



## NATUROPATHIC WISDOM NOTES

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### Quote

There is nothing wrong in searching for happiness....what gives more comfort to soul is something which is greater than happiness or unhappiness and that is meaning. Because meaning transfigures all. And once what you are living and you are doing has for you meaning, it is irrelevant whether you are happy or unhappy. You are content. You are not alone in your spirit. You belong.

*Hasten Slowly, The Journey of Sir Laurens van der Post 1996*

### Treatment and Prevention of Colds, Flu and General Immune System Support

#### Treatment

There is a treatment for the common cold after all. Vitamin C given in doses of 1000-8000 mg per day may reduce the duration of a cold episode by as much as 48%. [*Scan J Infect Dis 1994;26:1-4.*] Zinc lozenges may significantly reduce the duration of symptoms of a common cold. [*Antimicrobial Agents and Chemotherapy 1984;25:20-4*]

The ever popular **Cold FX** is gaining popularity for sore throats and colds. If taken within the first 24 hours of symptoms, a cold can be aborted within a day or two!

Over the years I have found the following to be helpful adjunctive therapies for my patients fighting colds, flu, bronchitis, pneumonia and sinusitis.

**Optibioestim** is an Echinacea, garlic, myrrh and Vitamin A combination which has been studied to be effective against strep throat. When taken 8 per day for 2 days and then gradually decreasing the dosage over the next two weeks it is very effective. Especially in combination with our **Upper Respiratory Formula**. This is a combination of sanguinaria, verbascum, grindelia, lomatium, tussilago, baptisia, and other herbs, with or without licorice, that breaks up mucous in the sinuses and bronchioles. Coughs which often would last for weeks, are usually gone within 7-14 days with this formula.

**Pleo not** is a Sanum remedy which also is antibacterial and I have found it extremely effective applied into ears and nostrils as well as taken orally along with the above. It is also administered intramuscularly along with Infect 2 (an anti-viral homeopathic remedy) for those who want a quick boost and recovery.

**Inhaled glutathione** is gaining in popularity as it will also break up mucous and hasten the recovery of bronchitis and sinusitis.

For stubborn cases of sinusitis **Nazonal** works well. This is a Chinese herbal formula currently used in 60 institutions

throughout China to promote healthy sinus, nasal and lung mucous membranes and secretions. It is meant to be taken over 5 days.

#### Prevention

For the prevention of colds and flus I recommend the entire family to take **Influenzinum 9ch** and **Thymulin 9ch** once per month all year long as well as the homeopathic flu prevention protocol that is made available in October of each year. This is a homeopathic preparation of the current year flu vaccine **Influenzinum 2004/2005** (for this year) without the additives and preservatives that so many react to. Although there are no studies to prove that this homeopathic remedy works in place of the vaccine, our patients tell us it is true! For those who want to avoid the flu vaccine or who get reactions to the flu vaccine, this approach is safe and effective.

Other nutrients to prevent colds and flus include Vitamin A (in the form of **Carlson's Cod Liver Oil**) or anti-bacterials such as **Supergarlic** or **Citricidal Tablets** which, taken on a regular basis, are shown to be clinically effective at reducing their incidence.

For children who are exposed to numerous bacteria and viruses at school I recommend **Echinacea** two weeks on and two weeks off all the way through the school year. This can be in the form of Echinacea drops or remedies such as **Esberitox**, a chewable Echinacea tablet suitable for children.

Following the above recommendations and following a healthy lifestyle is the most effective strategy. Those who do a **Detoxification Program** several times per year don't get sick at all. Thus the healthier your digestive system is the healthier your immune system is. The detoxification program that is offered at our clinic is meant to provide a simple fiber along with herbs to flush the liver, the kidney, the blood and the bowel. The remedies are taken along with a clean diet for the best results and this regime is recommended for one to two weeks just after major holidays such as Christmas, Easter and Thanksgiving.

A morning vitamin drink is also a way of getting immune factors on a regular basis. The **Biopure** whey protein (see New at the Office) provides immunoglobulins as well as increases glutathione production in the body, both improving the immune system. This product may take the place of the HMS 90 product on the market. **Greens First** is a spirulina based superfood that contains the antioxidants of 10 fruits and vegetables. Blending these together with almond, soy or rice milk and ¼ cup of frozen blueberries is also a great way to start your day.

## 60% of the Immune System is in the Intestinal Tract!

**Probiotics** are the live bacteria that naturally reside in the intestinal tract that can be taken in a capsule or powder form. I have written two articles on the importance of the intestinal mucosa in the functioning of the immune system dated Feb 21 and March 6<sup>th</sup> 2004. 60% of the immune system is in the gut composed of the microflora and its interface with the intestinal mucosal lining and T helper (Th) cells that are found there.

The microflora in your gut should weigh about 3 pounds which is the weight of a healthy liver and there are as many microflora in a tablespoon of feces as there are stars in the heavens! A healthy mix of microflora is predominantly made up of lactobacilli and bifidobacteria which is seeded during vaginal delivery and continues to grow on a diet of breast milk. If infants are not vaginally delivered and breast milk is not ingested or is lacking then other undesirable bacteria such as *Klebsiella citrobacter*, *Clostridium*, *Candida*, and *E. coli* tend to predominate. *Bacteroides* bacteria starts to take over the gut as well instead of the healthier bifidobacteria and will promote the production of carcinogens from foods in the intestines.

**HMF Forte** (Human strain acidophilus) is the probiotic I recommend, known to seed in the intestinal tract establishing a normal healthy mix of flora. HMF Forte alleviates the allergic inflammations found in infants such as atopic eczema or gastrointestinal symptoms. When these are taken by the mother before vaginal delivery the infant gets a good dose of it during the birthing process and if they are then taken by the infant for the first few months of life, especially if they are not breast fed, this will set the stage for a life long healthier immune system. HMF forte is safe for newborns and administered in the powder form.

### If it is Antibiotic Season, it is Probiotic Season!

If you have to take antibiotics for an infection it is best to take **HMF Forte** while you are taking the antibiotics (at a different time of day), and for three months afterwards. For severely depleted individuals **HMF Replete** provides a dosage **16 times stronger** than HMF forte.

*Clin Exp Allergy 2002; 32(7):1112-60*

*Applied Nutritional Science Reports 676 1/03 by Tom Sult M.D.*

### Other Support

The organs that tend to need the most help to boost the immune system aside from the intestinal tract are the adrenal glands. For those who need more help I recommend **Astragalus Combination** (containing astragalus, codonopsis, reishi and other herbs), or my **Female Adrenal Tonic** (ashwaganda, Siberian ginseng, reishi and other herbs) or **Male Adrenal Tonic** (panex ginseng, ashwaganda and other herbs) to support the adrenals over a period of several months. This will get people through the cold and flu season without recurrent infections.

What about the Norwalk and other nano viruses? These viruses are getting more virulent with each passing year and another reason to boost the immune system overall. However if a person does contract these viruses and gets the stomach flu, then remedies such as the Sanum

remedy **Okoubasan** should be in every home first aid kit for the treatment of acute diarrhea. Don't forget that regular hand washing at the work place as well as at home also lowers the incidences of cold and flus!

### Recipe

#### Shepherd's Pie (Low Carb)

2 pounds of lean organic ground buffalo, beef, lamb, turkey or combinations  
1 large cauliflower  
1 large stalk of broccoli or vegetable of your choice: such as peas or carrots  
1 large onion  
3 cloves garlic  
1 vegetable bouillon  
chili peppers to taste  
1 tsp Worcestershire sauce  
2 heaping teaspoons corn starch

Cook cauliflower until mushy then whip adding 2 tbsp organic butter, dash of dill and lemon juice, salt and pepper to taste. Sauté onions, garlic and spices together. Add ground meat and cook until done. Dissolve the bouillon in 2 tbsp of boiling water and add to meat mixture. Thicken with corn starch. Pour into ungreased casserole dish and layer with slightly steamed vegetables of your choice and top off with the whipped cauliflower. Bake covered at 325 degrees for 30 minutes.

### Recommended Reading:

**Smart Medicine for a Healthier Child** by Dr. Rountree M.D. Zand and Walton

**Immunotics** by Dr. Rountree M.D.

**The Molecules of Emotion** The Science Behind Mind-Body Medicine by Candace Pert

See the Movie "**What the Bleep Do We Know?**"

#### Specials

**March:** HMF Forte...buy 2 get 2<sup>nd</sup> one 20% off (save \$7.72)

**April:** Greens First...buy 2 get 2<sup>nd</sup> one 20% off (save \$8.96)

#### New at the Office

**Inhaled glutathione treatment:** \$25.00

**Polysan Test:** to determine toxins that block healing \$10.00

**Biopure Protein from Metagenics:** This high quality whey protein (5% lactose so well tolerated by most with dairy allergy) will improve the immune system and increase glutathione in the body. Ask for our information handout. 300 grams \$45.36

**New Office Hours:** We are open 9am-6pm Tues-Friday