

The Natural Guide To Beating The Cold & Flu

*Insights on Preventing & Treating a
Cold or Flu*



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This report is copyrighted with all rights reserved. The author does not assume liability for the misuse of any information contained herein. The information contained within this report is offered to provide you with beneficial concepts regarding your health and well-being. The author is a medical researcher, not a physician. Please consult your primary care physician before beginning any new dietary program or supplementation. By consulting your primary care physician, you will have a better opportunity to understand and address your particular symptoms and situation in the most effective ways possible.

While every attempt has been made to provide information that is both accurate and proven effective, the author and, by extension, the report, makes no guarantees that the program presented herein will help everyone in every situation. As the symptoms and conditions for each person are unique to individual histories, physical conditioning and body type, successes will vary.

Table of Contents

What Is The Cold And Flu?	4
Cold and Flu Overview	5
Those Most at Risk	6
Symptoms	6
Standard Treatments	7
Cold.....	7
Flu.....	8
The Cold and Flu Prevention and Treatment Program.....	9
Recommended Dietary Supplements	9
Preventing a Cold or Flu	12
Treating a Cold or Flu	14
Purchasing your supplements.....	16
More about This Report.....	17
About The Author.....	17
Why Is This Information Not Widely Known?	17
Who Would This Program Work For?	17
Studies on the Recommended Supplements	18

What Is The Cold And Flu?

Colds and flu are both caused by viruses. The common cold can be attributed to more than 200 different viruses; however the most common one is the rhinovirus. Colds are usually limited to the upper respiratory tract, but can also lead to sinus infections or ear infections. The flu, or influenza, is caused by one of two viruses: influenza A or B. These viruses affect the upper and lower respiratory tracts and can lead to pneumonia. The ailment commonly known as the stomach flu is not really a flu at all, but gastroenteritis which is an inflammation of the gastrointestinal tract and can be caused by a virus, bacteria or parasites from spoiled food or unclean water.

Cold and Flu Overview

The common cold is no fun. It is transferred from person to person through contact or through airborne particles. Touching something that has recently been touched by someone with a cold and then touching your mouth or nose will allow the virus to enter your system. Also, coming in contact with airborne particles from a sneeze or cough can transfer the virus. The cold virus particles will attach to the lining of your nose or throat and your system will try to fight off these invading bacteria.

If the particular virus is one you have never encountered before, your white blood cells will have to work diligently to destroy the virus. Your throat will become inflamed and your body will produce large amounts of mucous to try and remove the cold virus. All this work can leave you feeling tired and achy.

Although the common cold is a nuisance and can leave you feeling miserable for about a week, it is not usually dangerous or life threatening.

If you have ever had the flu, you know that you simply do not feel well with the flu. It is particularly dangerous because of the secondary infections that it can cause. When people have a stuffy runny nose, inevitably mucous makes its way down the respiratory tract and into the lungs. This can lead to pneumonia especially in the very young or elderly. Usually when you hear of people dying from the flu it is likely they died from complications from the flu like pneumonia. Usually the pneumonia symptoms will occur 5-7 days after the flu like symptoms have passed.

If you or someone you know suffers from an autoimmune disorder such as rheumatoid arthritis, they are particularly at risk for becoming fatally ill. People on immunosuppressant medications should be extremely cautious as their immune system is not capable of fighting off even the most harmless viruses.

The flu is also spread through contact with the virus particles either through touch or airborne contact. Transfer of the virus can come from using the same utensils or drinking glass as someone with the flu virus, touching an item they have touched and then touching your mouth, nose or eyes or coming in contact with airborne particles from a sneeze or cough.

Those Most at Risk

- Children, teenagers and young adults
- Immuno-compromised individuals (such as those with HIV)
- Anyone taking immunosuppressant medications
- Pregnant women
- Healthcare workers

Symptoms

Cold symptoms include:

- runny nose
- headache
- sore throat
- body aches
- watery eyes
- cough
- fatigue

Standard flu symptoms include:

- runny nose
- headache
- sore throat
- body aches
- watery eyes
- fever
- vomiting
- diarrhea
- extreme fatigue

More severe symptoms that require seeking emergency medical care include:

- dizziness
- problems breathing
- pain in the chest or abdomen
- fever with a rash
- inability to wake up
- lack of desire to drink
- pallor



Standard Treatments

Cold

The key to treating a cold includes plenty of rest and good nutrition. Because there is no cure for the common cold, the goal of any treatment is to make you feel better while removing the virus from your system. Allowing your body to rest will go a long way to combating symptoms. Don't worry about setting an alarm clock - let yourself get all the sleep you need. Sleeping for 12 or more hours at a time is not uncommon when you have a cold. Getting the proper amount of rest will make your system better equipped to fight the cold virus.

Proper nutrition including a full range of vitamins and minerals will also give your body the tools it needs to recover. Drink plenty of water which will reduce the thickness of any mucus and allow it to be expelled quicker and easier. Try to avoid dairy products during this time as they can increase the thickness of mucus.

Standard medical treatments offer very little when it comes to treating influenza. Because the flu is a virus, antibiotics are not the first line of defense, although they might be helpful in treating secondary infections, like pneumonia, that can come about as a result of a weakened immune system.

The body's first line of defense against viruses is the immune system. It generates antibodies against a virus once it comes into contact with it. This is why the flu or other infections typically last about a week - the immune system takes about 7 days to generate antibodies against the infection. Once antibodies are made, immune cells destroy the virus. Also, when your body makes antibodies against a virus it retains a memory of that virus to be able to destroy it quickly in the case of a future attack. This is why you may have heard that once you have had chicken pox you probably will not get it again. Unfortunately there are many different cold and flu viruses.



Having a strong immune system can greatly reduce the symptoms you experience though. There are many things that can weaken your immune system like stress. The stress hormone cortisol suppresses the immune system so that is why you hear of people being sick all of the time when they are stressed.

Staying hydrated, eating nutrient-rich foods and resting are important ways to combat the flu. The most beneficial action you can take to protect yourself against the flu virus is to strengthen your immune system and lessen the chances of the virus taking hold in the body if you become exposed.

Avoiding infection is preferred, of course, but this is not always possible. The influenza virus spreads through the respiratory tract - coughs and sneezes from an infected person are the primary methods of transmission. Reducing the amount of time you spend in crowds of people is helpful for prevention, but not a guarantee against infection.

In order to boost your immune system, or if you suspect you might have been exposed to the flu, high doses of certain natural supplements can help your body fight the virus.

The Cold and Flu Prevention and Treatment Program

Recommended Dietary Supplements

Andrographis

The immune boosting andrographis has been shown to be effective at reducing cold and flu symptoms. Specifically, it reduces the amount of mucus in the nose and is an effective treatment for upper respiratory tract infections when taken within three days of the onset of symptoms.

Cantron

This is a unique natural blend of minerals, a B vitamin and plant antioxidants that are able to effectively boost the immune system. It has been around for 23 years and has many, many case reports of its effectiveness. It is safe and non-toxic.

Carnivora

Carnivora is a powerful phytonutrient, extracted from the venus flytrap plant, *Dionaea muscipula*. It has been studied and used for many years to support immune system function. Research has shown it has antimicrobial, antiviral and antibiotic properties, as well as having positive preventative results with cancers and cardiovascular problems.

Colloidal Silver

Colloidal silver was commonly used as an immune booster in the early part of the 20th and has recently been 'rediscovered'. It works in the body by disabling the enzyme that bacteria need for their oxygen metabolism. They suffocate and die without any negative effects to the normal human oxygen metabolism. It is great for preventing or treating bacterial infections that arise from a cold or flu.

EGCG

This is an ingredient in green tea and made somewhat popular due to its ability to aid weight loss. Studies have shown that EGCG boosts the immune system and protects against many types of disease. In addition it prevents flu viruses and other types of viruses from taking hold in the body.

Iodide/Iodine (Iodoral)

Iodine has been shown in numerous studies to be antiviral against several types of influenza viruses. It is also antibacterial.

Oscillococcinum

Oscillococcinum is a commonly-used, safe and powerful immune booster. Many studies have shown its effectiveness at reducing the duration of influenza infections and the severity of flu symptoms. In a double blind placebo controlled clinical trial, 63% of

patients taking Oscillocochinum showed a great reduction in symptoms after 48 hours. It also can be taken as a preventative, to help boost the immune system and reduce the risk of contracting the flu. Oscillocochinum is available over the counter at most pharmacies and supplement stores.

Quercetin

Quercetin is a plant antioxidant commonly found in citrus fruits. An animal study showed that it prevents the flu virus from multiplying.

Resveratrol

Resveratrol is a powerful phytonutrient that has received a lot of attention from the scientific community because it is a strong antioxidant. Most commonly found in the skins of red grapes and grape products, like red wine, resveratrol reduces risk of getting heart disease, cancer and Alzheimer's. Recent studies show that it is very effective in the treatment of influenza A viruses. It prevents the virus from taking hold, blocking the parts of the cell that the virus uses to reproduce. It is an effective supplement in the prevention and treatment of influenza.

Probiotics

A healthy immune system relies on a critical balance of 'beneficial' bacteria in the gut. Probiotic supplements restore these beneficial bacteria, which often become diminished through sickness caused by harmful microbes, poor nutrition and antibiotic drugs. This restoration is critical for the body to fight viral infection and for general optimal health.

Sambucol

Sambucol is an extract of the fruit of the elderberry shrub, *Sambucus nigra*. Elderberries have been used traditionally around the world to prevent and shorten the duration of influenza infections. It is thought that the three specific flavanoids found in black elderberries have potent anti-viral properties. Sambucol has been shown to be effective in fighting ten different cold and flu virus strains. In a double blind placebo controlled random study, Sambucol reduced the duration of flu symptoms to 3-4 days.

Selenium

Selenium is a mineral well known for boosting the immune system. Studies have shown that in selenium-deficient animals, they get a more severe viral infection than the mice that have adequate selenium in their diets.

Vitamin A (NOT beta carotene)

Vitamin A has been shown to stop viruses from reproducing. It causes the immune system to make a molecule called interferon that blocks the replication of viruses. This works not just for cold and flu viruses, but any virus.

Vitamin C

Vitamin C is a powerful immune booster and is water soluble, which allows the body to cope with it in large amounts.

Vitamin D

Studies show that vitamin D can reduce the occurrence of colds and flu. That makes sense since cold and flu season coincides with winter when it people get less sunshine and therefore have lower blood vitamin D levels.

Vitamin E

Vitamin E boosts the immune system and has been shown to decrease the amount of influenza virus in animals during an infection.

Zinc Citrate

Zinc is well known for boosting the immune system.

A note about vitamin and mineral supplements

Immune system function has been shown to be supported by high doses of natural vitamins and minerals that are often deficient and depleted at times of infection. While vitamins and mineral boosting can be very beneficial to the body's ability to fight viral infection, care should be taken not to take very high doses for more than a few weeks at a time.

Preventing a Cold or Flu

You can take these supplements daily for an immune system boost year round, or you can take them when cold/flu season arrives and you notice people around you getting sick. Either way, these supplements will help you stay healthy. You may find products that have combinations of several of these ingredients, making it easier for you to take them daily.

Andrographis

Take 1 capsule (300 mg) daily with food.

Cantron

Take 1 capsule 4 times daily. Note: Coenzyme Q10, Selenium and large doses of vitamin C & E may decrease the effectiveness of this product.

Carnivora

Take 3 capsules daily for 6 days, skipping the seventh day. After 5 weeks, stop taking it for a week.

EGCG

Take 1 capsule (250 mg) twice daily.

Iodide/Iodine (Iodoral)

Take 1 drop (600 mcg) in water each morning.

Oscillocochinum

Dissolve one tube of pellets in your mouth twice a week.

Quercetin

Take 1 capsule (500 mg) daily.

Resveratrol

Take 1 capsule (250 mg) daily.

Probiotics

Take 1 refrigerated capsule daily on an empty stomach.

Sambucol

Take 1 tablespoonful every 3 hours when sick.

Selenium

Take 1 capsule (200 mcg) daily.

Vitamin A (NOT beta carotene)

Take 3 capsules (30,000 IU) daily. Note: Do **NOT** take if you are pregnant.

Vitamin C

Take 1 capsule (1,000 mg) 3 times daily. Note: If your stools become loose, reduce your dose.

Vitamin D

Take 1 capsule (1,000 IU) daily.

Vitamin E

Take 1 capsule (400 IU) daily.

Zinc Citrate

Take 1 capsule (25 mg) daily.

Treating a Cold or Flu

If you feel like you are getting sick starting taking these higher doses immediately. You may find products that have combinations of several of these ingredients, making it easier for you to take them daily.

Andrographis

Take 1 capsule (300 mg) daily with food.

Cantron

Take 1 capsule 6 times daily. Note: Coenzyme Q10, Selenium and large doses of vitamin C & E may decrease the effectiveness of this product.

Carnivora

Take 20 drops 4 times daily for 6 days, skipping the seventh day.

Colloidal Silver

Take 2 teaspoons (10 PPM) daily under the tongue for up to 10 days at a time.

EGCG

Take 1 capsule (250 mg) daily.

Iodide/Iodine (Iodoral)

Take 1 drop (600 mcg) in water each morning.

Oscillococcinum

Dissolve one tube of pellets in your mouth 3 times daily.

Quercetin

Take 1 capsule (500 mg) daily.

Resveratrol

Take 1 capsule (250 mg) daily.

Probiotics

Take 1 refrigerated capsule 3 times daily on an empty stomach.

Sambucol

Take 1 tablespoonful every 3 hours.

Selenium

Take 1 capsule (200 mcg) daily.

Vitamin A (NOT beta carotene)

Take 10 capsules (100,000 IU) 3 times daily for 7 to 10 days or until the infection is gone. Note: Do **NOT** take if you are pregnant.

Vitamin C

Take 1 capsule (1,000 mg) every hour while awake. Note: If your stools become loose, reduce your dose.

Vitamin D

Take 1 capsule (1,000 IU) daily.

Vitamin E

Take 1 capsule (400 IU) daily.

Zinc Citrate

Take 1 capsule (25 mg) daily.

Purchasing Your Supplements

Some of the supplements are available at pharmacies, supermarkets or health food stores. Others are available online only. Below are links where you can purchase from. For the ones that are more widely available, I have provided links to one affordable source with low shipping. The products chosen are liquid and capsules, since many people have trouble swallowing tablets, but tablet versions are available for some of them.

Andrographis: <http://www.vitacost.com/Solaray-Andrographis>

Cantron: www.cantron.com

Carnivora: www.carnivora.com

Colloidal silver: www.vitacost.com/Source-Naturals-Ultra-Colloidal-Silver-10-ppm-4-fl-oz

ECGC: <http://www.vitacost.com/NSI-Green-Tea-Extract>

Iodoral: <http://www.vitacost.com/Heritage-Products-Atomidine-Iodine>

Oscillococcinum: <http://www.vitacost.com/Boiron-Oscillococcinum-18-Dose-Value-Pack-0-04-oz-Each>

Quercetin: <http://www.vitacost.com/Solaray-Quercetin>

Resveratrol: <http://www.vitacost.com/Biotivia-Bioforte-Resveratrol-Bio-Enhanced-Trans-Resveratrol>

Sambucol: <http://www.vitacost.com/Sambucol-Black-Elderberry-Syrup-Cold-Flu-Relief-Original-Formula>

Selenium: <http://www.vitacost.com/Natures-Way-Selenium>

Vitamin C: <http://www.vitacost.com/Thompson-C-One-Gram-1000-mg-30-Capsules>

Vitamin D: <http://www.vitacost.com/NSI-Vitamin-D3-as-Cholecalciferol-1000-IU-200-Capsules>

Vitamin E: <http://www.vitacost.com/Natures-Life-Dry-E>

Zinc: <http://www.vitacost.com/NutriCology-Zinc-Citrate-25-mg-60-Capsules>

More about This Report

About The Author

Dr. Karen Vieira has a Ph.D. in Biomedical Sciences from the University of Florida College of Medicine. She has worked in hospitals conducting clinical research on patients, as well as in laboratories. She also has worked in the food industry doing nutrition research on discovering and confirming the health benefits of vitamins, minerals, fruits, vegetables, plant extracts and whole plants. She has studied natural medicines and therapies, leading to her discoveries of credible existing research on natural therapies for several diseases and conditions.

Why Is This Information Not Widely Known?

Many scientific studies have been conducted that form the basis of the recommendations made in this report. Often university laboratories or independent doctors in a hospital or clinic conduct these studies, not pharmaceutical companies. These researchers do not usually have the money to make their findings widely known. Unfortunately, the pharmaceutical companies are most interested in their profits, not the health of the patients that buy their medicines. Therefore, they are not interested in researching cheaper natural therapies to replace their expensive medicines, which are not always effective. Similarly, doctors have pharmaceutical company representatives providing incentives such as free meals, gifts and samples to encourage them to prescribe certain medications. It is no wonder that most doctors prescribe the medications rather than spending time investigating other natural options for their patients.

Who Would This Program Work For?

This program has been specially designed for anyone worried about exposure to the cold or flu viruses. It works for adults, elderly persons and even children, though doses will need to be adjusted accordingly for children.

Studies on the Recommended Supplements

Andrographis

Poolsup N, Suthisisang C, Prathanturarug S, Asawamekin A, Chanchareon U. Andrographis paniculata in the symptomatic treatment of uncomplicated upper respiratory tract infection: systematic review of randomized controlled trials. *J Clin Pharm Ther.* 2004 Feb;29(1):37-45.

Carnivora

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Colloidal Silver

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ECGC

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Selenium

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Vitamin D

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Vitamin E

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