--------------------|-----------------------------|
| Symptoms | Cold | Flu |
| Aches & Pains | Mild | Common & severe |
| Fever | Rare | High >101 |
| Chills | Mild or absent | Common |
| Exhaustion | Never | Early & can be severe |
| Weakness | Mild & short-lived | Common, lasting 2-3 weeks |
| Headache | Rare | Prominent |
| Sneezing | Typical | Sometimes |
| Stuffy nose | Common | Sometimes but can be severe |
| Sore throat | Common | Sometimes |
| Cough | Hacking | Common & can be severe |
| Chest congestion | Mild to moderate | Common & severe |

Sources: “Prescription for Nutritional Healing” by P Balch; “Beating the Flu” by JE Williams; “Flu alternative Treatments and Prevention” by R Neustaedter, “The Herbal Detox Plan” by Xandria Williams; “Infection Protection: Pandemic” by Klatz & Goldman