



WHAT TO DO FOR A COLD OR THE FLU

*These are all ADULT dosages and should be taken for the duration of the cold/flu only. Contact Dr. Christy for pediatric dosages.

For PREVENTION:

1. Immune Dragon Formula: 2 mL (1mL=1 squirt=30 drops) twice/day. Stop taking if you have acute symptoms. You can increase this if you are exposed to cold/flu.
2. Vitamin C: 1,000 mg 2x/ a day. Strengthens immunity. Allergic or cold/flu prone people need more.
3. Vitamin D: depends on your Vitamin D status. Most people need at least 2,000 a day in the winter months. Vitamin D boosts levels on endogenous antibiotics. It is a great idea to get your levels tested annually.
4. Influenzum or Arsenicum 200c homeopathic: You can take this as a prophylactic for the flu. 3 pellets under the tongue once only.
5. Zinc: 15 to 30 mg a day throughout the cold season. Immune compromised need at least 50.
6. MycoForte or ImmPower: Mushrooms have been consumed all over the world to help bolster immunity. There is Maitake in the Immune Dragon, so this would be in addition if you need extra immune boosting.
7. Probiotics are an important part of our immunity. Be sure you are well populated with good bacteria. If in doubt, ask your doctor. Orthobiotic is a broad spectrum probiotic and can be taken long term. 1 capsule per day w/food.
8. Immune Support Packs: 1 packet a day w/ food for those who need extra immune support. Would replace all of the above.

For ACUTE COLD/FLU (*note that the acute stage of any illness should only last about 3-7 days.)

9. Super A-D formula: This is a 5 day course of 100k IU Vitamins A and D to boost immunity and aid in endogenous anti- bacterial and anti-viral activity. NO MORE THAN 5 DAYS.
10. Vitamin C: To bowel tolerance. For example, take 2 grams every 2 hours. Back off on the dosage if your stools become loose. We can also do I.V. Vitamin C up to 75 grams a day.
11. Reacted Zinc: 1 cap twice a day boosts immunity.
12. Monolaurin: 2 caps twice a day (strong anti-viral)
13. Gan Mao Ling: a great formula for colds and flu in the initial stages. Works best if you take 2 mL every 2 hours at the onset of symptoms.
14. Initial Defense same dosage as above. Use if initial symptoms include a fever or sweats.
15. Dispel Invasion: same dosage as above. Use if initial symptoms include chills.
16. Zhong Gan Ling: same dosage as above. Used for later stages in a cold or flu with heat symptoms (fever, sweating, thirst, delirium). Can be used prophylactically if exposed to the flu virus.
17. Antiphlogistic: same dosage as above. For more severe symptoms, like thick yellow discharge, bronchitis, severe sore throat, body aches, diarrhea and swollen lymph nodes.
18. Eucalyptus essential oil - 3 drops in a steam inhalation 2-3 times a day.
19. Neti pot/Nasal rinse: 1 cup of warm saline (about 100 degrees) to rinse mucous membranes in nasal passages and sinuses. You can add 15-30 drops of antiphlogistic if discharge is yellow.
20. Melt the mucous: Cystepius - 2 caps 3 times a day to thin mucous, Hot teas, Hot packs to neck, throat, sinuses (hot water bottles, rice bags, hot towels)
21. Drippity Doo Dah Tea: 1 Tbl to 1 cup boiled water. Steep 15 minutes. Drink throughout the day for cold/flu symptoms.
22. Hacker Whacker Tea: same as above but for coughs.
23. Fritillaria and Pinellia syrup: for cough/sore throat 1 tsp as needed throughout the day.
24. Oscillococinum: For flu symptoms take 1 tube three times/day.
25. Ipecacuana 30 c homeopathic: For nausea and vomiting. 3 pellets under the tongue 3 times/day.
26. Influenzum 30 c homeopathic: For flu-like symptoms. 3 pellets under the tongue 3 times/day.
27. Arsenicum 30 c homeopathic. For diarrhea and vomiting with anxiety and restlessness. 3 pellets under the tongue 3 times/day.
28. If no fever, do cold sock treatment (see additional handout) to induce fever, stimulate immune response, and help "drain" the phlegm in the head.

THESE TREATMENTS ARE ONLY SUGGESTIONS AND IN NO WAY SUBSTITUTE PROPER DIAGNOSIS AND TREATMENT OF ANY ACUTE ILLNESS. The treatments in the acute section are to be used for the acute phases of illness only, and should be continued for 48 hrs after your illness resolves, unless otherwise prescribed by your physician. Call your physician if your symptoms last more than a week. Homeopathics here are NOT SPECIFIC. If you desire a specific remedy, seek the care of your physician or homeopath.