



## Natural Flu Prevention

It's that time of season again. The CDC is predicting one of the worst flu seasons in quite some time. Although, the manufacturers of the flu vaccine are saying they are completely out of stock, they say everyone who wants a vaccine will get one.

The good news is so far this year, most of the patients with flu like symptoms visiting doctors mostly have sinus infections according a recent news report.

Yet, I want you to know that Homeopathy has great success with helping recover from the flu. There are several different over-the-counter homeopathic preparations to take in case you do come down with the flu.

Because of the effects of sugars, flour, and chocolate on the immune system, it's a great idea to be easy on the sweets or try to avoid them altogether as much as possible this season. If you can't

avoid or limit due to family and friend pressures and not to spoil your fun of the holidays completely, then the following supplements are entirely necessary to keep your immune system up to par.

Vitamin C feeds the adrenal glands, which helps increase energy. Also, it greatly helps

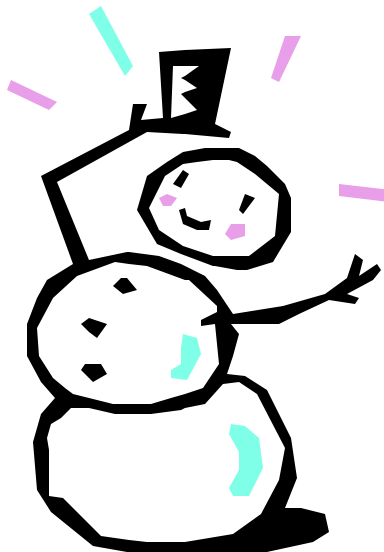
the body detoxify, as well as an anti-oxidant for cellular protection.

Zinc plays a very important role in the immune system. You can take it as lozenges or as a supplement.

The following 4 herbal medicines have been known traditionally and in studies to help prevent and recover from viral infections.

Ligusticum, Lomatium (Osha), and Sambucus (Elderberry) are specific for helping with viral infections. Glycyrrhiza (Licorice) and Astragalus also help with viral infections. Glycyrrhiza is an adrenal tonic, and Astragalus is an adrenal adaptogen.

I have the above herbs in combination in my office as part of the help I have to offer you in case you do become ill. Meanwhile, take the one herb you believe will help you the most along with vitamin C and zinc, and you'll go a long way in either preventing the flu, or reducing it's severity.



Happy Holidays!

## Ways to take tinctures

The taste of most herbal tinctures' leaves something to be desired, to say the least. In other words, they just taste awful. There are many easier ways to take them without tasting them or taste them very little, though you must

decide which way is best for you.

Tinctures are made with alcohol to extract the active ingredients. For those of you sensitive to alcohol, you can put the bottle overnight in a safe place where it will not be dis-

turbed, leaving the lid off. By the next morning the alcohol content will be greatly reduced and easier to take.

As far as the taste, I know some who squirt the tincture straight into their mouth, then chase it with water. (cont'd)

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You deserve your health, naturally!

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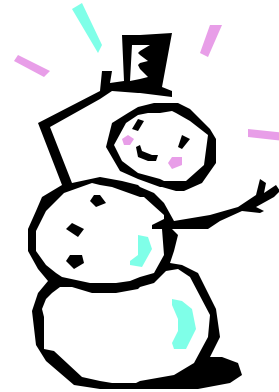
## Taking Tinctures continued

I think this is either a really brave or crazy way to take tinctures. I, personally, have either put water in my mouth or a glass, added the tincture, then swallowed as quickly as I can. Other ways include, making a glass of EmergenC vitamin C in water, then adding the tincture. You can also add stevia to this drink to help achieve a sweet taste. Or, you can use vegetable glycerin or a glycerin based flavoring to help mask the flavor of the tincture. Another way to flavor the tincture is with the amino acid glycine because it does taste

sweet as well.

If none of these help with the flavor then you can buy empty veggie caps to fill with the tincture as one of my patients have done. I think this is an ingenious way to avoid tasting the flavor of the tincture.

Which ever way you decide, you may notice that the unpleasantness of the taste will diminish over time.



Many blessings to all this Holiday Season

## Holiday recipes

### Egg Nog

8 oz. Unsweetened soy/ rice milk

1 egg

White stevia powder

1/8 tsp. Nutmeg

1/2 tsp. Natural vanilla

Blend soy/rice milk with egg. You can then chill immediately or simmer over low heat for 15 minutes. Add vanilla and stevia to taste for the best flavor. Add nut-

meg before serving. Enjoy!

**Dairy free and sugar free**

### Yams

I know everyone has their favorite recipe for sweet potatoes or yams, but these are usually made with high sugar ingredients. For sugar alternatives, listed in decreasing sugar content, try using Sucanet, brown rice syrup, stevia (added only after baking), vegetable glycerin or glycerin based flavorings, or the amino acid glycine.

### When to have sweets

It's far better to have your dessert with your meal than it is 2 hours after or when you have an empty stomach. This way, you slow down the digestion and absorption of the sugars in the desert. Also, it helps to make sure you have eaten plenty of fibrous vegetables, which play an important role in slowing down the sugar absorption. Remember, it's far better to enjoy your dessert than it is to stress over what it may be doing to you.

## Antibiotics NOT effective for Sinusitis

A recent Swiss study used a common antibiotic to treat sinusitis. "There was no difference in the time to cure, the primary outcome, between active treatment and placebo, the team reports in the August 11/25 issue of the Journal Archives of Internal Medicine."

Sinusitis often occurs when the production of mucus is more than natural evaporation. This creates an environment for viruses and bacteria to multiply that end up causing a person to contract sinusitis.

There already are naturally healthy bacteria living in the sinus and nasal cavities, yet they will over multiply and become an infection when the environment has too much mucus

The journal also cited, "patients treated with the antibiotic were significantly more likely to have diarrhea, and there was also a trend toward more abdominal pain."

The reason for these side effects occurring are due to the antibiotic killing the healthy intestinal bacteria. The study

concluded that only "symptomatic treatment is justified" for sinusitis.

Prevention is the best cure, which is a great Naturopathic principle, for all diseases, including sinusitis. By avoiding foods, like dairy and wheat, that may cause an overproduction of mucus in you, especially during allergy and flu seasons will go a long way in prevention.

Source; Arch Intern Med 2003;163:1793-1798