



Your Cascade Acupuncture Care Team wishes you a cold and flu free season and has prepared these health care tips for you.

(Please consider keeping this as a reference for your household)

(This information is provided for educational purposes only. It is not intended as a substitute for medical treatment or advice. Please discuss this information with your medical provider.)

Prevention:

1. Keep your immune system strong (good sleep, good nutrition, exercise, stay hydrated, stress management)
2. Consider using the Greens First Meal replacement shake for your health. It makes the body alkaline, boosts immune system, helps with stress, increases energy and supports 1-2# per week weight loss. It is available in our clinics. Click on *Chinese Herbs and Nutritional Products*, then *Greens First and Protein* on our site for more info.
3. Please consider immune boosting Acupuncture treatments every 1-2 weeks throughout the flu season.
4. We also offer *Happy Hour treatments*, which focus specifically on boosting your immune system and helping you deal with stress. Click on *Schedule an Appointment*, then *Happy Hour treatments* on our site for more info. The cost is as low as \$29 per treatment, they are offered, Monday, Wednesday, Friday, and Saturday in Hood River and Tuesday, Thursday and Friday in The Dalles. 12:15pm or 12:45pm and 5:45pm or 6:00pm on each of these days.
5. Cover your mouth and nose with a tissue when you cough or sneeze, or cough or sneeze into your upper sleeve—not your hands. Put your used tissue in the waste basket. Clean your hands with soap and water or alcohol based hand disinfectant.
6. 3 feet is the maximum the airborne droplets will travel. If you are concerned, try to stay away 3 feet if you can.
7. The flu is spread from person to person when an ill person coughs, sneezes or touches things that others use.
8. Try to avoid close contact with sick people.
9. Avoid touching your eyes, nose or mouth.
10. Adding a vitamin D3 supplement is a good way to bolster our innate immunity to protect from a host of diseases, including colds and flus. www.vitamindcouncil.org

Treatment:

Nutrition, supplements and Acupuncture treatments

1. *Lung Clear Throat Lozenges* (available at our clinics only since they contain Chinese Herbs) for sore throat and cough with phlegm. They have anti-viral and anti-bacterial properties – helps shorten duration and severity of common cold symptoms and minor throat infections.
2. Unless you have a fever: Come in for an Acupuncture treatment as soon as you experience symptoms. We can help with sore throat, as well as any other cold symptoms and can shorten the duration and severity of your cold or flu.
3. For treatment of common cold or influenza, always drink plenty of water, juice and tea as they can help flush out the body and prevent dehydration.
4. Rest – taking time off and rest, especially in the early stages of illness. Less or no rest cannot be substituted by taking more supplements!
5. Please DO NOT go to work or come to our clinics if you have a fever or other contagious illness, so others can stay well. Thank you!



6. L-Lysine – an essential amino acid that has been shown to boost the immune system in the fight against viral infections. Foods high in Lysine include poultry, which is another reason to enjoy some chicken soup!
7. Vitamin C is well recognized for its effect to prevent and treat common colds and influenza. Foods high in vitamin C, such as oranges, are strongly recommended. (2000-4000mg Vitamin C per day)
8. If you are experiencing issues with phlegm, foods that are phlegm producing are not recommended. Examples of such foods are: sweets, dairy products and heavy or greasy foods.
9. Other supplements that can be helpful, especially at the onset of cold symptoms are: oscillococcinum (homeopathic remedy), Airborne, wellness formula, Olive leaf extract, Echinacea, garlic capsules or fresh garlic. **Rosaures Market in Hood River and Healthy Harvest Market in The Dalles carry these supplements.**

All of our Chinese Herbal Formulas which are effective at treating cold and flu symptoms are available to Cascade Acupuncture Center clients only.

We have an extensive Custom Chinese Herbal Pharmacy in Hood River, which serves all of our clients.

Additionally we have a smaller Custom Chinese Herbal Pharmacy specifically for cold and flu herbs in our office in The Dalles. This allows us to prepare your herbs while you are in either one of our clinics. We want you to benefit from them as soon as possible so you can start to feel better!

Custom Cold and Flu Herbs:

Many of the over the counter medications for colds and flu symptoms treat a lot of symptoms all at once, whether you have them or not. Many have possible side effects, such as drowsiness.

We have over 200 different Chinese Herbal Formulas and Single Chinese Herbs and we will custom mix them to address your specific symptoms. Our Chinese Herbs exceed the quality control standards they need to meet. They are based on ancient wisdom and have safely worked for millennia. We carry Evergreen Herbs www.evherbs.com.

Please visit our site www.CascadeAcupuncture.org, click on *Chinese Herbs and Nutritional Products*, then *Chinese Herbal Pharmacy* for more info.

We can tailor your herbal formula to address the following symptoms and more:

- sore throat
- yellow or clear phlegm, phlegm with blood, clear or yellow nasal discharge
- a lot of coughing, productive or non-productive
- dry cough, wheezing
- weak immune system
- sweating, fatigue, body aches

Additionally we stock the ready mixed Chinese Herbal Formula *Herbal ABX*, which works great for such symptoms as sore throat and yellow phlegm. It treats all types of infection, with or without fever, inflammation, redness and swelling. *Herbal ABX* has antibacterial effects, antiviral effects, antifungal effects as well as broad spectrum antibiotic functions, without any of the possible side effects Antibiotics have. Many of our clients keep a bottle at home for the flu season.

Sources: <http://www.flu.oregon.gov/DHS/ph/acd/flu/printable-materials.shtml#fact> (Includes more info on flu shots available)
Manual of Oriental Medicine, version 2, Lotus Institute of Integrative Medicine. For more info and articles by Dr. John Chen, Ph.D., Pharm.D., O.M.D., L.Ac. on "Traditional Chinese Medicine and Infectious Disease" see www.elotus.org click on downloads. Dr Chen is the co-owner of Evergreen Herbs, which we sell in our clinics, see information above.

We wish you the Best of Health!

Your Care Team at Cascade Acupuncture Center

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