

FIGHTING & PREVENTING THE FLU

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FOR SYMPTOMATIC RELIEF and to Shorten Duration of Illness:

1. ELDERBERRY

Elderberry syrup (such as Sambucol). Take one tablespoon 4X daily for up to 3 days when symptoms begin. One study suggested that using a standardized elderberry extract, Sambucol, could shorten the duration of flu by about 3 days.

Elderberry boosts immunity and stops viruses from penetrating into your cells, preventing them from replicating. Elderberry helps you recover from the cold in only 2-3 days compared to 7-8 days on a placebo (J Altern Comp Med 1995;1:361- 9; J International Med Res 2004;32:132- 40). A placebo-controlled study found that elderberry relieves fever, headache, congestion and cough in only 2 days. Elderberry was also better than placebo for nasal congestion. The researchers concluded that elderberry

was fast, effective and as good as or better than antiviral drugs for the flu (Online Journal of Pharmacology and Pharmacokinetics 2009;5:32-43). In the most recent double-blind study, airplane travelers who took elderberry suffered a significant 52% fewer days with a cold and a significant 58% milder symptoms (Nutrients 2016).



2. AVOID SUGAR

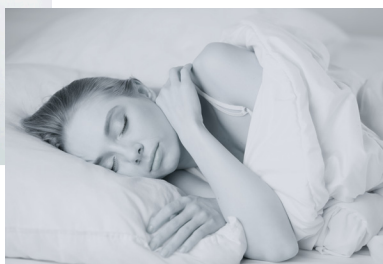
Perhaps the most important thing you can do to boost your immune strength is get rid of the sweets! Avoid all sugar and highly processed foods. Even small amounts of sugar can significantly impair the immune system, making one more susceptible to a flu infection. Elimination of dairy—since many patients suffer from food sensitivity to dairy, it is a good idea to eliminate this food group if you want to avoid symptoms of a cold or influenza. Even though studies have not shown a link between increase mucus production and dairy consumption, I generally see clinical improvement in patients who choose to eliminate milk and cheese.

3. FUNCTIONAL FOODS

Many foods are helpful to boost immunity. Drink organic green tea, eat garlic raw or cooked, use fresh oregano and thyme to spice your foods, and enjoy fresh ginger in cooking or smoothies or make a cup of honey ginger tea. Cruciferous veggies and certain mushrooms are also loaded with immune boosting properties. Both garlic and onions contain compounds that rev up the activity of immune-system cells called natural killer cells and T-helper cells.

4. HYDRATION & SLEEP

Often overlooked but essential! Drink plenty of fluids and avoid sticky and sweet soda or fruit juice. Get 7-8 hours of sleep per night. It is no coincidence that we often get a cold or the flu after activities like the holidays or travel, when we return to high stress and fail to get adequate sleep. Hydration—drink plenty of pure filtered water every day. This is especially important if you are fighting the flu. I recommend drinking up to 80% of your body weight (in pounds) of water (in ounces).



5. ESSENTIAL NUTRIENTS (SUPPLEMENTS TO BOOST IMMUNITY)

a. Vitamin C: Is a POWERFUL immune booster and it increases glutathione production. *take 500mg bid as a maintenance dose but in the midst of the flu season, I take 1000mg bid or you can do 1 gram every 3-4 hours while battling a flu or a cold; do this for only 3-4 days. I like the vitamin c which is a lysosomal version and my go to is by Quicksilver Scientific (I love all their products because of the maximal delivery). <https://www.quicksilverscientific.com/vitamin-c-rla>

b. Zinc 30-60mg/ day or Zinc Lozenges

- Completely dissolve in mouth one (1) lozenge every 2 wakeful hours, not to exceed 8 lozenges per day, or as recommended by a healthcare practitioner.
- Do not use for more than 3 consecutive days.
- Do not chew or swallow lozenge.
- Dose 50-100mg / day

c. Vitamin D 5000/day is standard dose but with onset of flu take 15000-20000 IU/day X 3 days (you may take 25,000IU daily for 2-3 days in a row at onset of symptoms to knock out a virus).

- Serum Vitamin D levels were inversely associated with all-cause mortality from cardiovascular diseases, cancer, and respiratory diseases. The active form of vitamin D has also been shown to inhibit the development of autoimmune diseases (<https://academic.oup.com/ajcn/article/80/6/1717S/4690517>) Vitamin D is an IMPORTANT immune regulator.

d. High Dose Vitamin A

The WHO recommends high dose VIT A (400,000 IU) X 2 days when kids in third world countries get the MMR vaccine for this helps them clear the measles virus. Dose in adults at onset of the flu would be 800,000 IU X 2 days (if get rash or headache with first day don't take the second day).

e. Selenium 300- 600 iu/ day.

f. Omega 3 bid (safe to take up to 6 grams/day if not on blood thinners) to improve brain fog/memory.

FLU PREVENTION AND MORE TREATMENT STRATEGIES

a. One of my very favorite homeopathic flu remedies is **Borion Oscilloccinum**. I am never without this helpful cure! It comes in adult or kid friendly versions. Take 1 vial weekly for prevention of flu. I do this all through the winter months or when I'm flying and and out of airports, etc... Upon the first sign of sore throat, fever or myalgia, take one vial up to 3X daily for acute illness. I also like COLD CALM for symptomatic relief (<http://www.boironusa.com/products/coldcalm-tablets/>). Lastly , one of my ALL time favorites is the Biocidin LSF spray or TS spray and one spray twice a day into nostrils and throat, also can use Biocidin drops in a NetiPot.

b. Adequate sleep

c. Gentle daily exercise

d. Meditation/stress relief

e. Bone broth (not that great for kids with PANS or PANDAS or anyone with histamine issues)

f. Caffeine Enema every third day of illness. This will detox liver and invoke the organ to produce new bile, which will cleanse the body quickly. Our bodies are so efficient that our bile is recycled over and again, which brings back toxins into the liver and body. The caffeine contaminates the bile, thereby forcing the body to release the old bile and producing new healthy bile.

g. Photomodulation: IR sauna has huge benefits for detox, heath and wellness, longevity and for immune boosting qualities. Photomodulation reduces cardiovascular disease, reduces risk of other disease, promotes longevity and benefits immune health. Increase weigh loss, physical performance, energy, growth of new brain cells, decrease pain, preventing neurological diseases and massively improving mood. It improves mitochondrial health and energy generation. Mitochondria are the key to good health and longevity. IR sauna can increase mitochondrial size, improves the Internal antioxidant system and reduces free radicals. It induces autophagy and repair. IR sauna is truly superior to any drug in reducing disease risk.

h. Sinus Rinse

I recommend the NeilMed sinus irrigation or a Netipot used 1-2 X daily with saline to clear out excess sticky mucous and prevent viruses and a bacteria from adhering. This works amazing for anyone who relies on their voice for occupation, like teachers, professors, singers, etc. It's also good for the rest of us to prevent the bacteria or viruses that cause infection from sticking around. One study showed that daily hypertonic saline nasal irrigation improves sinus-related quality of life, decreases symptoms, and decreases medication use in patients with frequent sinusitis.

i. Ginger Tea

Directions for making Ginger Tea:

- Juice (or grate on a fine setting) 1-2 pounds of ginger; place juice in a jar and refrigerate.
- Place 2-4 ounces of ginger juice in a mug with the juice of one-half lemon and a large tablespoon of honey (honey is also anti-viral). I recommend Beekeeper's Natural honey.
- Add 1/8 teaspoon of cayenne pepper and 6 ounces of hot water.
- Drink 2-6 cups of this a day, sipping slowly throughout the day.



Infrared Sauna

j. More on Zinc

Several studies have shown that, when you use an effective form of zinc, zinc lozenges have a remarkable ability to kill colds. The best forms of zinc lozenge are zinc gluconate, zinc acetate and zinc gluconate-glycine. Other forms or those flavoured with citric acid, tartaric acid, sorbitol, or mannitol don't work as well.

- Several studies show that taking 13-23mg of zinc lozenges every two waking hours fights off a cold in about 4 days compared to 7-11 days with a placebo (Antimicrobial Agents Chemother 1984;25:20-24; Ann Intern Med 1996;125:81-88; Ann Intern Med 2000;133:245-52; J Infect Dis 2008;197:795-802).

- A review of the research found that when at least 75mg of zinc lozenges a day was used, people got better significantly faster in 7 out of 8 studies (Open Respir Med J 2011;5:51-58).

- A recent meta-analysis looked at three placebo-controlled studies that all used an effective form of zinc lozenge: zinc



acetate. The zinc lozenges lessened the length of the cold by nearly 3 days. The average length of the cold in the 3 studies was 7 days. But taking zinc lozenges shortened the cold by 2.73-2.94 days: that's a big improvement! (BJCP 2016;82:1393-8)



Dr. Gazda's mission is to serve her patients and humanity. All of the staff at Suzanne Gazda M.D Integrative Neurology welcomes you to be part of this remarkable healing journey. We're here to help, to heal, and to give you hope.

As Dr. Gazda says, *Without hope...none of us could survive.*

For more information, contact us at 210.853-3967