

## FLU PREVENTION

Every winter I treat more people for side effects and consequences from the flu vaccine than I treat people with the flu. My best recommendation for flu prevention is stimulating and supporting the immune system.

Easy things that you can do for yourself include:

- ✓ Frequent hand washing with regular soap and water, especially when returning home from public contacts, for instance, after touching cash, or door handles .
- ✓ Maintaining an optimal diet with little sugar and plenty of fruits and vegetables. More fruits and vegetables, less sugar and grains and not overdoing the protein makes for an ideal alkaline environment, where it's tougher for microbes to gain a foothold.
- ✓ Exercise to improve your metabolism and immunity.

My suggestions for maximizing your immune system include the following:

Vitamin C 1,000 mg twice daily for adults and 500 mg twice daily for children.

Zinc copper 15 mg daily with food.

Vitamin D capsules 2, 000 – 3,000 mcg for adults and 1,000 mcg daily for children.

Probiotics 4 billion live cells three times daily for adults and children.

Boiron-Dolisos Flu Prevention kit 1 tube of Thymuline and 1 tube of Influenzinum on an empty stomach once per week for adults and ½ tube of each once per week for children under 12 years old.