



Naturopathic Treatment of Colds & Flu

Prevention is Key

This is especially true during cold and flu season. Living a healthy lifestyle that includes a nutrient dense diet, consistent exercise, stress relief, and enough sleep will go a long way in ensuring your immune system can defend itself. However, when things don't go as planned, we need to travel, or the kids keep us up at night, our immune system suffers; we may need extra support to stay healthy during these cold (and damp) months. There are a few standbys that we recommend at the office throughout the season – if you're looking for extra defense, check out these natural remedies:

- **Boost Immune by Inspirit Wellness**
Formulated by our very own Dr Katie Leah, ND, this tincture is rich in medicinal herbs and mushrooms such as Echinacea, Reishi, and Astragalus that strengthen the immune system during periods of prolonged stress.
- **Sterol 117 by Promedics**
An incredibly popular favorite among staff and patients, this product is rich in antioxidants as well as plant sterols that help to regulate our immune system. Sterols increase T cells, immune cells in our body that help to kill viruses and bacteria directly, help our B cells make antibodies, and naturally eradicate cancer cells.
- **Astragalus 10+ by Seven Forest**
Astragalus, a traditional Chinese remedy for immune enhancement, provides the foundation of this herbal complex. Combined with high doses of herbs such as Ginseng, Licorice, and Eleuthero, this product aims to increase Qi, the life force behind our health, and can be used long-term for those of us who seem to 'catch every cold' that goes around.

Uh-oh – you follow a healthy lifestyle and include some of our remedies above, and you still got sick? No need to worry, it happens to the best of us and there are many natural remedies that can help you get back on your feet in no time.

Nutritional Recommendations

- Drink lots of fluids: we recommend bone broth, purified water, medicinal herbal teas (like those from Inspirit Wellness), and coconut water.
- Emphasize easy to digest foods: choose easily digestible foods such as soups, apple sauce, stews, fresh greens juices, and smoothies.
- Minimize refined carbohydrates, sugar, stimulants, and alcohol: all of these are stressful to our immune system and promote bacterial and viral growth.
- Include lots of antioxidant-rich foods: such as ginger, turmeric, leafy greens, and garlic
- Consider supplementing with Vitamin D3, Zinc, and Vitamin C.
- Echinacea Throat Spray by Inspirit Wellness: As soon as we feel the familiar scratch of a sore throat, we reach for this spray. It works double-duty by both soothing irritation and providing the medicinal immune-boosting effect of Echinacea right at the source.
- Ask your naturopathic doctor about further support such as intravenous nutrition to boost nutrient levels and activate the immune system.

Lifestyle Recommendations

- **Increase sleep and rest:** whenever your immune system is compromised, your body has a higher need for sleep and rest. Allow yourself to clear your schedule, 'disconnect', and create a quiet and restful environment for healing. It will take time to recovery, but the time can be greatly reduced if you increase sleep and rest at the earliest signs of illness.
- **Netipot:** If nasal and sinus congestion has got you down, a netipot may become your new best friend. Using the netipot with distilled saltwater soothes dry nasal passages, helps to remove excess mucous, and gently washes away nasal passage irritants.



Lifestyle Recommendations (Cont'd)

- **Facial Steam:** All you need is a pot of water, a stove, and essential oils to loosen congestion and kill viruses and bacteria throughout the respiratory tract. Even kitchen herbs such as rosemary and thyme can be used. Place a large pot of water along with a few drops of Rosemary or Thyme essential oil (or herb) on the stove until boiling, cover and remove from heat. Remove the lid and place your face over the pot with a towel over your head. Aim for 15 minutes of inhaling the steam; use this time to relax and take deep breaths. Ensure that someone else is nearby as the heat can make some people feel lightheaded; be cautious and don't overdo it.

These are just a few strategies for recovering from colds and flus. Discuss additional treatments with your Naturopathic Doctor or our Holistic Nutritionist.

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