

# How to Not Let the Flu Defeat You

By Renee Lea-Currie, Ph.D.  
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It is cold and flu season again! Leviticus includes tons of information on infection control, sanitation and infectious disease management that are still used today in medicine. Influenza symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea (more common in children). The flu virus (like all viruses) infects a healthy cell and takes over. Viruses force the host cell to make more viruses until the cells bursts and dies. This also spreads the virus to many other cells.

The Flu is a respiratory virus easily transmitted from infected people spraying cough or sneeze particles into the air. The Center for Disease Control (CDC) recommends getting a flu shot as a first line of defense. However, this year's flu shot for the 2017-18 flu season is only ~10% effective against the H3N2 (influenza type A) strain making people sick. Antiviral medications are available but are most effective when started within 48 hours of symptoms. Moreover, they have nasty side effects that can include nausea, vomiting, headache, serious skin reactions and sporadic, self-injury or delirium events (*Japanese youth and adults*).

We will explore some natural remedies for fighting viruses like the flu if the flu shot is not available, does not work or you want to avoid it.

## **Natural Ways to heal from the flu if you have it or prevent getting the flu include:**

- Keep your immune system strong with fruits, vegetables, and minimally processed natural foods.
- Avoid junk food as the artificial ingredients reduce the ability of immune cells to kill viruses and bacteria.
- STAY HOME if you are sick- Quarantine yourself AND your children so you do not spread the virus
- Avoid people who are sick.
  - If you are the caregiver, wash hands often, keep them moisturized, wear a face mask, and use gloves when cleaning body fluids.
- Keep your hands away from your face
- Wash your hands often for at least 20 seconds using WARM water and regular SOAP.
  - If no water is available , use alcohol based hand sanitizers containing **at least 70% alcohol**. Any less percentage is NOT effective.
  - Keep hands moisturized to avoid breaks in skin with unscented products
- Keep room air moisturized using a vaporizer, humidifier or essential oil diffuser
- Drink plenty of fluids. Drink plenty of fluids.
- Avoid coffee,caffeinated tea ( green and black teas) sodas so you are not further dehydrated
- Get adequate rest. REST. REST. Got to sleep. REST.
- Treat the symptoms with anti-inflammatory medications such as ibuprofen or acetaminophen.
  - Thyme herb makes a great decongestant tea that works quickly (1 TSP in 6-8 oz hot water + honey)
- Disinfect common use surfaces such as countertops, bathrooms doorknobs, computer keyboards, remotes, phones using natural cleaners such as vinegar, hydrogen peroxide, 70% alcohol in a spray misting bottle
- Take Adaptogen herbs can be found as teas or supplements. These help the immune system work stronger to prevent disease and keep immune cells at their peak function to defeat viruses and reduce inflammation.
  - My favorites include Turmeric, Rhodiola, Ashwagandha, Holy Basil, Hyssop.

- All can be found at health food stores, pharmacies such as CVS, Target Vitamin Shoppe and amazon.com (delivered to your door)
- Essential oils misted in the air using a spray mist bottle or a diffuser are also effective. Seventh Generation now has a disinfecting spray that features Thymol from thyme as the key disinfecting ingredient. Find at Target and CVS.
- Consume herbs with scientifically proven effectiveness with strengthening the body to defeat viruses include elderberry, zinc, and hyssop. Sambucol elderberry and various brand of zinc lozenges can be found at Wal-Mart, Target, pharmacies, natural food stores and some discount stores.

**KNOW WHEN TO GO: Emergency Flu signs for IMMEDIATE MEDICAL ATTENTION care**

In Infants	In Children	In Adults
<ul style="list-style-type: none"> <li>• No tears when crying</li> <li>• Being unable to eat</li> <li>• Has trouble breathing</li> <li>• Has no tears when crying</li> <li>• Significantly fewer wet diapers than normal</li> </ul>	<ul style="list-style-type: none"> <li>• Fast breathing or trouble breathing</li> <li>• Bluish skin color</li> <li>• Not drinking enough fluids</li> <li>• Not waking up or not interacting</li> <li>• Being so irritable that the child does not want to be held</li> <li>• Flu-like symptoms improve but then return with fever and worse cough</li> <li>• Fever with a rash</li> </ul>	<ul style="list-style-type: none"> <li>• Difficulty breathing or shortness of breath</li> <li>• Pain or pressure in the chest or abdomen</li> <li>• Sudden dizziness</li> <li>• Confusion</li> <li>• Severe or persistent vomiting</li> <li>• Flu-like symptoms that improve but then return with fever and worse cough</li> </ul>

E N S C Z K F Z H S E H Q E E C O U G H  
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- FIND ME**
- ALCOHOL
  - ANTI VIRAL
  - ASHWAGANDHA
  - BACTERIA
  - CHILLS
  - CONGESTION
  - COUGH
  - COVER COUGH
  - COVER SNEEZE
  - DISINFECT
  - ELDERBERRY
  - FATIGUE
  - FLU SHOT
  - HOLY BASIL
  - INFLAMMATION
  - MASK
  - QUARANTINE
  - REST
  - RHODIOLA
  - SANITIZER
  - SLEEP
  - SORE THROAT
  - THYME
  - TUMERIC
  - WASH HANDS
  - VIRUS
  - ZINC

**FOODS HIGH IN ZINC:** Pumpkin seeds, Dark Chocolate, Garlic, Sesame Seeds., Wheat Germ, Squash Seeds., Chickpeas.

**FOODS HIGH IN VITAMIN C:** Strawberries, Orange, potatoes, Tomatoes Watermelon, Blackberries, Apricots, Banana, Pear

**CLEANER SAFETY**  
**DO NOT MIX!**

**toxic gases or corrosive acids can result**

BLEACH	+	HYDROGEN PEROXIDE
BLEACH	+	AMMONIA
BLEACH	+	VINEGAR
BLEACH	+	RUBBING ALCOHOL

**\*VINEGAR + HYDROGEN PEROXIDE**  
 \* CAN BE USED IN **SEPARATE** CONTAINERS: VINEGAR 1<sup>ST</sup> TO CLEAN

