

Natural Roots Medicine

Naturopathic Wellness Center

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More on Flu Prevention

With the cool brisk air comes a predisposition to catching any of the local viruses this season, including H1N1. It is a healthy response to get the common cold or flu at this time of year. Know when enough is enough. Two things I don't like to hear in my practice are "I always get sick" or "when I get sick I am seek for weeks at a time."

- Fatigue
- Decreased sleep
- Stress
- Chronic congestion/ allergies
- Constipation
- Poor diet/ low nutrition value

Healthy Home Tips to increase your well-being and keep your airways clear!!!

- Keep Hydrogen peroxide, Epsom salt and regular salt handy.
- Warm salt gargle frequently, hydrogen peroxide gargle occasionally.
- Keep warm; take a warm Epsom salt bath to bring up your body temperature if you feel chilly.
- Avoid Milk and dairy products. This will help reduce congestion. Even if you think you handle dairy well, chances are if I put you on a cleanse you would realize, you do indeed have a sensitivity to dairy.
- Eat plenty of garlic, onion, cinnamon, ginger, and a peppermint, cranberries. All these have antioxidants, and/or a warming affect or have antibacterial properties. You may also consider these as teas.
- Increase your Vitamin C; it will take a lot

15-minute Free Consult

- High sugar diets
- Many more!!!!

All these are risk factors which may make a difference from being sick a few days to being sick a few weeks. Hospitalizations so far for the flu, are usually as a consequence of a super-imposed bacterial infection. Having the flu predisposes your susceptibility to getting a bacterial pneumonia. So it is a good idea to start early this season and take care of your self.

Know your baseline temperature. If normally your normal temperature is 97.9 then a fever for you may be at a lower value than if your normal temperature is 98.6.

Over-the counter recommendations: Try and stay away from cough suppressants, Tylenol for low grade fevers or other medicine who act to prevent normal detox from your cold/or flu.

- Do use a Neti-pot with essential oils or salt
- See a Naturopathic Doctor early to optimize your health.
- We will have recommendations on herbs, and dosages, and time

- See <http://www.cdc.gov/H1N1FLU/>

Natural Roots Medicine Naturopathic Wellness

Come see what other health tips we have for you.

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See us at:

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IMPORTANT NOTICE

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