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# BOOST YOUR IMMUNE SYSTEM TO BEAT THE SEASONAL STUFF!



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# The Problem

- Each year Americans catch more than 1 BILLION cold/flu, making them the most common infectious disease in the U.S.
  - It accounts for more school absences and missed work than any other illness and the #1 reason for doctor visits, even though most physicians have little to offer to help.
  - It's a widespread misconception that cold/flu is caused by bacteria. They are actually viral, which means if your doctor gives you an antibiotic, it will be absolutely useless.
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# How do you get sick?

- ❑ The most common ways are spread not from being around coughing or sneezing, or being in the cold. It comes most of the time from hand to hand contact (e.g. blow your nose and shake hands).
  - ❑ These viruses live on pens, computer keyboards, coffee mugs, and other objects for hours. So it's easy to come in contact with one during daily life.
  - ❑ The key is to remember that being exposed to a virus does NOT mean you will catch a cold/flu!
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## Reasons that leave you susceptible:

- ❑ Eating too much sugar and too many grains
  - ❑ Not getting enough rest
  - ❑ High levels of stress
  - ❑ Vitamin D3 deficiency
  - ❑ Impaired nervous system function (subluxation)
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## Vitamin D3 Deficiency: Another reason you may “catch” a bug

- Its estimated adults have 2-4 colds/year and kids of up to 12!
  - One reason is widespread prevalence of Vitamin D3 deficiency is incredibly common in the US!
  - Reduced Vitamin D significantly impairs immune function
  - On study involving 19,000 people in the Archives of Internal Medicine showed those with the lowest Vitamin D levels reported having significantly more recent cases of the flu and cold and every greater risk for asthma!
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# Vitamin D3 Recommendations:

- Age 5 and below: 35 IU per pound per day
- Age 5-10: 2,500 IU per day
- Adults: 5,000 IU per day
- Pregnant Women: 5,000 IU per day
- Already sick: 15,000-20,000 IU per day until symptoms resolve.

Warning: There is no way to know if the above recommendation is correct. The ONLY way to know is to test your blood. You might need 4-5x the amount recommended above. Ideally your blood level of 25 OH D should be 60 ng/ml.

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# How Long Colds Last and How You Can Make Them Go Away Faster

- Most uncomplicated colds last 8-9 days with 25% of them lasting 2 weeks and 5-10% lasting 3 weeks. Allergies typically last all season...a differentiating characteristic.
  - How quickly you bounce back depends on your lifestyle habits. I do NOT mean popping over the counter cough and cold remedies or fever reducers!
  - If your temperature is below 102 degrees, there is absolutely no need to reduce it.
  - Viruses do not reproduce at high body temperatures as the body produces "interferon" which boosts your immune response 400x!
  - Avoid OTC meds including pain relievers. One study in the Journal of Infectious Disease showed Tylenol actually impairs the body's ability to destroy the cold virus! Can also cause lung swelling when in excess!
  - Reserve these medications when fever reaches greater than 105 degrees with sever muscle aches or weakness.
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## Hydrogen Peroxide: A Simple Trick to Beat the Cold

- Many times the cold or flu can be destroyed within 12-14 hours by administering a few drops of 3% hydrogen peroxide into the ear.
  - Wait until bubbling and stinging subside in 5-10 minutes, then drain onto a tissue and repeat the other side.
  - The stuff costs a dollar or less but can be an amazing treatment!
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# Indoor Tanning

- Another way to boost Vitamin D levels, particularly at our latitude is in a tanning bed.
  - I know you have heard the horror stories of cancer from sun/tanning exposure. Keep in mind that is only when you BURN!
  - I recommended firing up the bed before getting in. Then lay down and stay in the bed until you feel your skin just start to tingle...then its time to get out as that is the beginning of the burn.
  - Fair people will want to start at 5 minutes.
  - Darker Skin can work all the way up to 20 minutes!
  - Be sure to find an experienced tanning facility who can help determine what is right for you.
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# Diet Strategies to Kick the Cold and Flu

- If you feel you are coming down with a bug, do NOT eat ANY sugar (including fruit juice), artificial sweeteners, or processed foods.

- Sugar is particularly damaging to your immune system.

**Good Choices are:**

- fermented foods such as raw kefir, kimchee, miso, pickles, sauerkraut, etc...or a high quality probiotic.

- Organic free range eggs/chicken

- Grass fed beef

- Coconuts/oil

- Organic fruits and veggies, mushrooms (Reishi, Shiitake, and Maitake),

- Garlic (a potent antimicrobial), herbs/spices (turmeric, oregano, cinnamon, cloves).

- 80% of your immune system is in your digestive track so consuming a probiotic will help support immune (and brain) health.

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## And YES Chicken Soup!

- ❑ Chicken soup CAN help reduce your symptoms. Chicken contains natural amino acid called cysteine that can thin the mucus in your lungs like an expectorant.
  - ❑ Stay away from canned soups
  - ❑ For best results, make up a fresh batch and make the soup HOT and SPICY with plenty of pepper. The spices will trigger a sudden release of watery fluids in your mouth, throat, and lungs which will help the mucus expel!
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## 3 Cold/Flu busting Lifestyle Strategies

- High Quality Sleep and lots of it. For a list of 33 secrets to a good night's sleep check out:  
<http://articles.mercola.com/sites/articles/archive/2010/10/02/secrets-to-a-good-night-sleep.aspx>
  - Regular Exercise. Exercise regularly has been shown to reduce risk of illness by boosting immune function. In the British Journal of Sports Medicine it found exercise cuts the risk of cold/flu by close to 50%!!! And when they did get sick it was much less severe. At least start walking regularly. If you are really wanted to change I recommend Crossfit. Go to [crossfitredding.com](http://crossfitredding.com) for more information.
  - Reduce your stress levels! Obviously stress reduction is like poverty reduction...its better to be proactive and preventative instead of waiting till you already have it!
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## Other Supplements to Send Bugs Packin'

- Vitamin C: Take several grams every hour till you beat it. Stop if you develop loose stools.
  - Oregano oil: A great antimicrobial
  - Propolis: Bee resin and one of the most broad spectrum antimicrobial compounds in the world. Richest sources of caffeic acid and apigenin, 2 important compounds to aid immune response and even fight cancer!
  - Hot Tea: Best with Peppermint or Ginger
  - Olive Leaf Extract: Used in ancient Egypt for health promoting uses and immune system building
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# Wash Your Hands Sensibly

- ❑ Washing your hands frequently to wipe out germs and viruses. Hand shakes spread more than kissing does!
  - ❑ Plain soap and warm water will due.
  - ❑ Do not use antibacterial soaps as they produce “superbugs.”
  - ❑ A study in the Annals of Internal Medicine found people using antibacterial soaps developed just as much cough, runny nose, sore throat, fever, vomiting, diarrhea, and other symptoms as those using regular soap!
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# Avoid Antibiotics!

- More than 300 different viruses can cause colds, so each time you have a cold it is caused by a distinct virus (i.e. adenovirus, rhinovirus, parainfluenza virus, coronavirus). A virus is much smaller than a bacteria; it is a tiny cluster of genetic material surrounded by a protein wrapper.
- There are currently NO drugs available that can kill these viruses. Antibiotics, including penicillin, do not have any effect on viruses, but unfortunately have been vastly over-prescribed for this very (useless) purpose. That, coupled with the excessive use of antibiotics in agriculture, has contributed to a steep rise in antibiotic-resistant diseases.
- Antibiotic-resistant infections now claim more lives each year than the "modern plague" of AIDS, and cost the American health care system some \$20 billion/year!
- Further, according to one meta-analysis, the health risk from over-use of antibiotics is also a very personal one, as opposed to simply raising the occurrence of antibiotic resistance in the general population over time.
- Whenever you use an antibiotic, you're increasing your susceptibility to developing infections with resistance to that antibiotic -- and you can become the carrier of this resistant bug, and spread it to others. So please know for simple cold or flus, antibiotics will do more harm than good!

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# Impaired Nerve Function (Subluxation)

- Impaired nervous system function can lead to significantly reduced immune response, particularly of Immunoglobulin A.
  - Did you know during the 1918 Spanish flu pandemic that killed over 30,000,000 people world wide was the reason for Chiropractic being licensed?
  - This is due to the fact that Chiropractic adjusting increases IGA response by 139% according to the Journal of the American Osteopathic Association in 2011!
  - A 1997 study in the Journal of Manipulative and Physiological Therapeutics found in HIV positive patients an adjustment boosted immune response by 48%!
  - In fact during the 1918 only 25 deaths per 10,000 cases of the flu for those under Chiropractic care versus 950 per 10,000 cases under tradition medical care!
  - So many people were flooding the Chiropractor's office that the States had to regulate the practice....thus licensing!
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# When you should see a Physician

- Sinus, ear, and lung infections are examples of bacterial infections and will respond to antibiotics. Here are signs that should cause you to consider calling your physician:
  - Fever over 102F
  - Significant Ear pain
  - Pain around eyes, particularly with green nasal discharge
  - Shortness of breath or persistent uncontrollable cough
  - Persistently coughing up green or yellow sputum for weeks on end

Generally speaking however, if you have a cold, medical care is not necessary. Even for the above list, try everything in this packet and put the doctor off if you still don't respond.

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