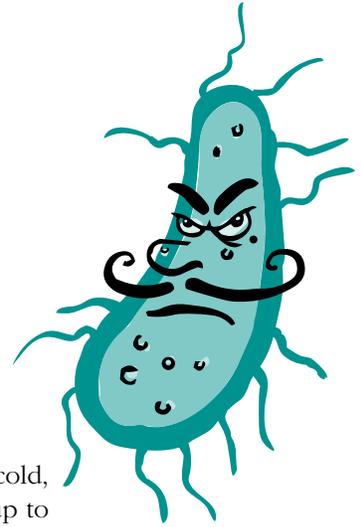


# Foolin' the

# FLU



From November to May, **influenza strikes by surprise**. One day you're fine and the next, you wake in **all-over shivering chills**, body aching and **"I think I'm dead"** fatigue. Maybe you should have gotten that flu shot. **If you could only get out of bed**, you'd find your bottle of vitamin C!

Influenza or the flu is a familiar winter visitor. Unlike a cold, it arrives without warning and can stay uninvited for up to two weeks. A contagious virus that attacks the upper respiratory system, the flu is passed around and around. Touching shared objects and being in close proximity of someone who's infected raises the odds that you, too, may be suffering shortly. You, in turn, can infect the next unsuspecting soul a day before and up to five days after you've been flu-exposed. Children are the most susceptible targets and can "incubate" the flu for up to 10 days—so how can anyone avoid getting sick?

Miserable is the only way to describe its symptoms. Muscles and joints ache. You hover in the dark, sensitive to any light. In spite of a chill, the thermometer says you have a high fever. Your nose and chest are congested, coupled with a dry cough and a dull head pain. Thankfully, the worst will subside in a couple of days and you will recover. However, influenza also has a serious side. People with certain health conditions such as asthma, bronchitis, emphysema and those with low immunity may be at a higher risk for complications. According to the Center for Disease Control (CDC), as many as 50 million cases of the flu are reported yearly, causing 150,000 hospitalizations and 36,000 deaths. If fever stays elevated, symptoms worsen or extend beyond two weeks, seek immediate medical attention, especially for those under 2 and over 65 years of age. Overall costs can reach \$10 billion a year for treatment.

It's a mystery why the flu occurs mostly in winter months. Scientists aren't sure but theorize that perhaps inclement weather limits our access to sunshine and a decrease in vitamin D lowers immunity. Maybe being inside puts us closer to infected people. Although the reason why is not clear, being forewarned offers the opportunity to do whatever it takes to avoid this unwanted visitor.

## To Vaccinate or Not?

Only you can decide. Flu vaccines work by introducing proteins from previous known flu viruses so you can produce antibodies of protection. The problem is from year to year, viruses mutate to create newer flu bugs which you may not be resistant to because the antibodies you have only defend against last year's version. Contrary to belief, vaccines do not contain live viruses so you cannot "catch" the flu from a flu shot. However, when we posed the vaccine question to TyH Advisor, Mark Pellegrino M.D., he reported that many of his fibromyalgia patients opt out of a flu shot as they generally feel worse after and end up getting the flu anyway. The CDC sets up yearly guidelines. Check their website for further information (see references).

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## Foolin' the Flu

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### The Best Defense: Be Prepared

Prevention is still the best medicine. Studies show that people with strong immunity are less likely to get sick. Stay healthy by eating a good diet, get plenty of rest and drinks lots of fluids. Avoid sugary foods or drink as they deplete vitamin C. Add at least a minimum of 400 IU of vitamin D daily. Wash your hands often with good old fashioned (non-antibacterial) soap. The best way to survive the flu is not to get it. To further boost immunity, look to these accomplished supplements.



An anti-viral herb like **OLIVE LEAF EXTRACT (OLE)** has the amazing ability to kill viral and bacterial growth and other pathogens. OLE

also enhances gastrointestinal tract health, making certain nutrient transport take place more efficiently. In fact, many TyH customers take OLE year-round. TyH's Olive Leaf ESE™ is an extra strength extract at 18%, so less is needed. Plus Olive Leaf ESE™ contains echinacea, shown to increase white blood cell activity against pathological organisms for additional immune defense. **ACIDOPHILUS** supports GI health (and OLE as well) at one capsule a day. **QUERCETIN**, a bioflavonoid found in colorful fruits and veggies like onion, helps specifically with any upper respiratory ailment by reducing histamine and strengthening mucosal tissues in the lungs and throat. Follow label directions, 200 mg 2-3 times a day. Other flu fighters in the plant family include **GARLIC**, often called nature's "penicillin" and **GRAPE SEED EXTRACT**, 20 times more powerful than vitamins C or E as an antioxidant. All interfere with virus replication.

Your immune system is as good as your antioxidant reserve. A tried and true immunity booster is **VITAMIN C**. Health researchers suggest a minimum of 3000 mg a day, a good dose to strive for during the flu season. Not only is this antioxidant tolerated by everyone (especially in a buffered, pH friendly form), it is a co-enzyme that has the ability to boost the efficacy of other antioxidants, like **ALPHA LIPOIC ACID (ALA)**. ALA has both water and fat soluble properties, allowing it to spare vitamins C and E, and substitute for them when necessary. Plus,

ALA is the only known supplement besides vitamin C to raise levels of glutathione, "the master antioxidant". A dose of 100 mg once or twice a day should suffice. **ZINC** is called the "immune mineral" as it stimulates protector white blood cell response. Maintain the minimum 15 mg a day, but during the flu, 30 mg 2-3 times a day is recommended. Those with adrenal fatigue may find a daily **B-COMPLEX** helpful. Finally, **COLOSTRUM** deserves attention as it contains immunoglobulins shown to reduce and prevent viruses, and stimulates tissue repair to further resist pathogens. Follow label directions.



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### If You Still Get the Flu

Many people have said that since taking a proactive role, they no longer get the flu. But if you do, remember to **REST**. A body needs rest to recover. Drink plenty of **FLUIDS** to flush out toxins, keep nutrients and oxygen circulating, and control temperature, especially if fever is present. Gargle with warm water mixed with one teaspoon of salt. Wash hands often and keep away from nose, eyes and mouth. Take supplements as tolerated, especially **OLIVE LEAF EXTRACT OR ESE™** and the **ANTIOXIDANT** family. Never give aspirin to children with a viral illness because of the risk of Reye's syndrome. Finally, do not take the flu

lightly. If symptoms worsen or persist, or temperature remains elevated, consult a physician.

### Resources

1. CDC Advisory Committee on Immunization Practices. [www.cdc.gov/flu](http://www.cdc.gov/flu)
2. National Institute of Allergy and Infectious Diseases. [www.niaid.nih.gov](http://www.niaid.nih.gov)
3. World Health Organization. [www.who.int](http://www.who.int)

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