

HEALTH MATTERS



NATURAL HEALTH
& WELLNESS CENTRE

Dr. Michael Culp, MA, NMD

Colds and Flu Season: Be Prepared

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- The change in weather always brings challenges for your immune system, and that challenge often manifests itself as a cold or as a greater susceptibility to getting the flu.
- Of course, prevention is always better than cure, but if you get sick, cure is not so bad either.
- The foundation of prevention and cure is always diet and lifestyle, and I remind you of those things which you probably already know are “good for you”. If you’re not already taking them in some form, a little vitamin C, zinc, and vitamin D go a long way to support your immune system through the winter months. Odds are, you ARE going to get at least one cold this winter, so I think it is helpful to have a few things on hand to help get back on your feet quickly. Generally, we can get supplements to your door the next day.

To Help Prevent Colds & Flu

Drink plenty of Water	In colder weather we drink less water and more coffee & tea that cause more dehydration. Only 3% dehydration leads to a 10% decrease in metabolic efficiency.
Avoid excess Sugar	75g of sugar (~ the amount in a pint of cola) inhibited the ability of white blood cells to engulf bacteria for 5 hours
Add Garlic & Onions (preferably raw)	Compounds in the onion family have been shown to kill viruses, bacteria, parasites & yeast but they are more effective when eaten raw... so add a clove of chopped garlic or some chopped raw onion to a prepared soup or vegetables AFTER cooking.
Turbocharged Foods for Immune Function - High in A, D, E, C, Zinc	Eat Regularly: Fish (especially fatty fish like sardines or salmon), Oysters, Liver (also pâté), Beef or Lamb, Egg Yolks, Seeds, Nuts, Dark Leafy Greens, Peppers (hot or sweet), Citrus, colourful Fruits
Exercise regularly	Keep up your normal physical activity and always cool down in a warm room
Cold Shower	No, I am <u>not</u> kidding... Take a normal hot shower but always end with 1 minute of cold water. The cold water produces a flushing response throughout the body and you actually stay warmer for many hours after. <i>Hint: I find it easiest when I put my head in the cold stream first and then the rest of my body.</i>

Supplements to Support Prevention of Colds & Flu

- **Nutri Poly-Ascorbates** (Vitamin C complexed to Calcium, Magnesium, Zinc & Potassium): 1 capsule per day <http://www.nhwc.co.uk/shop/index.php? a=viewProd&productId=289>
- **Vital Zinc Citrate**: 1 capsule per day – only 20% of people (and 0% of vegetarians) get the RDA for Zinc in their diet <http://www.nhwc.co.uk/shop/index.php? a=viewProd&productId=84>
- **Jarrow Vitamin D400**: 1 per day – too little or too much vitamin D makes us susceptible to viruses so a modest amount daily is best – just like sunshine <http://www.nhwc.co.uk/shop/index.php? a=viewProd&productId=319>

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To Help Recover From Colds & Flu

You can stay on all of the prevention measures but make sure to add:

Rest	We tend to forget the obvious things, but if exhausted and fighting a cold or flu... rest. Sleep is critical for repair and if you feel horrible sleep can be difficult or impossible. In these cases I think that some over-the-counter pharmaceuticals can be very helpful, like Night Nurse or Benylin Cold & Flu Night. This may make me a heretic Naturopath, but better a rested and healing heretic than a sickly puritanical grouchy sick person...
Wet Sock Treatment	This may sound like a long lost medieval torture but at the first sign of cold or flu it REALLY works Materials needed: <ul style="list-style-type: none"> • Foot bath or tub of hot water • 1 pair of <u>thin</u> cotton socks in ice water • 1 pair of dry thick wool socks Procedure: <ul style="list-style-type: none"> • Soak feet in hot water for 5-10 minutes. Dry. • Wring out cotton socks and put on feet. • Pull dry wool socks over the top of the cotton socks. • Go to bed with socks on – your feet become VERY hot within a minute and stay hot until dry
Chicken Soup	Warm beverages in general help, but none help quite so much as chicken soup, especially home made. Use cooked rice or rice noodles instead of wheat noodles and add your favourite vegetables. Don't forget to add the minced raw garlic just before serving.
Onion Breathing	Chop one yellow onion and place in a small bowl. Drizzle about 1 TBS. of honey over the chopped onion. Go to bed and place the bowl as close to your head as safely possible (on night stand or next to your pillow). You will breathe freely all night, but in the morning, you and the whole room will smell like onions! <i>BONUS: In the morning, you'll have onion-honey syrup in the bottom of the bowl. Pour off in to a bottle and take a spoonful every few hours. It soothes chest and throat.</i>
Super Immune Juice	In a blender place <ul style="list-style-type: none"> • one cut up organic lemon (rind, seeds, everything) and • one peeled orange or ½ grapefruit. Add enough water to blend. Puree on high for 2-3 minutes. Strain juice and return to blender. Add ¼ to ½ tsp. cayenne pepper and 1-3 cloves of minced garlic and ½ tsp. of horseradish. Puree for another minute, then drink. If really ill, you can drink this three times a day. Most people notice a burst of energy 15 minutes after drinking.

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Supplements to Support Getting Over Colds & Flu

- Emergen-C Immune + Blueberry & Acai (makes a fizzy drink of Immune supporting vitamins, minerals and herbs): 1 sachet in water up to 3X/d http://www.nhwc.co.uk/shop/alphabetical-index/emergen-c-immune-blueberry-and-acai/prod_329.html
- Immune Support (herbs to optimise immune defence): <http://www.nhwc.co.uk/shop/index.php? a=viewProd&productId=46>
- Vitamin A 25,000 IU (pure vitamin A): 2 capsules 2-3X/d for 1 week ONLY – WARNING: do not take is pregnant, nursing or trying to become pregnant. <http://www.nhwc.co.uk/shop/index.php? a=viewProd&productId=82>
- Shea butter (available in many health food shops and L'Occitane stores): rub into nostrils and on nose, lips or other dry or chapped skin – supports keeping nasal passages open and helps soothe skin unblocks (from rubbing facial tissues).
- Sambucol™ Pastilles (elderberry, zinc & vitamin C) help with sore throat and immune response (available at most health food shops and pharmacies).



The Flu Vaccine?

The Bottom line is... DON'T

- The critical question is, “Do vaccines help prevent influenza?” From all of the scientific evidence available, the answer appears to be...wait for it...wait for it...NO!
- The Cochrane Collaboration (an organization of over 30,000 volunteers dedicated to evidence-based medicine) reviewed 50 clinical trials, representing over 70,000 people and their bottom line is that “there is no evidence to support the hypothesis that flu vaccines are useful in otherwise healthy people”.
- There was no difference between vaccinated and non-vaccinated people in risk for needing hospitalisation or in the number of days needed to be off work due to illness.
- The also observed that only drug company-funded studies showed benefits from vaccination. Nearly all of the publically-funded studies found no benefit whatsoever to the flu vaccine. They concluded that there “is evidence of widespread manipulation of conclusions and spurious notoriety of the studies”.¹ Perfidy!

¹ Jefferson TO et al. Vaccines for preventing influenza in healthy adults. Cochrane Reviews, 2007. Issue 2, Art. No: CD001269. See more at: <http://summaries.cochrane.org/CD001269/vaccines-to-prevent-influenza-in-healthy-adults#sthash.w1jg0WuR.dpuf>