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Health & Well Being

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How to maintain health during the flu season

The flu strains have become stronger and are affecting many of us this season. Many people have experienced illness to such a severe degree that they are bedridden for weeks and many have had recurrences. This has become so pandemic that many countries are declaring an epidemic.

Although allopathic medicine recommends the 'flu shot' there are many downsides to this as it puts further strain on the immune system and can cause the flu in some cases. Other reactions may not be seen for some time and can include affects on the nervous and general detoxification systems.

Naturopathic medicine can be tailored to the individual to help get their immune systems strong before the flu season starts. Once the sickness has started there are many naturopathic remedies and techniques that help alleviate the suffering and duration. Please ask you naturopathic doctor what you can do to strengthen your system.

General suggestions for everyone include:

1. Wash your hands with soap frequently and do not touch your hands to your face and eyes.
2. Avoid large crowds if possible and if unavoidable try not to touch door handles etc. with your bare hands.
3. Eat foods that help the immune system- vegetables, garlic, ginger and cayenne and drink lots of water.
4. Do not eat refined flour, sugar, pop, junk food, and creamy foods (dairy).
5. When others are sick at home, air out the house daily and use aromatherapy diffusions such as eucalyptus and thyme to clean the air. Also use separate cups and towels at all times and wash dishes in very hot water.
6. Use preventive naturopathic remedies for your individual case recommended by your naturopathic doctor

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