



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. 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 only and see “Greens First and Protein” <http://www.cascadeacupuncture.org/greens-first-and-protein/> 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 to help support stress management. Click on “Happy Hour treatments” on our site for more info. <http://www.cascadeacupuncture.org/happy-hour-treatments/> The cost is as low as \$20 per treatment.
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 and you should observe this distance especially when someone is coughing.
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. See <https://www.vitamindcouncil.org/> for more infos. We sell a liquid Vit D3 Supplement from Pure Encapsulations, here is our handout: <http://www.cascadeacupuncture.org/wp-content/uploads/2016/06/MagnesiumandVitaminDhandoutforclientsMay2016.pdf>

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. Stay home when you're sick: 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!
3. 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.



4. 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.
5. Rest – taking time off and getting enough rest, especially in the early stages of illness cannot be substituted by taking more supplements!
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, garlic capsules or fresh garlic. In Hood River look for these items at Daniel's Health and Nutrition (<http://www.danielshealthandnutrition.com/>), in The Dalles at Fred Meyer's.

Chinese Herbs: (learn more here: <http://www.cascadeacupuncture.org/chinese-herbal-pharmacy/>)

All of the following Chinese Herbal Formulas which are effective at treating cold and flu symptoms are available to Cascade Acupuncture Center clients only. Our Acupuncturists will do a medical intake and an Herbal Evaluation to determine which ingredients to use for each client's Custom Chinese Herbal Formula. We have over 250 different herbs and herbal formulas in our Chinese Herbal Pharmacy to choose from. The four listed formulas below just serve as an example for your information.

Call us now for your initial appointment, so you are an established client with our clinics and have access to same day treatments if needed and our Chinese Herbal Formulas.

1. **Herbal ABX** – All types of infection, with or without fever, inflammation, redness and swelling. Antibacterial effects, antiviral effects, antifungal effects, broad spectrum antibiotic functions.
2. **Pueraria Clear Sinus** – Allergies, sinusitis, rhinitis with yellow discharge with sneezing and stuffy nose. Reduces nasal mucous secretions, antibiotic activities to treat sinus infection. Analgesic effect to relieve sinus headache and pain.
3. **Herbal ENT**– Infection and inflammation in the upper parts of the body, including ears, nose, and throat (ENT) as well as common cold, chronic bronchitis, pulmonary abscess. Antibiotic effect to treat infection, anti-inflammatory effect to reduce swelling, relieve inflammation and alleviate pain, antipyretic effect to reduce fever.
4. **Immune+** – For individuals with weak or compromised immune system, frequent bacterial or viral infections, or individuals with no significant complaints, but desire to enhance their immunity. Enhances the immune system: increases white blood cell count, Inhibits the growth of harmful bacteria, Boosts energy and vitality

We hope you consider us for your health care needs and we look forward to seeing you in our clinics.

We wish you the Best of Health,
Your Care Team at Cascade Acupuncture Center

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.