

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

All items which are underlined are available for purchase in our clinics.

### Prevention: Strengthen your Immune System with Life Style

- Keep your immune system strong - good sleep and enough hours, good nutrition (low calorie, low carbs, high fiber, high in healthy fats, like Omega 3,) regular exercise, stay hydrated: Drink half your body weight in ounces per day unless medically contraindicated.
- Stress reduction and regular meditation can boost the immune system. One option is: [www.zivameditation.com](http://www.zivameditation.com) (Stress less, accomplish more by Emily Fletcher)
- Happiness can boost your immune system: Consider practicing the daily 3 habits according to: [www.gorgehappiness.org](http://www.gorgehappiness.org):
- Gratitudes: Find time each day to list three things for which you are thankful. This can be written on paper or just in your thoughts. These may be as simple as a yummy lunch, an extra soft pillow or the sunshine today. Or it can be grander. You decide. It's the act of gratitude that counts.
- Acts of kindness: This can be as easy as smiling at a cashier, saying thank you to a co-worker or complimenting a stranger. Once during the month, look for a way to volunteer or help the community.
- Moments of Silence: Sit silently for just five minutes per day. This means turning off the TV, computer, radio, and cell phone. As you sit, observe the thoughts in your head, the sounds you hear around you or other sensations that come and go. Keep your eyes closed if you want or just look at one thing about three feet in front of you. Don't beat yourself up if you mind wanders - just notice it and come back to observing and listening.
- Cover your mouth and nose with a tissue when you cough or sneeze, or cough or sneeze into your upper sleeve, or inside your shirt—not your hands. Put your used tissue in the wastebasket. Clean your hands often with soap and water or alcohol based hand disinfectant.
- Three feet is the maximum airborne droplets will travel and you should observe this distance especially when someone is coughing.
- The flu is spread from person to person when an ill person coughs, sneezes or touches things that others use. Consider using disinfectant wipes on items an ill person touched.
- Try to avoid close contact with sick people and avoid touching your eyes, nose or mouth.
- Look up Turmeric Milk or Golden Milk. It is healthy, immune boosting and anti inflammatory!

Sources: <https://www.oregon.gov/oha/ph/preventionwellness/flu-prevention/Pages/index.aspx#fact>

### Prevention: Strengthen your Immune System, Our Suggestions:

- We recommend taking Muco coccinum 200 by UNDA, Homeopathic Remedy, one tablet each week during the cold and flu season. This can contribute to cold prevention. This product can also be used to treat early stages of colds. (\$28.10 for 10 tabs)

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Please discuss this information with your medical provider.

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- **Consider using the Greens First Meal replacement shake (\$122) for your health or just the Greens First supplement alone (30 srv \$45).** It makes the body alkaline, boosts immune system, helps with stress, increases energy and supports 1-2# per week weight loss.
- 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. Vitamin D3, (1 drop = 1000 IU's, 810 drops per bottle \$26.90 by Pure Encapsulations) [See www.vitamindcouncil.org](http://www.vitamindcouncil.org)
- A daily **Omega 3 Essential Fatty Acid** supplement can boost your immune system and has many other health benefits, look it up! (120 ct \$42)
- We recommend **Tibetan Herbal Foot Soaks** to boost your immune system. (5 for \$27.50, 9 for \$48)
- Please consider immune-boosting regular **Acupuncture treatments** every 1-2 weeks throughout the cold and flu season. (Billed to insurance or paid at time of service, ask us)
- We also offer **Happy Hour treatments**, which focus specifically on boosting your immune system and to help support stress management. They do not address the treatment of pain. (\$27.50/each, pay 4 x \$27.50 = \$110, get 1 free, so \$22 each)

### **Treatment, Early Stages: Lifestyle and Supplements:**

- 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.
- Rest – taking time off and getting enough rest, especially in the early stages of illness cannot be substituted by taking more supplements!
- Wet sock treatment, see page 4 of this handout. Do this for three nights in a row.
- 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.
- If you are experiencing issues with phlegm, foods that are phlegm producing are not recommended. Examples are: sweets, dairy products and heavy or greasy foods.
- 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 or our **Chicken Bone Broth powder** (by Dr Axe, 20 srv \$44.95).
- 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)
- Other supplements that can be helpful, especially at the onset of cold symptoms are: Elderberry syrup, Airborne, wellness formula, monolaurin, olive leaf extract, garlic.

### **Treatment, Early Stages: Our Suggestions:**

- **Muco coccinum 200 by UNDA, Homeopathic Remedy** Directions for adults: At the first sign of symptoms, take one tablet allowing it to dissolve under the tongue. If symptoms persist, take one tablet two or three times during the day. If symptoms continue to persist

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after three days or worsen, discontinue use and seek advice from a health care practitioner. Children: Divide tablet in half and follow adult directions. If you are pregnant or breastfeeding, do not use. This product is not intended to be an alternative to vaccination. Safety-sealed for your protection and for product freshness. Do not use if the blister pack has been tampered with. Store in a cool, dry place. This product can also be used weekly for prevention of colds when taken weekly. (\$28.10 for 10 tabs)

More information: <https://www.seroyal.com/homeopathics>

- For sore throat: **Lung Clear Throat Lozenges**. (\$6) They contain Chinese Herbs. They help with sore throat, cough with phlegm. They have antiviral and anti-bacterial properties and help shorten the duration and severity of common cold symptoms and minor throat infections. Dosage: 1 lozenge every 4 hours as needed, not to exceed 6 in a 24 hour period. If symptoms persist or worsen, please call your primary care physician to rule out more serious medical conditions such as strep throat, meningitis, pneumonia or another serious bacterial infection. Contraindication: The lozenges are not advised for persons experiencing symptoms of dryness, i.e. dry cough, dry skin, dry eyes and/or dry nose.
- Unless you have a fever: Come in for an **Acupuncture treatment** (Billed to insurance or paid at time of service, ask us) or a **Happy Hour Acupuncture** treatment (\$27.50/each, pay 4 x \$27.50 = \$110, get 1 free, so \$22 each) 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.
- **Custom Chinese Herbs**, see below.

### **Chinese Herbs to treat colds, flus and lingering cold symptoms:**

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 listed formulas below just serve as an example for your information. Chinese Herbs can treat acute colds and flu symptoms as well as lingering cold symptoms, cough, weak lungs and immune system. (\$48/100 gr = 2 wk supply)

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. **Immune+** - Strengthens immune functions in individuals with normal or compromised immune system
4. **Respitrol Deficient** - Relieves chronic respiratory conditions with dyspnea, wheezing, shallow inhalation and general weakness
5. **Respitrol Cough** - Relieves cough

Reference: Manual of Oriental Medicine, Lotus Institute for Integrative Medicine by Dr. John Chen, Ph.D., Pharm.D., O.M.D., L.Ac., owner of Evergreen Herbs, our herb supplier: <https://www.evherbs.com/>

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### **Wet Sock Treatment**

This treatment acts to reflexively increase circulation and decrease congestion in the upper respiratory passages, head and throat. It has a sedating action and many patients report that they sleep much better during the treatment. This treatment is also effective for pain relief and increases the healing response during acute infections. It is best to start the wet sock treatment on the first day of an illness, ideally repeating it for three nights in a row. People with chronic conditions or compromised immunity should consult with a doctor before starting the wet sock treatment.

**Indications:** Sore throat or any inflammation or infection for the throat, neck pain, ear infections, headaches, migraines, nasal congestion, upper respiratory infections, coughs, bronchitis and sinus infections.

**Supplies:** One pair of white cotton socks, one pair of thick wool socks, one towel and a warm bath or a warm foot bath.

**Directions:**

- Take a pair of cotton socks and soak them completely with cold water, you may even add ice cubes to the water. Be sure to wring the socks out thoroughly so they do not drip.
- Warm your feet first. This is very important as the treatment will not be as effective and could be harmful if your feet are not warmed first. Warming could be accomplished by soaking your feet in warm water (as warm/hot as possible and comfortable for you!) for at least 5-10 minutes or taking a warm bath.
- Dry off feet and body with a dry towel.
- Place cold wet socks on feet. Cover with thick wool socks. Go directly to bed. Avoid getting chilled.
- Keep the socks on overnight. You will find that the wet cotton socks are dry in the morning.

References: Boyle, Wade, ND and Saine, André, ND, Lectures in Naturopathic Hydrotherapy (Eclectic Medical Publications: Sandy, OR), 1988 and  
<https://health.bastyr.edu/news/health-tips/2009/11/dive-feet-first-wellness-natural-remedy>

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

Please don't come to our clinics if you have a fever or know you are contagious, thanks for understanding. Please consider getting some of these products when you are feeling well.

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