



Cold and Flu Prevention, Naturally

By Dr. Alison Kerns

When the symptoms of a sore throat, cold, flu or other upper respiratory infection begin, there are steps you can take to avoid becoming ill by boosting your immunity, or to shorten the duration of illness. The earlier you take these measures, the more helpful they will be.

Prevention is always important this time of year and decreasing contamination is a great way to reduce exposure to different infections. Avoid contamination by direct contact (including sharing utensils or toothbrushes, etc.), frequent hand-washing, and frequent laundering of clothing, bedding and towels.

Minimize Contraction or Duration of a Cold, Flu or Other Upper Respiratory Infection:

Eat Very Lightly: With most illnesses, appetite is diminished. This is a natural response because energy is needed to fight off the pathogen (virus, bacteria, etc.) and the body doesn't have the energy to process food. Give your digestive system a rest! Avoid mucous producing foods such as dairy and any foods that produce allergy or intolerance symptoms. Choose whole foods (not highly processed or refined.)

Rest (As Soon As Possible): Many people ignore the early warning signs of illness and keep working until they "drop".

This allows the pathogen to multiply and gain a stronger foothold. If you feel symptoms beginning (sore throat, headache, congestion, fever, etc.), take it easy. Take a day off if possible, as this may prevent you from having to take three days off later on. Keep your bedroom cool and humid. If you are cold, add covers. If you are too warm, uncover or take a lukewarm bath. Humid air is helpful in keeping mucous membranes moist.

Drink Plenty of Fluids: Drink large amounts of filtered water, herbal teas, broths and soups. Fruit juices and sweetened beverages (such as sodas) are not good choices, as their high sugar content will actually inhibit your immune cells from doing their respective job(s). If you do choose to drink fruit juices, dilute them with water (1:1). Avoid alcohol, coffee and black tea.

Immunity-Boosting Supplements, Herbs and Homeopathic Remedies

Note: Consult your physician regarding infants, children, pregnant women or persons with additional medical conditions.

-Vitamin C, Vitamin A, and Zinc (consider an **IV Treatment** for optimal results!)

-Bioflavonoids

-Oscillocochinum (homeopathic remedy)

-Super Immuno-Tone (an

incredible immunity boosting natural supplement)

-Some common immune-enhancing, warming and diaphoretic (sweat-enhancing) herbs include Astragalus, Echinacea, Ginger, Licorice, Goldenseal, Myrrh, Red clover, Ligusticum and Yarrow. All herbs are not necessarily suitable or safe for all patients.

Home Hydrotherapy

Treatments: Consult your physician regarding instructions for steam inhalations, hyperthermia, foot baths, Wet Sock Treatment, compresses (throat or chest), etc. and the treatment's suitability for your distinct presentation.

General Cough Syrup Recipe: Start with your strained herbal decoction or infusion (tea) and concentrate the tea by boiling to half the volume. Take one pint (16 oz.) of this herbal tea concentrate and mix with 2 Tablespoons honey and 2 ounces vegetable glycerin (or more honey). Herbal tinctures or extracts can be added to this general cough syrup in a ratio of 3 parts syrup to 1 part tincture/extract. Store in the refrigerator.

Nighttime Cough Syrup Recipe: Combine 1 teaspoon cloves, 1 whole sliced organic lemon and 2 pints fresh decoction/infusion (herbal tea). Boil ingredients together until half the original volume, and then add 12 ounces of honey.

Featured Product

Super Immuno-Tone

"This product is an absolute miracle. If you are already feeling sick, just take it regularly. If you feel a cold coming on, then take 5 or 6 capsules before you go to bed. You'll likely feel great the next morning. As a teacher, immunity is massively important, and I swear by this product. It's a life-saver!" —Jashar Rentz,

AIM for health!

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IV Therapy: Boosting Immunity and Feeling Great!

By Dr. Mohammad Shegeft

Are you sick of getting ill? Wondering why you are always getting a cold or the flu? Tired of getting treated with antibiotics? Nutritional IV therapy may be your saving grace this cold and flu season.

Coming down with the occasional cold may be normal, but some people seem to be more susceptible to getting several colds per season. This is mainly due to a low or depressed immune system. As you might expect, certain people, like the elderly, people with chronic disease, and people who are taking immune depressing medications, are more susceptible to the common cold or flu.

Even if you are not suffering from a chronic disease, you can still have a low immune function by being over worked, over stressed and “burning the candle at both ends.” Stress causes adrenal glands to produce high levels of cortisol, which has benefits such as reducing inflammation, but also strongly suppresses your immune system and over-works adrenal glands, which is known as adrenal fatigue.

At AIM, we offer a variety of immune boosting intravenous (IV) vitamins for both prevention and treatment of cold or flu.

How Does IV Vitamin Therapy Work as a Cold or Flu Treatment?

The main treatments we employ for

cold and flu are a full Multi-vitamin IV or an Immune boosting IV commonly called Myer’s Cocktail with a few of Dr. Shegeft’s own twists. We can also develop a specific IV treatment tailored to your specific needs.

Common Ingredients Include:

Vitamin C – helpful antioxidant that acts as antiviral to decrease the duration of cold and flu.

B vitamins such as vitamin B5, B6, B-complex and B12 to boost your immune system and reducing the unpleasant symptoms such as nausea and fatigue and to support the adrenal glands.

Calcium and Magnesium – to fight unpleasant body ache and muscle soreness.

Glychrrhizic Acid – Has powerful immune stimulatory and antiviral effect.

Glutathione – Antioxidant powerhouse that is essential to detoxification and protects the body from free radicals.

Zinc – Supports immune function.

IV Therapy is one of the quickest ways to get medication where it is needed in the body, and can raise blood levels of nutrients to a considerably greater extent than taking a pill orally. Many of the vitamins and minerals listed above cannot be absorbed in high amounts orally and their true benefits are seen in high doses.

Our IVs are always customized to your particular needs and are administered in a quiet and relaxing setting where you can set, listen to music or watch a movie, or lay down and take a nap if you wish. The typical IV takes 30 to 45 minutes.

Welcome to the Team, Debbie Yu!

We are excited to welcome Debbie Yu, LAc, to the team of incredible health care providers here at Alpine Integrated Medicine. Some of you may recognize Debbie, as she has also taught Yoga classes here in the past. She will be taking new Acupuncture patients on Mondays and Saturdays, meaning that we now offer Acupuncture daily from Monday through Saturday.

Debbie Yu is also passionate about Thai Yoga Massage, and is actually teaching a fabulous 4-class series on **Partner Thai Yoga Massage**. First class is 10/6, so call now to sign up!



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