

Health Matters

Natural Paths to Healthier Living

The Georgetown Naturopathic Wellness Centre

Fall/Winter 2003

INFLUENZA

PROTECT YOURSELF THIS YEAR!

With the recent addition of free flu vaccines in Ontario, many of you are asking, “should I get the flu shot?” In naturopathic philosophy we focus on host strength and improving immune function as the best prevention for the flu. As Naturopathic Doctors, we focus on individual care, recognizing that no one answer is right for all. Having said that the following are some things to consider about the flu vaccine.

The vaccine contains the following added ingredients: mercury, formaldehyde and egg antigens. Mercury is toxic to both the immune and nervous systems. The flu vaccine also may *NOT* contain the virus that is prevalent for any given year, as has happened this year. The vaccine doesn't improve the inherent immune function of the person and in some cases may actually suppress the immune system. The flu vaccine was originally designed for those at risk of serious complications or death from influenza. Also, consider that flu viruses change and mutate within a short period of time so that any flu vaccine is at best inadequate. Therefore, helping the body to produce its own response will be more beneficial. At the Georgetown Naturopathic Wellness Centre we have put together a Flu Prevention Kit for you and your family. If you did choose to get the flu vaccine, this protocol will still be beneficial. Please call for details and to pick up your **FLU PREVENTION KIT**.

FLU PREVENTION KIT \$15.00

Contains: Influenzinum 9c
 Thymuline 9c
 Dolicoccil

Should last a family of 4 throughout the flu season.
 (available to GNWC patients only)

Reminder – make sure you have enough supplements to get you through the holidays.
Please place your orders by Monday, Dec 15th.

Flu? Or just the “common cold”?

Symptoms	Cold	Influenza (Flu)
Fever	None or low (100F or 38C)	Almost always high, sudden
Chills	Rare	Almost always
Headache	Absent or mild	Common
Muscle Ache	Absent or mild	Common, often severe
Fatigue/weakness	Absent or mild	Often extreme, may linger
Cough	Sometimes with runny nose	Common, may be severe
Stuffy nose	Common	Rare
Sore throat	Common	Occasional, not extreme
Sneezing	Common	
Prevention	Hand washing, Vit C, Zinc, oreganol oil, Echinacea at the onset, see “HOW TO TREAT COLDS”	Hand washing, annual vaccination if chosen, homeopathic prophylaxis (see below) see your Naturopathic Doctor
Complications	Sinus congestion, earache, bronchitis, may trigger asthma in those prone	Pneumonia, bronchitis, exacerbation of heart and lung conditions and other disorders

The 3H's of Flu Treatment

HYDRATION: drink lots of warm or hot fluids – ginger/garlic tea, chicken broth, warm lemon and honey. Avoid heavy meals when you have a fever and give your digestive system a rest.

HYDROTHERAPY: use steam inhalations to reduce congestion and help coughs. Put a cold cloth on forehead or back of neck to help with fever and achiness. A footbath in lukewarm water will help bring down a fever.

HOMEOPATHY: talk to a Naturopathic Doctor to find which remedy best suits your symptoms.

Remember – get plenty of **rest** and remember it is okay to get a cold or flu once or twice a year. It is nature's way to help you detoxify, rest and build your own natural immunity.

Just a reminder!
HOW TO PREVENT/TREAT A COLD

PREVENTION

For Adults:

- * Vitamin C – 500mg per day
- * Maxum Multi Vite – 2 per day
- * Im Matrix – 2 per day

For Children:

- * DHA Jr. (Fish Oils) – 2 per day
- * Vitamin C – 250mg per day
- * Children's chewable multivitamin

Acidophilus is always helpful for both adults and children to help prevent colds and flu.

TREATMENT

For Adults:

- * Vitamin C – 500mg every hour
- * Zinc lozenges – up to 3 per day for 4 days
- * Oreganol – 2 caps 4 times/day for 4 days
- * Echinacea/Hydrastis – 1 tsp 4x/day

For Children:

- * R1 – 5 drops 4x/day
- * Thymactive – 5 drops 4x/day
- * Echinacea Sera – 1 tsp 3x/day for 1 week

If your child has a fever with or without a cough

- * Pleo Not – 5 drops 4x/day

Increase the Vit C to 250 mg 3x/day for 4 days.

If symptoms persist longer than 3 to 4 days, please call your ND or MD.

Battling the “bulge”

Attaining your ideal weight is probably the most important thing you can do for your future health. People who are overweight experience many more health problems, including breast cancer, heart disease and diabetes.

Here at the Georgetown Naturopathic Wellness Centre we have a new weight loss program that is easy and gets results. Call us if you are tired of battling with your weight.

ROBIN COOPER
CERTIFIED REFLEXOLOGIST
AND
AROMATHERAPIST
IS OFFERING CHRISTMAS GIFT
CERTIFICATES AND PACKAGES.
PLEASE CALL 905-877-0759

RECIPE

A beautifully colored salad for your holiday table

Jeweled Salad

- 3 organic raw beets, peeled
- 3 organic carrots, peeled
- 2 Tbsp freshly grated ginger root
- 6 Tbsp balsamic vinegar
- 4 Tbsp olive oil
- 2 garlic cloves, minced
- 2 green onions, finely chopped
- black pepper & salt to taste
- 6 to 8 red and green lettuce leaves

Coarsely grate the beets and carrots. Place in separate bowls and set aside.

Grate the ginger finely and combine it with the oil, vinegar and garlic. Toss the beets with half of the dressing and add salt and pepper to taste. Mix the green onions with the carrots and the remaining dressing, add salt and pepper to taste.

Let stand in refrigerator for at least one hour. Arrange the lettuce on a platter, mound the carrot mixture in the center and spoon the beets around it. Enjoy!

Christmas Office Hours

The office will be CLOSED from
December 22nd to January 2nd, 2004.

Regular office hours will resume
January 5, 2004.

HAVE A SAFE & HEALTHY HOLIDAY!

Yours in good health,

**The Georgetown Naturopathic
Wellness Centre**

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Services Offered

Naturopathic Doctor ☆ Food Sensitivity Testing
Acupuncture ☆ Osteopath/Craniosacral Therapy
Certified Aromatherapist & Reflexologist ☆ Ear Candling