

Cold and Flu Prevention: Quick Reference for the Whole Family

General Care:

- Maintain a **balanced diet** rich in fruits and vegetables, include lots of dark leafy greens, dark berries, red, orange and yellow vegetables, garlic
- Ensure adequate protein intake (unprocessed meats, fish, beans)
- **Avoid** sugar, fast food, processed foods, soda, alcohol
- Get **restful sleep** every night (preschool: 11-12 hrs; school age kids: 10-11 hrs; adults 7-8 hrs)
- Drink plenty of pure **water** (1/2 body wt in oz for kids- ex: 70lb child need 35 oz water/ day)
- Stress management- laughter, yoga, meditation, etc...
- Exercise Regularly; kids: play outside/ exert themselves regularly
- **Wash hands** with *regular* (non- antibacterial) soap and water regularly
- Don't share water bottles/ drinks
- Humidifier at home if using heat at night (40-50% humidity) can add essential oils for congestion

You can maintain a healthy immune system by following the list above. If you or your child is getting sick more frequently or having a hard time recovering from a cold or flu, the following may be helpful:

Supplementation Considerations:**

- Daily **Probiotic** Supplement containing lactobacillus acidophilus and bifidus 10-30 billion organisms/ day
- **Vitamin D**- 1,000- 5,000 IU per day, depending on age and vitamin D status: 2,000IU for children 50lbs and up 1,000IU under 50 lbs and 5,000IU per day for adults when not getting mid-day sun exposure- this is most people in the winter
- Freeze dried "greens" powders- some kids will take- can put it in apple juice or water
- **Vitamin C**- 250-1,000 once a three times a day- also use as treatment for infection- take every 2-3 hours
- **Zinc- elderberry lozenges**- have on hand 1-2 per day though winter or when exposed to illness
- **Colostrum** Supplementation has proven to be more effective for flu prevention than the flu vaccine- consider a colostrum capsule- 1/ day

At first onset ("prodrome") of symptoms (scratchy throat, heavy feeling, etc...)

- Salt water gargle every 30 minutes- warm water with sea salt for sore throat
- Chicken soup- homemade is best
- Warming Sock Treatment for onset of upper respiratory infections (see instructions on backside)
- Herbal teas ("Traditional Medicinals" makes nice teas)
- Anti-viral herbs: andrographis, olive leaf, Echinacea, goldenseal, elderberry, etc...
- With any over the counter supplement- pay attention to children's dosing on label. Key is to dose high and frequently during first 1-2 days- taper off as symptoms resolve
- Examples of herbal formulas:
 - Yin chao/ cold snap (many brands- take a FIRST ONSET- as directed)
 - Elderberry syrup (Sambucol)- for URI, Umcka (good for coughs)

** Whole Foods, Santa Monica Homeopathic Pharmacy, Rainbow Acres are all good places to purchase products