

Pioneer Comprehensive Medical

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REGULAR and H1N1 (Swine) FLU

When discussing any infectious issue, the emphasis is generally on the virulence of the organism. While this is a legitimate concern, this approach often creates some fear and apprehension in people. At times, patients may even feel totally helpless.

At our clinic, we believe that a **preventive approach** should be equal to vaccinations, if not more emphasized, to empower people to boost their immune system and avoid victim-like attitudes that may further compromise their immune system.

Pasteur popularized vaccinations in the Western world. After all his work, it is telling that he came to believe that the problem with infections “**is not the germ, but the terrain.**” In other words, strengthening our immune system, which is mostly found in the tissues, especially in the gut and sinuses, gives us reasonable assurance that we could defend ourselves from any infectious organism with a higher chance of success.

Things to do to strengthen our immune system:

1. Get adequate sleep. Losing one hour of sleep per night depresses immune function.
2. Wash your hands often. Try not to touch your eyes, mouth. Sneeze into sleeve
3. Take 5-10,000 IU of Vitamin D3 each day. Increase to 50,000 IU while sick. Children: 1,000 IU daily, 5,000 IU when sick.
4. Take Vitamin C: 1,000 mg. Increase to 5,000 mg 3 times a day while sick; add IGG 2000 (immunoglobulin) 2 caps 2 times a day.
5. Take probiotics 5-10 caps a day; feed them with Slippery elm or Constant Health fiber
6. Avoid processed sugar: one can of coke depresses white cell function by 90% for 5 hours.
7. Take Echinacea, Mushrooms, Elderberry and/or Silver only while ill. They are not indicated for maintenance.
8. REST!
9. LOTS OF WATER. Also Pomegranate juice, green tea.
10. Consider wearing surgical mask if risk of exposure is high.
11. Daily sinus rinse with saline(salt) solution or xclear(Xylitol).
12. Daily gargle with saline solution.

If you believe you have the Flu:

Try the above suggestions.

The CDC advises patients to stay home and rest; avoid the ER and clinic, unless you are extremely ill. In that case, come in wearing a surgical mask. The main thing we would do is to give you a Myer's cocktail by IV route with fluids. Prescriptions for cough and pain would be considered.