

# Immune System Protection this cold/flu season

## Flu Shots

Only 61 million doses of the flu vaccine are available this year, but 98 million people need the vaccine. Of those in need, 9 million are children and some should get two flu shots for it to be effective. Those who are considered to be at high risk for the flu “include people who are most likely to suffer severe complications or death from the flu, such as babies and toddlers ages 6-23 months; anyone 65 years or older; anyone with chronic medical conditions such as heart or lung disease; pregnant women; residents of long-term care facilities; children on chronic aspirin therapy; health workers who care for high-risk patients; and caregivers and household contacts of babies under 6 months.”<sup>1</sup>

According to the Centers for Disease Control and Prevention, the flu hospitalizes about 200,000 people and kills on average 36,000 people in the United States each year. Studies have shown that the shot generally works about 52 percent of the time. It is important to note that the flu vaccine works against one strain of virus, while there are many variations of the flu. Side effects such as soreness, redness or swelling where the shot was given, low grade fever and aches can last one to two days after receiving a flu shot, while runny nose, headache, sore throat and cough are common side effects of the nasal vaccine.

1 <http://www.msnbc.msn.com/id/6351297>

## Alternative methods to protect against the flu

Health experts agree that people can help protect themselves from the flu even if they did or did not get a flu shot. A healthy diet and lifestyle are key factors in protecting against the flu naturally. Commonly suggested preventative measures to reduce the chance of getting the flu include washing hands frequently with hot water and soap, carrying alcohol towelettes, getting plenty of sleep, trying to diminish stress, avoiding people who are sick, and drinking plenty of fluids to keep nasal passages moist. Garlic, ginger, papaya, radishes, yogurt, oregano, allspice and cinnamon are all recommended foods to strengthen the immune system.

## Nutrients known to boost the immune system can be found in Immu-Forte

**Vitamin A** – enhances immunity and protects against colds, influenza and infections. Vitamin A is an antioxidant that protects cells from disease. Vitamin A helps thin mucus and is important to the health of the mucus membranes.

**Vitamin C** – supports the immune system in several ways. Vitamin C promotes the production of white blood cells. The nutrient aids in interferon production. Interferon is our body’s main defense against viruses.

**RNA** – stimulates the body’s own virus fighting system called interferon to work harder and do a better job warding off diseases.

**Echinacea** – one of the most widely known immune supporting herbs, exerts some direct antimicrobial action but primarily boosts immune-cell activity and prevents bacterial enzymes from breaking down the body’s tissues.

*Suggest Immu-Forte to help your patients build up their immune systems naturally. It has successfully helped people during times of cold and flu, but did you know that a maintenance dosage is **an excellent alternative to flu shots.***

**Astragalus** – has been used in China for over 2,000 years for the treatment of flu and upper respiratory diseases. Astragalus is widely used to increase resistance to disease and infections, treat viral conditions and restore depressed immunity. Astragalus is used by those who experience repeated infections, degenerative diseases, and inability to withstand stress.

**Zinc** – accelerates the growth of immune cells while inhibiting the replication of the cold-causing rhinoviruses.

**N-acetyl-L-cysteine (NAC)** – has been used clinically since the 1960’s as a mucus thinner and also therapeutically for preventing respiratory disease.

**L-Lysine** – has a tremendous ability to fight and prevent the outbreak of cold sores and herpes virus.

### CLINICAL INDICATIONS:

- Immune system fortification
- Prevention of colds and flu
- Reduced severity and duration of symptoms of colds and flu
- Cold sore protection
- Resistance to allergies
- Nutritional support for sinusitis and bronchial congestion
- Promotes a healthy upper respiratory track

Complimentary Formulas: Zinc lozenges for colds and sore throats. Sinugen for nasal decongestion.