

Fall 2010

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WATERDOWN CLINIC OF NATUROPATHIC MEDICINE

Cold & Flu News

Cold & Flu Season Arrives!

Every year cold and flu season manages to take us by surprise. This fall we have already seen a widespread outbreak of Norwalk virus, some streptococcal infections and of course, the common cold is making its rounds already. Especially for those families with young children, repeated viral illness can lead to lost days at work and school and a drain on everyone's resources and patience. A little bit of preparation NOW will make this cold & flu season much more manageable.

BASIC RECOMMENDATIONS:

Some basic but very important recommendations include hand washing, extra sleep and stress management. When you feel symptoms starting, or witness symptoms in your children, much can be prevented by going to bed early, avoiding sugar and dairy products. A significant intake of

sugar, such as the amount found in a pop or a chocolate bar, suppresses immunity for several hours. If you or your child is fighting a virus and you are eating too much sugar, the chances of getting sick are higher. Dairy products thicken mucous in the nose and throat which makes a great breeding ground for viruses and bacteria.

WARMING SOCKS

Another very effective way to boost the immune system a boost and minimize the duration of a cold or flu is the old hydrotherapy technique - Warming Socks. Simple and effective, at the first sign of symptoms take a thin pair of cotton socks, soak them in cold water, ring them out tightly and put them on. Then cover them with a dry pair of woolen socks. Once the initial moments of discomfort pass you will fall asleep and wake with warm dry feet and a revitalized immune system. *Tip: make sure your feet are warm to start!*

Adult aids to cold & flu prevention

Vitamin D: Lots of evidence to suggest that this fat soluble vitamin does more than help prevent bone loss and depression. For proper immune function, dose Vitamin D at 1000IU to 3000IU per day.

Deep Immune/Astragalus Combo is a botanical tincture (also in capsule form) designed for those of us who really can not afford to get sick. It acts as an immune stimulant, anti microbial and energy tonic. Most adults can take 30 drops 2-3x per day and increase at first sign of symptoms

The amount of alcohol taken in an average dose of tincture, is about the same as what you'd find in an overly ripe banana.

Vitamin C: The old standby for cold and flu prevention. Favour vitamin C with bioflavonoids. 1000mg daily through the fall and winter is a good prevention dose and can be increased if illness hits.

ACEs+zinc: The zinc and vitamin A in this formula are what potently promote immunity and have been clinically proven to shorten the duration of a cold.

Muco coccinum: A clinically proven homeopathic preparation formulated to stimulate the body's own defenses. 88% effective in the prevention of influenza! Taken weekly, this homeopathic preparation can prevent seasonal flu infection.

What if I get sick?

Lots of fluids (water, ginger tea), warming socks nightly and REST! Increase vitamin C up to 5000mg/ day and botanical Muco coccinum at first sign of flu symptoms (chill, body aches). Please CALL and speak to Dr. Jaklin for specific suggestions and approaches for you.



Flu vaccination: pros and cons

Flu vaccination has become an anticipated annual event. As a Naturopathic Doctor, people expect that I will automatically be anti-vaccination because it is “not natural”. While this may be partly true, it is important to consider the virulence of the flu strain and the health of the individual in question before making a recommendation.

This year's vaccine includes the 3 main viruses that research indicates will cause the most illness. This season's flu vaccine targets 2009 H1N1, an A- H3N2 virus, and a B virus. ACIP (Advisory Committee on Immunization Practises) recommends that children 6 months through 8 years of age receive 2 doses of the 2010-2011 flu vaccine with a minimal interval of 4 weeks unless they have received: at least 1 dose of 2009 H1N1 flu vaccine last season; and



at least 1 dose of seasonal flu vaccine prior to the 2009-2010 flu season or 2 doses of 2009-2010 seasonal flu vaccine. A new flu vaccine, “Fluzone”, has been produced for people older than 65yrs.

This vaccine is simply a stronger dose of the regular flu vaccine. The reason this has been developed is because this age group does not have a strong antibody response to the regular flu vaccine - despite all of the marketing to the contrary. So far there is no direct evidence that this vaccination will be any more effective than the regular flu vaccination and it does have a higher rate of reaction (injection site pain and fever).

While natural immunity is always the most effective long term solution, immunization may help protect those who are at great risk of complication from the flu. These populations generally concern the very young, the very old and those with chronic diseases such as asthma, diabetes and immune diseases.

Flu vaccinations in Canada do contain a preservative called Thimersol which is a mercury derivative. There are valid concerns about his additive being neurotoxic. If you have ever reacted to a vaccination, or have a neurological disease, I recommend that you discuss the pros and cons of flu vaccination with a health care professional. Remember that natural alternatives to the flu shot are available.

Cold & Flu prevention for children

Young children are particularly prone to viruses while their immune system is growing and changing. Until age 12, the immune system is in a constant state of “learning.” As a result, illness is more frequent and the body’s response can be more aggressive (how many adults do you know that get a fever of 39 degrees C?) Repeated serious infections like croup or strep, warrant a visit to the office to discuss a more aggressive action plan. Common colds, mild gastrointestinal bugs and ear infections are usually well managed at home.

PREVENTION and Treatment:

Vitamin D: Absolutely critical in immune function. Children up to 8 years of age take 400iu per day and older children, 1000iu.

Vitamin C: Extra Vitamin C is a good old standby for cold and flu season. Available in chewable flavours and effervescent powder for ease of administration. Younger children need an extra 500mg/day and older children can take 1000mg.

Probiotic: a high quality probiotic is an

important on-going immune support. Double the dose in the case of illness.

Deep Immune/Astragalus Combo for

Kids: A combination designed especially for children to improve immune function and decrease the tendency to frequent colds, flu and infection. Dose dependent on age but generally 1-5 years old 5 drops twice per day and 6-12 years old 10 drops twice per day for prevention through the season.

Muco coccinum: Give at the first sign of flu symptoms (fever, chills, vomiting).

Today's Teens are increasingly sleep deprived. On average, a 13 year old gets 90 minutes LESS sleep per night than 30 years ago.

Given hourly this homeopathic medicine is proven to shorten intensity and duration of the illness. Preventively, give once weekly for 4 weeks.

Please Remember: Warming Socks: Are an excellent aid in minimizing any illness.

Good Nutrition: Sick children need nourishing

food, lots of fluids and rest. No sweets, late nights or stressful sporting events. Dr. Jaklin is always happy to speak to you or examine your child if you have concerns.

The Waterdown Clinic of Naturopathic Medicine has been providing Flamborough, Burlington and Hamilton with whole body health since 2002.

Naturopathic Doctor

Holistic Nutritionist

Sound Mind Therapist



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