

Cold/Flu Prevention and Treatment, A Naturopathic Perspective By Nasha Winters, ND, L.Ac., Dipl.OM
Namaste Health Center
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Here's what I suggest:

- Limit sugar in the diet.
- Increase hydration.
- Get outside in the fresh air at least once a day and breathe deeply.
- Exercise.
- Get adequate amounts of sleep.
- Keep kids home at the FIRST SIGNS of a cold/flu so they can rest to prevent it from becoming more problematic and to prevent spreading to their peers.
- Wash hands diligently. Plain soap and water is all you need.
- Have effective tools to address stress.
- Most importantly, optimize your Vitamin D levels as it naturally drops because of less sunshine in the winter. Just because we live in the SW does not mean we are all optimal in our vitamin D levels. Those with darker skin are at higher risk for having low Vitamin D.

Vitamin D3 Recommendations

Age	American Academy of Pediatrics: Recommended Daily Dose	Immune Boosting Doses: Every Few Days In Sick Season or Daily Dose when Sick*
0-6 Months	400 IU	
7-12 Months	400 IU	800 IU
1-8 Years	600 IU	1,200 IU
9-18 Years	600 IU	2,000 IU

- based on a recent literature review, these recommendations are lower than what Nasha Winters recommends.
- Homeopathic Oscillocochinum has been a safe and effective remedy for years for influenza. Dose once a month during flu season, once a week if the flu is active in your area. It is best dosed right at the onset of the flu. This is best for influenza and influenza symptoms i.e. body aches, significant coughing, runny nose, fever.... This IS NOT a good treatment for the common cold.
- Sambucas Nigra (Elderberry) is also one of my favorite and tastiest methods of preventing and treating the flu, as it is an excellent antiviral. Deb Swanson at Dancing Willow Herbs processes tincture, syrup and chews for you and your family. It can be taken preventatively as well as when you are ill. See next page.

Elderberry Recommendations:

Dr. Chaudhuri is very comfortable with Elderberry being dosed every few days in the sick season, daily if it appears that 'everyone is sick' or your child's body is stressed out. If your child has chronic medical issues please consult us. (Children with asthma and allergies are fine to take this with all of their medications.)

Nasha Winters Recommendations:

Prevention Dosing:

6 months to 1 year: Elderberry glycerate 5 drops twice a day

Please note that it would be appropriate to treat this as a new food for the youngest infants i.e. try one dose and wait 3-5 days to ensure no reaction before starting another new food and/or starting a daily regimen.

**** Please make sure you obtain the glycerate version WITHOUT honey from Dancing Willow for children under 1 year of age.**

One year and older:

- 20 lbs to 30 lbs: Elderberry syrup 1/2 tsp twice a day
- 30 lbs to 90 lbs: Elderberry syrup 1 tsp twice a day

Adults including pregnant and breastfeeding mothers:

Elderberry syrup 1 to 2 tsp twice a day

Treatment Dosing: (as soon as a child appears to be starting a cold):

6 months to 1 year: Elderberry **glycerate** 10 drops every 4 hours

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