

# The Tuesday Minute

*Nutritional information.... one byte at a time*

## *This Week's Topic*

### **What To Do . . . For Cold and Flu**

ALL your patients will appreciate help with this. I'm talking about the sniffing, sneezing, nose running, coughing, headache-ing agony of a cold or flu. Many patients don't even know there are natural ways to help prevent colds and flu's; and by you addressing the subject, it could be a big step for your patients towards a wellness mentality.

When addressing colds and flu's, the first thing to think about is how to strengthen the body's natural immunity. So let's look at several ways to increase our own natural killer cells. Then consider how we can feed the body differently for treating bacteria vs. viruses. Most importantly, we have to decrease sugar intake.

I know, you're probably thinking here he goes again! Okay, check out this study that measured our body's ability to destroy bacteria. Four groups of test subjects were given different amounts of sugar and one group received no sugar. The four sugar groups got 6, 12, 18 or 24 tsp of sugar. Over the next 5 hours blood samples were extracted and mixed with harmful bacteria.

The immune cells in the no-sugar group destroyed 14 TIMES more bacterium than the highest sugar group. As the amount of sugar increased, the amount of bacterium destroyed by the immune system was drastically reduced. In fact the group who consumed the 24 tsp of sugar destroyed almost no bacterium. The sad part was

that the immune suppression was still seen well after the sugar was consumed.

Remember food is our greatest weapon against disease; adding supplements to an already good diet really amplifies the results. So let's consider which supplements to use.

Research has shown that we can increase our natural killer cells by providing the nutrients our cells need to do what they were designed to do, "fight foreign invaders." One supplement that provides the foundational nutrients needed to fuel our immune system is Bio-Immunozyne Forte. I encourage my patients to take 2 every day to build cellular nutrient levels. It's always better to use 2 per day and increase levels now rather than wait until you feel sick and then blast our bodies with 8 a day and hope we can absorb and assimilate them fast enough for the WBC's to gear up and do battle.

Every day we hear about minerals like zinc and selenium, vitamins A and C, botanical agents like echinacea and chlorophyll that feed the immune system. Bio-Immunozyne Forte combines these basics as well as a host of other immune enhancing nutrients like specific neonatal tissues and phosphorolated B-vitamins that are instrumental in a healthy immune system.

Next, use Bio-D-Mulsion Forte. Here we want to focus on its immune enhancing effects. We need Ca for healthy WBC's. In fact that's one reason

we have a fever is to allow our bodies to dump Ca into the blood stream so it is available for WBC. Vitamin D increases calcium utilization. All your patients should supplement vitamin D in the fall, winter, and spring. Remember, Bio-D-Mulsion Forte is emulsified for better uptake.

When testing blood levels of vitamin D, some patient's levels don't increase with supplementation. By switching to Bio-D-Mulsion Forte, blood levels rise nicely.

Also for cold & flu prevention, use Bio-FCTS. This is a fortified flavonoids product that has 400 mg of a buckwheat culture, 100 mg of quercetin, and another 85 mg of vitamin C complex with 25 mg of green tea extract. The F stands for flavonoids, C for vitamin C, T for Thymus, and S for spleen. By the nature of the flavonoids in the Bio-FCTS, this formula will help prevent reverse transcription, the method by which viruses can enter healthy cells and replicate. That's why this product has a unique application far beyond the average multivitamin for prevention.

Now what about when your patients come in fighting a cold or flu? If they have an elevated WBC and thick dark colored mucus, chances are pretty good you are looking at a bacterial type infection. I always use liquid iodine to thin mucus. Iodine has anti-microbial properties as well. Bio-Immunozyne Forte can be continued but at higher doses, usually 2 three times a day.

I also like to add a powdered product called IAG. IAG contains concentrated levels of polysaccharides from the larch tree similar to those found in echinacea or the medicinal mushrooms. Larch tree extracts have been shown to increase

natural killer cells. I like it because it is virtually tasteless and can be mixed with diluted fruit juice for convenience.

Many plants have natural anti-microbial properties. Oregano, especially when in an emulsified form called ADP, has been shown to be a powerful adjunct to the body's ability to fight bacteria, many fungal agents, and some parasites. You know it's always nice to hear clinicians give us positive feedback. ADP is one of those products that we can expect to hear consistent positive results on a wide range of conditions.

If the patient's mucus is clear and the lymphocyte count is higher than the neutrophil count, chances are the condition is viral. In that case, I continue to use the aggressive dose of Bio-Immunozyne and IAG, but add a product designed by Dr. Gary Lasneski specifically for viruses called Ultra Vir-X at 2 capsules 3 times per day instead of the Oregano product.

New Research on vitamin D shows it plays a role in over 200 antimicrobial peptides. The most important is cathelicidin which is a naturally occurring broad spectrum anti-biotic. New dosage recommendations are 2,000 IU per kilogram for 3 days. That's a lot of D, but for short term it really makes a difference.

Encourage your patients. They CAN increase their natural Killer cells; and they can beat cold and flu season, cold and flu free!

Well thanks for checking in again. I'll see you next Tuesday for another Tuesday Minute.