



Naturopathic Ways to Boost Your Immune System Supporting Health and Prevention from Viral Infections

Homeopathy for Flu presented by Dr. Eli Camp, ND, DHANP

Homeopathy- it's a safe, natural, and effective way to stimulate the healing within the body. These can be picked up at your local health food store in a 30C strength. For those of you who are not familiar with homeopathy, it is very safe, non-toxic and the most important thing is that the more the remedy matches the symptom picture the better it works. There are over 3000 remedies and many can be useful in cases of flu. The ones I am talking about today are those being used most frequently for this year's flu viruses.

Gelsemium- heaviness so extreme the person may feel like they cannot move their arms, legs or entire body, fatigue, chill down the back, desire to be left alone and quiet, are often irritable and prefer not to speak. Not very thirsty.

Mercurius - mouth is generally quite moist with salivation that is soapy or stringy, and even with this moistness in the mouth, the person has great thirst. There is an offensive, overpowering odor from the mouth, creeping chilliness, profuse sweating (which can smell bad), burning discharge from the nose, thick mucus in the throat.

Eupatorium-per - intense aching in the limbs and back as if the bones were broken, often with stiffness and general soreness when rising to walk, chill with shivering, thirst for cold water.

Nux-vomica- irritable, inclined to get excited or angry, demanding and impatient, over-sensitive to drafts, noises, odors, conversation, being questioned, and easily offended. They are chilly, don't like fresh air and don't like drafts. They are even chilly during the fever - and very uncomfortable being uncovered in any way. They may be better from warmth (being covered) and warm drinks.

Bryonia- every symptom is worse from moving, they are worse from moving. There is dryness of the lips and mouth, they are thirstier than normal and want large quantities of cold fluids at long intervals. Chills with shivering and a sensation of heat, burning heat in the body but without sweating can alternate. You may see a person who needs Bryonia patient holding their head or chest when coughing. The person feels best when lying down and remaining still and undisturbed.



Nutrient Recommendations for Flu infections presented by Dr. Sara Gomendi, ND,
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Specialties include: hypothyroidism, autoimmune disorders, digestive health, integrative oncology, and women's health and natural hormone balance.

A few basic naturopathic medicine recommendations for optimal health with combating any viral illness include:

- avoiding sugar in the diet
- staying hydrated
- getting plenty of rest- 7.5-9 hours.
- Routine hand washing

Nutrients- the focus is on food sources for these nutrients' vs supplements. Getting the nutrients from food on a regular basis is the best way to support overall health:

Vitamin C

- Antioxidant that helps support immune function
- Food sources high in Vitamin C- not just citrus, broccoli, cantaloupe, cauliflower, kale, kiwi, bell peppers, sweet potato, strawberries, and tomatoes.
- I do recommend eating the whole food (orange) vs juice.

Zinc

- Zinc is a trace mineral involved in preventing and treating viral infections and boosting immune function.
- Food Sources high in Zinc include: nuts, seeds, mushrooms, legumes (beans- black beans, lentils, chickpeas), eggs, and shellfish

Selenium

- Selenium is another mineral that is important for immune health and fighting viruses.
- Foods sources high in selenium include: brazil nuts one of the richest food sources of selenium, eggs, brown rice, sunflower seeds, and spinach to name a few.

Elderberry:

- beneficial in boosting the immune system.
- Has antiviral activity
- Shortens duration of symptoms

Ensure you are getting this herbal supplement from a third party tested source for safety. Follow instructions on the label for ideal doses based on each product.



FEVER- A case to not always use fever reducing medications if not necessary, presented by Dr. Alexis Banducci ND, CLC and doula. Specializes in women's health, digestive health and pediatrics. Dr. Banducci has a private practice in Lawton Oklahoma, Strong Foundations Natural Health. <http://strongfoundationsnaturalhealth.com/>

Purpose of fever

- A prime example of a naturopathic principle that the body has an innate self healing process. Fevers are the innate intelligence of the body to fight infection!
- Normal fever is between 100 degrees and 104 degrees (orally).
- Fevers turn on the body's immune system to fight infection. Since viral infections, such as colds and flus, are not treatable with antibiotics, you want to support your body's natural ability to fight infection.
- Fevers inhibit reproduction of microorganisms (bacterial and viral).
- Enhance action of immune system to turn on specific bacterial/viral immune cells.
- In addition to reducing the body's innate immune fighting capabilities, fever reducers such as Tylenol reduce the body's main antioxidant, glutathione, which is needed by the liver for all the detoxification processes including the breakdown of Tylenol itself. Tylenol is taxing for children's and adult livers.

When to treat a fever:

For adults, I think that it can be easier to manage a fever and I will talk about some good methods for fever management next. It's more challenging to talk about fevers to parents and they are the most likely to treat with fever reducers.

For children (over the age of 3 months) it is most important to observe how the child looks and behaves, not just the number on the thermometer. One child can be lethargic and refusing food and liquid at 100 degrees while another is playing and eating and drinking fine at 102 degrees so it is important to observe your child when weighing giving a fever reducer.

Recommendations/ Fever management

- Proper herbal remedies, food and homeopathy are very useful here as well!
- Rest!
- Appetite reductions can be normal especially for kids as the body focuses its energy on fighting the infection. However, do not deny food to a child if hungry.
- For adults, fasting with broth/reducing hard to digest foods allowing the body to focus energy from food digesting to immune fighting.
- Hydration- teas, room temp water, electrolytes
- Tepid baths- lukewarm water (it will feel cool), but discontinue before or if you or a child begins to shiver. Can also use a cool compress to the forehead or back of neck.