

WOW September 14th, 2016 Presentation
Staying Healthy during the Cold & Flu Season

Preventive measures

1. **Sleep** - get at least 6-8 hours per night, get what ever your body needs
2. **Water** - stay hydrated - rule of thumb = 1/2 your weight in ounces per day
3. **Proper eating habits**: lots of fruits and vegetables. This provides your body with the nutrients it needs to build a strong and healthy immune *system* (*among other things*).
4. **Exercise** - Do whatever you can, as often as you can. Do something every day.

Habits

1. **Cover your mouth when coughing and sneezing**
 - i. Use the crook of your arm (elbow) & wash hands afterward
 - ii. Sneezing - 100MPH, 1,000 droplets or 100,000 germs into air
 - iii. Coughing - ~ 55 MPH - 7 feet away
 - iv. Internet = Coughing Robot Spews "Flu Germs" clip on YouTube from 7 years ago, "Dirtiest Man" Cough grosser than sneeze? October 30, 2011 clip & Fear of Germs Threatening the Handshake (Coughing, Sneezing) - Dr. Mandell (Nov 3, 2015) on YouTube
2. **Tissues** - throw them away immediately (think about saving empty tissue boxes or tape store freezer bags to furniture until cold/flu is over)
3. **Washing Hands**
 - i. Plenty of Plain **Soap and water** for at least 20 seconds - 1 minute (sing alphabet song while you wash - helps with keeping time for wash)
 - 1) Anti-bacterial soap: great for attracting bacteria due to the residue left behind
4. **Hand Sanitizer** - use it
 - a) Needs to be at least 60% alcohol content
5. **Clorox wipes** - use them
 - i. door knobs
 - ii. light switches
 - iii. phones
 - iv. keyboards
 - v. anything and everything people may touch
6. **Lysol** - use it
7. **STAY HOME!**
 - i. Myth: over the counter medications, no symptoms = you are still contagious
8. **Use Neti Lota Pot or Nasal Lavage** - Do it every day, especially when trying to fight the infection.
 - i. Make sure to mix salt = needs to taste like tears (even in tea)
 - ii. **Never Use Plain Water!!**

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- iii. Can Use Strong Tea - like Throat Coat Tea instead of the water portion, and can add things like liquid Selenium drops, Liquid Zinc, Liquid Vitamin D, etc.

Immune Boosters

1. **Herbs:** Echinacea, Hydrastis, Garlic, Thyme, Oregano, Usnea
2. **Amla Plex** (Ayush Herbs)
3. **Xylitol** - found to help the immune system
4. **Culterelle** & lactobacillus acidophilus rhamnoss GG (Gorbach & Goldin)
5. **Mushrooms** - high in Vitamin D and other immune boosting phytochemicals
Types: Reishi, Maitake, Shiitake, Chaga, Turkey Tail

Immune Suppressors

1. **Not enough sleep** - weakens immune system
2. **Sugar (glucose)** - will decrease WBC for at least 5 hours
3. **Grief** - weakens immune system

Helpers

1. **Zinc** - 15mg/day, 30-50mg/day for optimal health - Helps to prevent viruses from adhering to the mucous membranes in back of throat -
2. **Colloidal Silver** - is an anti-microbial
3. **Vitamin D₃** - 400IU/day-800IU/day for optimal health. Take with K2 if you have high cholesterol (Vit. K2: 70-140mcg/day, 750 micrograms/day for optimal health)
4. **Vitamin C with Bioflavonoids** - to bowel tolerance
5. **Selenium** - 200 mcg/day for optimal health; Eat 1 brazil nut per day
6. **Oscillococcinum** - a homeopathic with at start of flu or with exposure to flu
7. **Onions**
8. **Chicken Soup** - Make it now then make ice cubes and store. Use them when sick.
9. **Exercise** - increase WBC (White Blood Count)
10. **Mind-set - Counts**
11. **Vapor Rub** - use carefully
 - i. Do Not use with elderly or young children as the Menthol vapor can shut down the respiratory system
 - ii. Elderly - constitutionally weak, respiratory problems (asthma, ...), frail ...

Vaccines, Nosodes

1. There are reasons for and against getting them - all valid
2. If you do get them - remember the Panax ginseng study = helped the efficacy of the vaccine. 400mg daily for 2-3 weeks with vaccine, &/or for 4 months (showed fewer colds)
3. Nosodes - a need to be taken every day

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When do I go to the Doctor or Hospital / Emergency Room

911

- Difficulty breathing
- Grunting noises with each breath
- Passed out or stopped breathing
- Lips turn blue & patient is not coughing

ER

- difficulty breathing, breathing fast or having trouble breathing
- Skin turns bluish
- If a child: not drinking enough fluids, not waking or interacting
- Flu-like symptoms improve, then come back w/ fever and has worse cough
- Fever with a rash
- sudden dizziness or confusion
- chest or abdomen pain, or severe vomiting

Call Doctor

- flu-like symptoms with stiff neck, severe headache, severe ear ache or very sore throat
- child younger than 3 months with fever of 100.4° F
- Fever rises over 104° F repeatedly for child at any age
- Fever persists for over 24 hours in child under 2 years
- Fever persists for more than 3 days for child older than 2 years
- Child - chest hurts even when not coughing
- if ribs retract (pull in with each breath taken)
- child can't take in a deep breath because chest hurts
- Anyone with Severe chest pain, has coughed up blood or is wheezing