

Preventing and Treating Colds and Flu

This winter is the coldest I can recall since moving to Albuquerque in 1981. It reminds me of my old missionary days in Canada where we experienced wind chill factors of 100 degrees below zero. You can't really understand the cold until you've had to use an outhouse at that temperature! Of course, the cold weather brings more stressors that weaken the immune system, making us susceptible to colds and flu.

Recently a patient came to my office with nasty bronchitis. I gave him a homeopathic flu injection and advised him to take Allimax capsules containing allicin from garlic. He called two days later to report that the illness was gone and he was doing great. Normally this patient takes many days or several weeks to recover from a lung infection - even with antibiotics. This time he recovered quickly - without the antibiotics.

We always have various "germs" in our bodies. A swab of the nose or throat taken at any time could reveal Strep, Staph, or other infectious agents. Though these are always present, they don't always make us sick. The body's incredible immune system prevents these disease causing organisms from multiplying to the point that they become a problem. When a cold or flu do take over, we know that the immune system was weak. With a strong immune system you WILL NOT get sick.

Immune system builders are effective for combating colds and flu – for preventing as well as treating an acute infection. I recommend a product called **XPC**. It is a pleasant tasting super nutritional yeast product, very effective in promoting immunity. With a dosage of just one teaspoon a day it is also very affordable. I use **XPC** myself to assure that I stay well as I help those who visit my office..

Another product very effective for preventing colds and flu is **Guna Flu** from Guna, Inc. This homeopathic product can be taken as a preventative or at the first sign of a cold or flu. **Engystol** and **Gripp-Heel** are two powerful homeopathic medicines that may be given by injection if you are already sick. These also come in tablets that may be used by themselves or as a booster after an injection.

Allimax (a garlic based product) is also very effective in eradicating colds or flu. I keep **Allimax** and **Congaplex** at home for the family so we can take them at the very first indication of an illness or after an exposure to someone who is ill. Our old standbys **Congaplex** and **Immuplex** are still popular and very effective in preventing and treating colds and flu. Some of my senior patients who wish not to have an annual flu shot take **XPC** along with three **Congaplex** every day to keep their immune systems running strong.

In addition:

- Don't consume refined sugar or refined processed foods. These inhibit the action of the body's white cells , impeding them from hunting down and destroying disease causing bacteria and viruses. Sugar and refined starches such as white breads, white rice, and pasta stress the adrenal glands which play an active role in immune function. In addition, refined carbohydrates deprive the body of essential health building nutrients.
- Don't deprive your body of sleep. Sometimes we have to "burn the midnight oil" but hopefully these episodes will be the exception and not the rule. I often find that people just choose to stay up watching TV or surfing the net. A good eight hours of sleep - or more - is the required norm for most people, yet the vast majority of Americans get much less than this.

Remember, the best way to treat a cold or flu is to not get them in the first place. **Congaplex**, **Immuplex**, **Guna Flu**, or **XPC** work very nicely for this. There are times though when we get overly tired or stressed or eat too much junk food,

making ourselves vulnerable to whatever “bug” is around at the time. If this happens and you do become ill, an **Engystol / Gripp-Heel** injection or products like **Allimax** or **Congaplex** can make a big difference.

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