

NATUROPATHIC IMMUNE SUPPORT FOR COLD AND FLU

PREVENTION

Essential basics:

- adequate sleep
- nutrient dense diet
- stress management
- frequent hand washing with soap

Nutrients:

- vitamin C
- vitamin D (ideally get your levels tested)
- zinc
- selenium
- magnesium

If basics are not in place or if higher risk consider:

- astragalus
- oregon grape/goldenseal
- elderberry
- echinacea

INITIAL INFECTION TREATMENT OPTIONS

Increased doses of astragalus, goldenseal/oregon grape, elderberry, echinacea

Higher doses of vitamin D

Vitamin A (contraindicated in pregnancy)

Higher doses of vitamin C

FULL BLOWN INFECTION TREATMENT OPTIONS

Oregano oil

Boswellia

Medicinal mushrooms (cordyceps, maitake, shiitake, reishi)

LATE IN INFECTION/PROMOTING FULL RESOLUTION TREATMENT OPTIONS

Turmeric

Ginger, garlic

Quercetin

Licorice root, marshmallow root

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Plane travel precautions: herbal zinc lozenges, xylitol gum/mints, xylitol nasal spray, strep salivarius probiotic, place a few drops essential oil on a scarf, wear gloves.

As always, consult your doctor before acting on any of these treatment recommendations. Your doctor can determine dosing and customize a treatment plan specific to your health issues.

Sources: Immunologist Heather Zwickey, PhD ~ Coronavirus, Cold and Flu, Natural Medicine Journal, Feb 19, 2020
Andrew W. Saul, MD ~ Vitamin C Protects Against Coronavirus, Orthomolecular Medicine News Service, Jan 26, 2020