



Swine Flu - H1N1

**A User's Guide to
Avoiding or Fighting H1N1**

A Practical Application

By Dr. Gary Huber

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The flu season draws closer and the threat of "Swine Flu" is of great concern to many. Whether or not you decide to receive a flu shot is a personal decision and you should discuss your personal medical history with your doctor to determine your overall potential risk and benefit. To those of you who read my previous discussion on the flu yet demanded more guidance . . . here it is. My personal assault plan for H1N1

How to protect yourself and reduce risk of infection

Obviously you should wash your hands often to reduce spread of germs. To any of you with children, it's amazing to watch them pick their nose, pet the dog, roll in the dirt and then eat a cracker they found on the floor and WE are the ones cringing. Avoid individuals with active infection or known hot beds of flu activity. Hot beds would be the infamous booger farms known as day care, pre-school, grade school or even your neighbor's house if you know that a member of their family has been diagnosed with H1N1. Emergency rooms are wonderful breeding grounds along with any friend who reports that their spouse, child, babysitter, or dog has the flu. The flu is contagious for two days in an individual that has not even begun to show symptoms YET. So if your friend has been exposed then consider them suspect.

Simple things like getting enough sleep and avoiding sugary foods play a big role in keeping your immune system strong. Inadequate sleep can make you 5 times more susceptible to viral infections such as the flu. After eating any high sugar food, your white blood cells become very sluggish and for the next 5 to 6 hours you are more susceptible to viral attack. So watch your diet and don't let your guard down.

Strengthen your immune system with the following measures:

1. Vitamin D is a powerful adjunct to support your immune function. Get your vitamin D level measured and optimize your vitamin D level with simple cholecalciferol (vitamin D3). See "Vitamin D Counsel .com" for more information. A typical dose of D3 is 2000 to 5000 units per day. Children usually require 1000 to 2000 units, and every adult should be taking 5000 units. It is important to get a blood measurement of this important nutrient, as too much vitamin D3 can be problematic but it is more important to get this started now. You can check a blood level after a couple of months of supplementation. Be cautious with vitamin D if you have sarcoidosis.
2. Vitamin C and bioflavonoids support immune function, ease respiratory illness, and offer antiviral properties. Take 500 to 1000 mg of vitamin C and 300 to 600 mg of bioflavonoids.

3. Andrographis paniculata is my favorite plant extract for boosting immune power. It has an ability to increase white blood cell production and activity and also increases interferon production, which fights the flu virus ability to reproduce in your body. As prevention I recommend 300-400 mg per day for kids and 600 to 800 mg per day for adults. If you get the flu then increase dose to 1200 mg for kids and 2000 to 3000 mg for adults.

4. Homeopathic Anas barbariae (Oscillococcinum) every one to two weeks during the peak of flu season. Flu season runs from October to May with the peak through December to February.

5. Echinacea and goldenseal have a long history as proven agents that support immune function. Take 500 mg of Echinacea and 350 mg of goldenseal twice a week during flu season.

6. Limit sugary foods, as they will decrease your immune capacity leaving you more vulnerable to all types of infections. Also manage your stress as this has a similar effect.

How to treat active infection

If you should be unfortunate enough to actually contract the influenza virus then here are some suggestions to shorten the duration and intensity of symptoms.

1. Tamiflu (oseltamivir) is a prescription drug that can decrease the length and severity of flu symptoms if it is given within 48 hours of onset. The Cochrane Collaborative report is one of the largest flu studies available and they report a 70% success rate with the use of this medication. You can Google the Cochrane collaborative for more information if you like.

2. Traditional treatments include rest, fluids, vaporizer and antipyretics such as Tylenol or ibuprofen to control fever. Don't over do the Tylenol or ibuprofen, as these can be toxic if abused. Avoid dairy products, as they tend to increase the amount and thickness of mucous secretions. I know that ice cream is a comfort food but maybe you want to stick with the sherbet this week.

3. Green tea to boost immune function. You know you're going to be drinking tea anyway so you might as well get the benefit of GREEN. Good stuff. I take this every single day of my life and during illness (which I never seem to have) I hit this element hard.

4. Andrographis paniculata, as noted above is a strong support of immune function and one of my personal favorites. See dosing above.

5. Homeopathic Anas berberiae (Oscillococcinum) can be taken at a dose of ½ tube under your tongue every two hours for 5 straight doses. One tube per day thereafter until symptoms begin to clear. This is a personal favorite and we always has Oscillococcinum on the shelf in our home.

6. Vitamin C and bioflavonoids at a dose of 500 to 1000 mg each, 4 times a day for one week. Actually I think a couple of grams of vitamin C is good advice for most folks year round.

7. Zinc as a liquid or pill at a dose of 10 mg, 3 to 5 times a day with food. It even comes as a nasal swab sold under the name Zycam. Zinc supports immune function.

8. Thymus glandular extracts can boost immune function by increasing the production and activity of white blood cells. Take 250 to 500 mg, twice per day.

9. Echinacea 250 to 500 mg, and goldenseal 150 to 300 mg three times a day for five days.

I hope that this information is of help to you this flu season. Now stay away from my house until spring.

Dr. Gary Huber

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