

# Now That I Have The Flu, What Do I Do?

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# How Long Will I Be Sick For?

- With a cold you are contagious for the first three days that you have symptoms.
- A cold will last about 10 days.
- The flu is contagious one day before symptoms and then for 5–7 days after symptoms appear.

# Prevention

- Rest the adrenals
- Avoid sugar
- Get outside– for fresh air and sun
- Eat only the foods God provides in single ingredients
  - Chicken soup
  - Fat
  - Root Vegetables
  - Fermented foods or a probiotic

# Vitamin D

- The winter time is the lowest level of Vitamin D in the body.
- Your level should be a minimum of 40.
- If you are deficient you may need to supplement with high doses of vitamin D.

# Using Homeopathy



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# Make Your Own Elderberry Syrup

- ½–¾ Cup Organic, dried Elderberries. Buy them on Amazon from Frontier.
- 3 Cups Water
- ¾–1 Cup raw local, unfiltered honey. Look on [www.eatwild.com](http://www.eatwild.com)
- Place elderberries and water in a saucepan
- Bring to a boil, reduce heat and simmer for 30 minutes
- Mash the elderberries to release more juice
- Strain the mixture into a ball jar
- When it is cool add the raw honey
- 1 tsp as a preventative
- If ill: up to 3 teaspoons 4 times a day
- Do not give to children under 18 months



# Supplements by NeoLife

Take a daily multi-vitamin  
such as Formula IV or  
Provitality Plus



# What to Take:

Garlic Allium Complex.....being smelly is good!



# What to Take:

## Chelated Zinc



# What to Take:

## Super C



# How Do I Control a Fever?

- A fever in a child can be worrying to parents, and is one of the most common reasons parents seek a pediatrician's care. To help pediatricians educate parents and families about fever and "fever phobia," the American Academy of Pediatrics has issued a clinical report, "[Fever and Antipyretic Use in Children](#)," published in the March 2011 print issue of *Pediatrics* (published online Feb. 28).
- Fever is a physiological mechanism that has beneficial effects in fighting infection. Although many parents administer antipyretics (medications to reduce a fever) such as acetaminophen or ibuprofen to a child to reduce a fever, the report emphasizes that the primary goal should be to help the child feel more comfortable, rather than to maintain a "normal" temperature.
- Parents should focus on the general well-being of the child, his/her activity, observing the child for signs of serious illness and maintaining appropriate fluid intake.
- Parents should not wake up a sleeping child to administer a fever-reducer. Antipyretics must be stored safely to avoid accidental ingestions.
- Parents should be aware that the correct dosage is based on the child's weight, and that an accurate measuring device should always be used.
- While there is some evidence that combination therapy (alternating doses of ibuprofen and acetaminophen) may be more effective at lowering body temperature, questions remain about whether it is safe and whether it helps children feel more comfortable. Combination therapy also increases the risk of inaccurate dosing.

– See more at: <http://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/AAP-Issues-Advice-on-Managing-Fevers-in-Children.aspx#sthash.SdfcSw2T.dpuf>

# More on Fevers and the Flu

- <http://pediatrics.aappublications.org/content/early/2011/02/28/peds.2010-3852.short>
- <http://www.askdrsears.com/topics/health-concerns/childhood-illnesses/flu>
- Fever rule: 1 additional day in bed for every day the child had a fever