

Staying Healthy During the Cold and Flu Season

By Dr. Sara Rodgers, NMD

Cold and Flu season is fast approaching. To stay healthy during this season, here are some helpful suggestions.

1. Avoid sugar. This time of year is abundant with sugar from October thru December. The more you refrain from sugary foods, the stronger your immune system will be.
2. Obtain Vitamin D levels and supplement as needed.
3. If known, avoid food sensitivities.
4. Continue to exercise. It is harder to exercise with the reduction of daylight. However, Exercise is an immune support. Continue to obtain at least 30 minutes 5-6 days/week.
5. Wash your hands regularly and avoid touching your face.
6. Cough or sneeze into your arm, handkerchief instead of your hands.
7. Start a good supplementation plan. See the list of suggested products. Include an anti-microbial product, vitamin C, and probiotics.
8. Practice the Wet Sock Hydrotherapy technique (see reverse side). It works!

If you need additional support with a cold, please contact my office. I provide homeopathic remedies and herbs that can be targeted to specific cold symptoms.



Bio Vegetarian (Priority One) This supplement has nutrients to improve the immune system as well as antimicrobial.

- Day 1: 2 capsules every 1-2 waking hours for the first day.
- Thereafter 2 capsules every 2-4 waking hours until well ± 2 days.
- Do not take if pregnant, attempting pregnancy, or breast-feeding.



Aller-C (Vital Nutrients)

Vitamin C is an immune support. The additional anti-inflammatory bioflavonoids and bromelain reduce overall inflammation.



D3 Liquid (Metagenics). 1 drop is 1000 IU of an easily absorbable Vitamin D3. Vitamin D is important for healthy bone maintenance, mood, and immune support.



Oscilloccinum (Boron). A homeopathic remedy to help the symptoms of the Flu: Fever, Chills, Body Aches and Pains. For ages 2 and older. During Flu, dissolve 1 vial in mouth every 6 hours up to 3 times/day



Elderberry Syrup (Wise Woman Herbs)

1/8 teaspoon daily to help improve the immune system. Elderberry has been shown to reduce the length of the flu.



Berry Well (Vital Nutrients) Great for Kids

(and adults). This contains elderberry, Isatis, and astragalus, all powerful anti viral and anti-deficiency herbs.



HMF capsules (Seroyal)

Beneficial bacteria help improve our immune system.



Throat Mist (Wise Woman Herbs)

This throat spray contains herbs to soothe sore throats and to combat viral and bacterial infections.

You can order these professional-level supplements at <https://us.fullscript.com//welcome/srodgers>

Wet Sock Treatment

To help reduce and prevent illness

- Purpose:** To help the body naturally fight off infection by supporting circulation of blood and lymph.
- Indications:** Fever, flu season, onset of a cold. This procedure is ok for anyone who has the ability to vocalize if they get cold. Monitor small children to ensure a chill does not occur.
- Contra-
indications:** Anyone unable to sense or communicate that they are chilled.
- Materials** 100% cotton socks (thin and white if possible)
100% wool or fleece socks
Cold water

Procedure

1. Ensure you are warm before you start procedure. If not warm, take a hot shower or drink warm ginger tea.
2. Immerse cotton socks in cold water up to the ankle portion of sock, wring out thoroughly, and place on feet.
3. Cover feet and cold socks with dry, wool socks
4. Go to bed and cover up warmly.

Upon waking, the socks should be dry.

If you become cold during the procedure, remove socks and re-warm yourself before starting procedure over again.