

PRESENTS...

Natural Approaches to Colds & Flu

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Section I

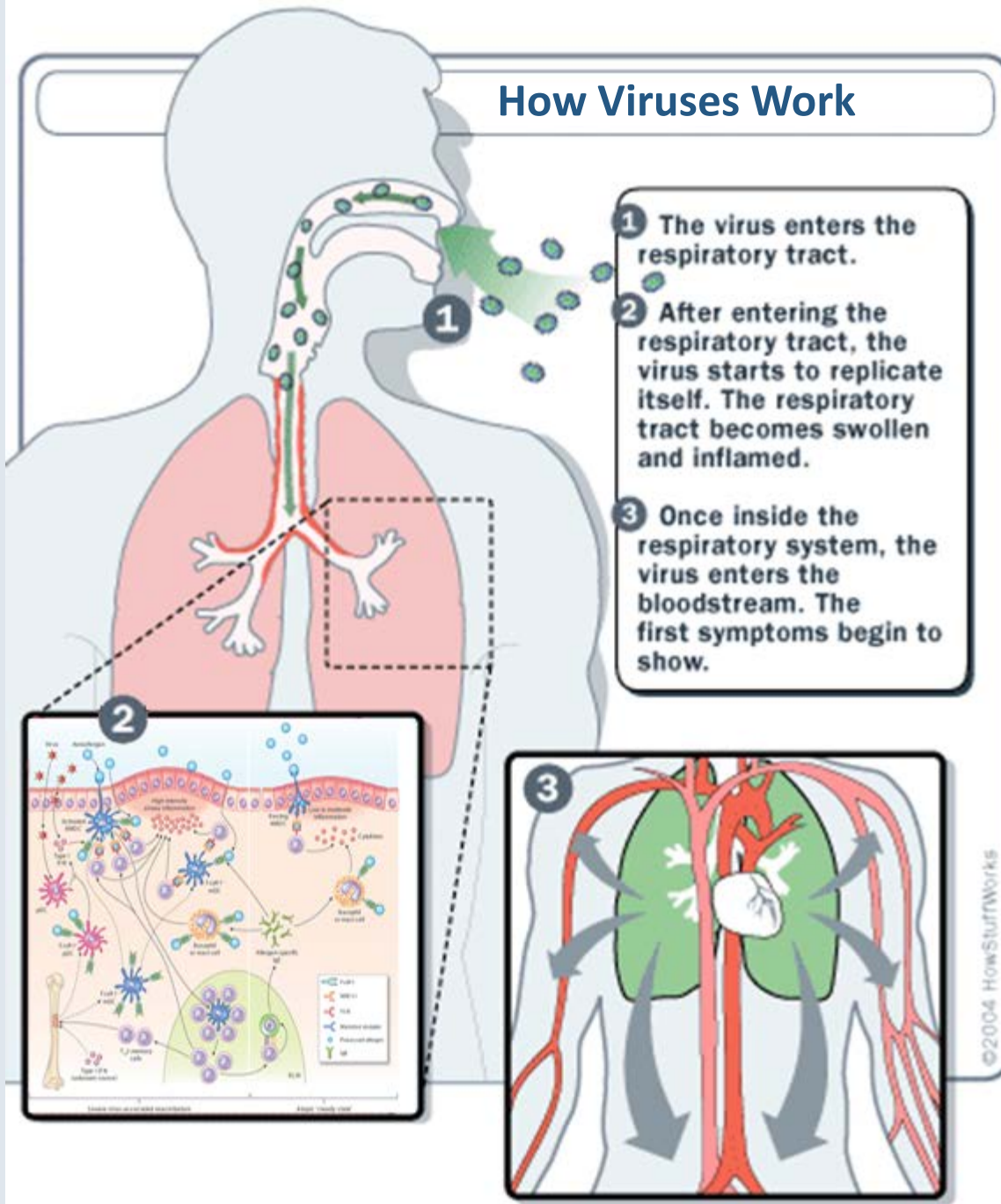
IMMUNE SYSTEM & VIRAL INFECTIONS

What is the Immune System?

- A complex mix of organs, vessels and cells that help protect us from harm



How Viruses Work



Optimum

Cold or Flu?

	Cold	Flu
Cause	200+ viruses Typically Rhinovirus	Influenza Virus
Onset	Slow	Sudden
Fever	✗	✓
Cough	✗ or Mild	✓ Significant
Sore Throat	✓	✗ or Mild
Runny Nose	✓	✗ or Mild
Sneezing	✓	✗ or Mild
Headache	✗ or Mild	✓
Body Aches	✗ or Mild	✓ Significant
Fatigue	✗ or Mild	✓ Significant
Nausea/Vomiting	✗	✗ or Mild (seniors/kids)





Influenza vs. Stomach “Flu”

Influenza

- Respiratory infection caused by a virus
- Symptoms are primarily generalized and related to respiratory system
 - Secondary symptoms are nausea, vomiting and diarrhea

Stomach “Flu”

- Gastrointestinal infection caused by virus, bacteria or parasites
- Symptoms are primarily gut related with mild to moderate aches and fever
 - Rarely have respiratory symptoms



Section II

PREVENTING INFECTIONS

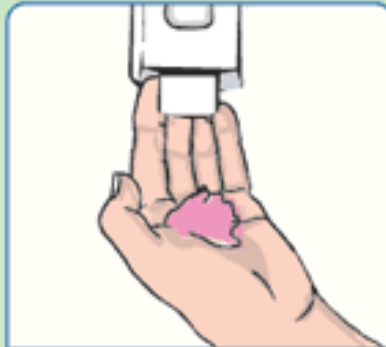
Hand Washing



FIGHT GERMS BY WASHING YOUR HANDS!



1 Wet your hands



2 Soap



3 Lather and scrub - 20 sec



4 Rinse - 10 sec



5 Turn off tap



6 Dry your hands

DONT FORGET TO WASH:

- between your fingers
- under your nails
- the tops of your hands

Nasal Lavage

- Rinses virus away inhibiting the opportunity to grow
- Maintains healthy bacteria in nasal passage ways
- Helps clear excess mucus from sinuses and reduces inflammation





Diet

- Limit Sugar & Alcohol
 - Reduce white blood cell activity
- Increase Garlic & Onions
 - Anti-viral and immune boosting
- Whole Foods Diet
 - Rich in brightly coloured vegetables and fruits
 - High Quality Protein
 - Healthy Fats

Vitamins & Minerals

- Vitamin A
 - Improve immune function – increases integrity of respiratory tract, increases white blood cell function
 - Anti-viral activity
- Vitamin C
 - Anti-viral activity
 - Increases white blood cell activity, improves integrity of mucous membrane lining
 - Decreases severity and duration of symptoms
- Vitamin E
 - Improve immune response (specifically in seniors)
- Zinc
 - Anti-viral activity
 - Important component of immune response
 - Decreases severity and duration of symptoms
- Selenium
 - Enhance immune response – critical for white blood cell activity





Stress

- Stress hormones (cortisol and adrenaline) suppress immune system
 - inhibit white blood cell formation
 - Reduce white blood cell function
- Effectively managing stress can greatly reduce frequency and severity of infections



Exercise

- Sedentary lifestyle and excess weight has been directly correlated with poor immune response:
 - Fewer white blood cells
 - Inefficient response of immune system
 - Slow recovery
- Exercise alone reduces frequency of infections, improves immune function, speeds recovery and reduces severity of symptoms (specifically in senior populations)

Sleep

- Many immune-enhancing compounds are released during deep sleep
 - Low quality or inadequate sleep is associated with increased frequency, severity and duration of common infections



Flu Shot

- A combination of 3 strains of killed flu viruses that are expected to create illness that season
 - Influenza A virus
 - Seasonal Influenza A virus
 - Influenza B virus





Section III

TREATING INFECTIONS

Simple Diet

- Avoid sugar
 - Limits immune response
- Increase fluids
 - Water, herbal teas, broths, diluted fruit and vegetable juices
- Raw Garlic
 - Anti-viral and immune boosting properties
 - Contains selenium – important in immune function
- Lightly steamed, brightly coloured vegetables
- Limited fruit and fruit juice consumption (high in sugar)
- Homemade Chicken Soup
 - Many nutrients, vitamins and minerals
 - Easy to digest
 - Keep up hydration





Herbs

- Echinacea
 - Reduces severity and duration of symptoms
 - Inhibit influenza virus from growing as well as limiting the by-products of the immune system which create symptoms
- Elder
 - Enhances immune system and body's ability to produce a fever
 - High in vitamin C



Steam Inhalations

- Reduces inflammation in sinuses
- Helps clear mucus
- Specific essential oils are anti-viral and immune boosting
 - Thyme
 - Eucalyptus
 - Peppermint
 - Lavender
 - Rosemary

Sweat it Out

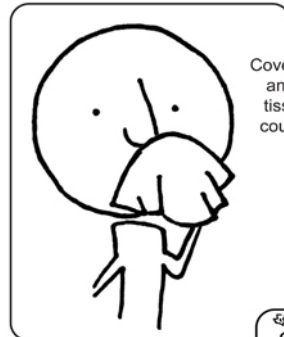
- Have a hot shower or bath
- Cover up in many layers
- Sweat
 - Mimics body's natural immune response of a fever – activates immune system and kills viruses



Coughing & Sneezing Etiquette

Stop the spread of germs that make you and others sick!

Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.



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Put your used tissue in the waste basket.



You may be asked to put on a surgical mask to protect others.

Clean your Hands after coughing or sneezing.



Wash with soap and water

or clean with alcohol-based hand cleaner.



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Minnesota Antibiotic Resistance Partnership



REST

- Stay home and rest
 - reduce transmission of both cold and flu viruses
 - Allows the immune system to access enough energy to efficiently function





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**Upcoming
Lectures/Apearances:**

*Oct 29, 2012 – Colds and Flues
Nov 5, 2012 – Diabetes
Dec 3, 2012 – Healthy Holidays*

Today's lecture is available for download on our website.

Thank You!