

# Naturopathic Medical Clinic

1200 NE 7th St  
Grants Pass, OR 97526  
(541) 476-2916

Kristen Plunkett, ND

---

## **Protect Yourself this Cold and Flu Season!**

### Flu Shots

The CDC recommends flu vaccinations for people over 65 years old, children 6-23 months, pregnant women, people with chronic medical conditions, and people who live with or care for at risk individuals. The vaccinations are produced each year by guessing which types of influenza viruses will be present. Viruses frequently change their coats (their outer layer); they mutate, which makes it hard to create a vaccination that can prevent all flu strains. Side effects of the flu vaccination can include symptoms of the flu, such as fever, malaise, headache and muscle pain that begin 6-12 hours after the shot and can last 1-2 days. The vaccine can also cause severe allergic reactions in people who are allergic to eggs (due to the use of egg protein in the vaccine).

### Alternatives

There are a number of alternatives to keep you healthy throughout the cold and flu season. Naturopathic physicians specialize in prevention and know how to strengthen your immune system so your body can fight off any of the cold and flu bugs that are going around. They can also teach you how to decrease the severity, duration, and frequency your symptoms should you get a cold or flu.

Here are some easy ways to strengthen your immune system:

- Eat a healthy diet with plenty of fruits and vegetables, which are high in the vitamins and minerals that your body needs to stay healthy.
- Drink a liter of water per day. This helps your body eliminate wastes and toxins.
- Exercise 30 minutes per day. Exercise helps pump your blood around your body to bring fresh nutrients to each cell and to carry any toxins to your liver and kidney to be filtered out of your body.
- Botanical Medicine. There are many herbs that can strengthen your immune system. Naturopathic physicians can create an herbal formula specific to your health needs.
- Multivitamin/mineral complex. A multivitamin can help you get the nutrients your body needs that may be deficient in your diet. There are also specific vitamins and minerals that help your immune system fight off infections. Naturopathic physicians can help you select the specific nutrients to support your system.
- Homeopathic Influenzinum is made each year from the predicted virus that causes the flu. You can use this homeopathic preparation like the flue vaccine for prevention.

There are many more treatment options you can choose from to stay healthy throughout the cold and flu season. Find out more by scheduling an appointment.