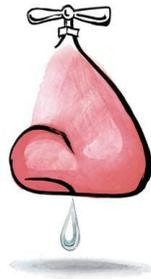


COLD AND FLU



FIRST AID KIT

Beat a cold before it starts!!!!



Beating Colds and Flu

This may be rather simplistic, but the best way to beat a cold or flu is not to catch it in the first place! While this sounds like the best possible solution it is exactly what our body does to hundreds of invasions by the ever prevalent cold and flu bugs everyday. The vast majority of the time our bodies immune system can easily cope with these invaders because we are stronger and have a better defence system to deal with the bugs at that time. However if our system get stressed and rundown and the energy in our immune system diminishes to the point that it is vulnerable to attack by these external pathogens, then the risk of becoming ill and having to go through the three or four days (sometimes weeks) of discomfort, irritability, loss of work and feeling lousy increases exponentially. We will talk about how to condition your body so that it can resist colds and flu later on in the **'tips'** section.

Zinc: When you catch a cold your body uses up to **20 times more Zinc** than it does normally, so if you are even mildly deficient in zinc (a recent study discovered that over 67 percent of men and 85 percent of women are receiving less than the recommended dietary allowance) and sufficient supplies are not available, then your immune system cannot carry out its job of effectively fighting the bugs in the early stage before they proliferate. Clearly it is best to detect and correct any zinc deficiency if proper immune function is to prevent infections and even cancer.

It is a simple matter to test your zinc levels with our **zinc tally taste test**, and correct deficiencies using **'Zinc Fix'**, an orange flavoured powdered supplement that is simply added to water. If low levels of zinc are detected we have found that tablet zinc does not absorb due to the diminished amount of the enzymes that absorb zinc. Zinc Fix is water soluble and easily absorbed.

Vitamin C: has also been found to be effective in increasing the mobility of the white blood cells which

capture the early invaders, and as antioxidant to protect the tissue during the inflammatory stage of the infection. Immune suppression is likely if vitamin C is inadequate within the body. The clinic also has a simple urine test to assess your antioxidant levels to see if they are at a functional level.

Vitamin C can be likened to **'bullets for a semi-automatic immune system'**. Most of the time you only need to take the odd pot shot at the invaders, but every now and again you need lots of bullets to really give them a spray. Therefore when using Vitamin C for infections we often need high doses for short periods of time. Supplementation is best undertaken with a pH balanced, broad-spectrum, high-quality form of vitamin C. There are plenty of cheap vitamin C's available on the market that upset the body's pH balance, irritate the bowel and only provide limited efficacy. Ashgrove Wellbeing Centre practitioners use and recommend either C-Ultrascorb or Bio-Active Vit C, both high-quality and effective forms of vitamin C at a good price.

Olive Leaf Extract: Another essential in your colds and flu armoury is good Olive Leaf Extract. We are all familiar with the health benefits of olive oil and the delightful taste of marinated olives, but most are not aware that extracts from the leaf of the olive tree provide many health benefits, especially to the immune system. It is apparent that this powerful herbal extract can have a profound effect on infection by viral, bacterial or other microbial agents. Olive leaf extract interferes with the virus's ability to spread by inactivating or inhibiting their ability to bud and proliferate. It also interferes with certain amino acid production essential for the survival of specific non beneficial microbes, be it a virus, bacterium, parasite or fungus. Compounds of olive leaf extract can directly penetrate infected human cells and inhibit further microbial reproduction.

Many patients have reported that by taking olive leaf extract, vitamin C,



zinc and liquid oxygen at the first sign of a cold, that they didn't get the cold and woke up the next morning feeling fine.

Septilin: is a specially formulated Ayurvedic herbal combination designed to effectively fight the causative agents of colds and flu. It does this by stimulating the immune system to hunt down and kill the pesty invaders. Acting like antibiotics, the main herbs in this combination has been proven to decrease pain, decrease fever, prevent and dissolve blood clots, and has antiviral, anti bacterial and anti-inflammatory properties. Andrographis helps your body fight infection and can reduce the length of a cold. Cats claw, another component, has been used for centuries for its antimicrobial, antioxidant, antiviral, anti-inflammatory and anti-tumour effects. This makes Septilin a must for the more serious colds or flu, or when you have to get better quickly.

Ph: keeping your pH in balance is a good thing to do when you healthy, but it is imperative when you are ill. **Basica and Gastric Buffer** are very simple yet effective means of keeping your body is acid and alkaline balance near neutral say that it can more effectively fighting the bugs. When we get sick we tend to get on the acid side and this limits our immune system's ability to fight effectively and requires more energy.

Liquid Oxygen: is a relative newcomer to our armoury but no less effective. Microbes hate oxygen and prefer an anaerobic environment in which to breed and do their damage. Liquid oxygen virtually sterilizes them and provides an extra source of oxygen to tissues that are struggling through inflammation and infection. Taken at the beginning of the very first signs of tickle or sore throat, liquid oxygen can make all the difference to the effectiveness of the other supplements that you take. It is like a synergist that is so essential in our body for energy production that by taking as little as 5 ml of oxygen at the right time we allow our body to have enough energy to fight the early stages of the

invasion. Liquid oxygen is available at the clinic as Oxy Rich, a small easy to carry bottle with a dripper spout for easy dispensing.

Essential Tips: A Natural View

Getting enough quality sleep: Expecting your body to fight an infection if it is exhausted is like expecting to run a marathon if you have already just run a marathon. Our body needs the correct amount of sleep in order to repair itself from the work that it has done during the day. If we can't sleep, or worse, are too stressed to sleep, we gradually wind down our bodies energy and immune system to the point where even the weaker of the available infections can easily invade and cause illness. We have all heard of people who can have children coughing all over them and regularly work in offices with sick people all around and they never catch anything. (We have a couple of these people in our household) These people have naturally strong or well maintained immune systems that have plenty of energy available to withstand almost any infection. Getting enough sleep, rest, and quiet time are prime ingredients in a healthy immune system.

Many people use the philosophy of "Soldier on" (God forbid, with Codral) and deny themselves the rest that their body craves. They feel tired, they want to rest and go to bed, but they don't. They often think that 'it won't get too bad' or 'it's only a cold' and take their infection spreading body to work to make sure that their colleagues don't miss out on the opportunity of feeling as lousy as they are. If we are sick, our body is asking for help and wanting us to respond to its needs. Research has shown that by denying our bodies desire for sleep and rest in the early stages of the cold or flu, we can easily become sicker than we would have and take longer to recover with ultimately more days off work than if we had rested. Research suggests that seven to eight hours of sleep per night is the average that is essential for healthy repair and

maintenance of our body. I lost count of the number of people who have come down with a cold or flu on Tuesday or Wednesday afternoon after a "big night" at the weekend.

Catch it early: Before we catch a cold we often experience a period of mild irritability, tiredness or foggy brain. These are often what are called the **prodromal symptoms**, or simply put, the slight symptoms that precede the actual event. Becoming aware of your own bodies particular program or symptoms can often leave you with the opportunity to get rid of the cold even before it starts. By resting, having an early night, cancelling that training session or run, not partying and avoiding junk food, we can often give our body just the small help it needs at this very early stage of infection to kill out the few invaders that are present. Also by detecting these prodromal symptoms early you can start your supplements immediately when they are at their most powerful. It can take some hours for the supplements to be absorbed and to have their positive effect on the immune system. If we wait until we are fully ill and the numbers of microbes have increased and the job becomes far more difficult. When you think you "might be catching a cold" is exactly the time that you should start to rest and take your supplements. The results achieved from this early intervention are often astounding and waiting even 12 hours to start can sometimes be too late. We advise that if you are feeling a little bit "suspect", then it is a good idea to take your supplements to work with you so that they are available if you need them.

Hydration: Over 70 percent of our population spend the vast majority of their time in a state of mild to moderate dehydration. Lack of hydration leads to increase of the body's acidity levels and a decrease in its energy production and oxygen carrying capacity. These two factors make it a lot easier for bugs to find a home in your body. Two litres of filtered water a day is about the minimum requirement for correct hydration. Drinking coffee, tea or alcohol increases dehydration through their diuretic effects. So if we do drink these beverages we need to increase our water supply to cover the extra

demands and allow our body to filter out the toxins.

Exercise: Many research articles recommend regular moderate exercise to increase the body's ability to cope with stress, and function effectively. Sedentary people are less likely to have the 'fitness' to cope with the extra demands of infection, even at the early stages. These people tend to come down like "a sack of potatoes" and stay ill for an extended period. They have no reserve, their body is only used to having enough fitness to get through their normal day, not a stressful day and certainly not the day they catch an infection. Walking, jogging, swimming or many sports can provide the necessary regular exercise that can bring the benefits of improved health and a strong immune system.

Philosophy: We all think that investing in our future by wisely putting money aside or acquiring assets and superannuation is a good idea. Planning for the future has always been sound advice. However, one of the most crucial investments that could have a profound effect on the way that we live our life in the future is to **invest in our health, particularly our immune system.**

In recent years, there are stories each winter and spring of people simply catching flu and dying. These are not just the weak and elderly but ordinary mums and dads often with young families. In 2003 I heard personally of four people dying from the complications of pneumonia contracted after a bout of flu.

Microbes have been steadily evolving to sidestep modern antibiotics and have slipped under the guard of a modern humanity which is more busy and stressed than it wants to be, as well as eating a diet of highly processed and chemical laden substances posing as food.

As one patient said, "If God had meant us to have Mars Bars, then He would have created Mars Bar trees".

The combination of our modern busy lifestyle and a poor diet can tend to weaken our reserves and create a playground for infection and illness. More than ever we need to be proactive in maintaining our immune system and our health in general. This means spending some time investing in the areas of your health that you

know we can improve, and having regular tune ups with your natural health-care practitioner at least every six months, to monitor the strength of your various organ systems and rebalance them before they cause damage.

Nature Therapies has a variety of natural health testing procedures that provide a huge insight into your health at any time. For example our **Live Blood Analysis** can provide vital information about the functioning of your immune system, gut and liver. Also, our **Comprehensive Health Appraisal Questionnaire** produces a graph of your health showing the strong and the weak points.

Treatment: Over the years many people have rung up to cancel an appointment because they have a cold or a flu, only to be surprised when we tell them that we could treat their cold and flu symptoms using **acupuncture, lymphatic drainage massage and herbs**. The most common response that we have heard to our treatment is that the patient feels at least 40% improved after the treatment, and gets better in record time. We often have to explain that Chinese medicine has been around for about 3000 years and that they have come across the

odd cold and flu in that time, and developed effective strategies to not only prevent illness but treat it as well.



If you have had a bad time in the past with colds and flu and taken a long time to get over them, then maybe it is time to try a natural approach. As a practitioner I would be happy to explain to you or any of your family, just how easy it is to make the changes necessary to your lifestyle to greatly improve your immune system and avoid illness.

Many families we know that previously spent a lot of time and money at the doctors each year during the cold and flu season, now invest wisely in their preventative health and its maintenance using natural medicine. They frequently tell us that their children are attending more school and that their medical bills have been effectively reduced. It doesn't cost much to find out how your health is tracking and as we all know "Knowledge gives you the power of choice"

Terry Hitzke

Cold and Flu Pack Dosages:

Adult Dose:

Zinc+ 1 capsule 2 x daily

Bio-Active Vit C ½ teaspoon 2 x daily for 3 days, then 1/3 teaspoon

Olive Leaf (2x strength) 3ml 3 x daily

Septilin 2 capsules 2x daily, reducing as symptoms reside to 1 capsules 2x per day. Not for pregnancy.

Glutathione Suck one capsule under the tongue until dissolved, 3x per day.

Oxy Rich 25 drops 3 x daily

Children:

40kg+ 2/3 adult dose

20kg+ ½ adult dose

Under 20kg 1/3 adult dose Not recommended for babies or children under 2 years.

