

All about prevention and treatment during cold and flu season

## The difference between the common cold and the flu?

	<b>Cold</b>	<b>Flu</b>
<b>Cause</b>	200+ viruses Typically Rhinovirus	Influenza virus
<b>Onset</b>	Slow	Sudden
<b>Fever</b>	✗	✓
<b>Cough</b>	or Mild	✓ Significant
<b>Sore Throat</b>	✓	✗ or Mild
<b>Runny Nose</b>	✓	✗ or Mild
<b>Sneezing</b>	✓	✗ or Mild
<b>Headache</b>	✗ or Mild	✓
<b>Body Aches</b>	✗ or Mild	✓ Significant
<b>Fatigue</b>	✗ or Mild	✓ Significant
<b>Nausea/Vomiting</b>	✗	✗ or Mild (Seniors & kids more)

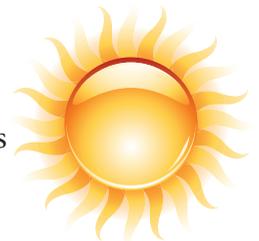
## Influenza vs Stomach “flu”

Influenza is a respiratory infection caused by a virus, symptoms are primarily generalized and related to the respiratory system. Secondary symptoms may include nausea, vomiting, and diarrhea. The stomach “flu” is actually a gastrointestinal infection caused by a virus, bacteria or parasites. Symptoms are primarily gut related with mild to moderate aches and fever, rarely having any respiratory symptoms.



## Preventing Vitamin D Deficiency

Many Canadians have suboptimal vitamin D levels. According to Statistics Canada, 1.1 million Canadians have a frank vitamin D deficiency. Why are so many of us deficient? Well, the angle of UVB rays penetrating the atmosphere is unable to produce vitamin D at latitudes above 40 degrees north (this is all of Canada!) from November to March. This is known as a “Vitamin D Winter.”



Our skin does not manufacture the vitamin in the winter months regardless of sun exposure.

### Interesting fact:

if your shadow is longer than your height, your skin is not manufacturing vitamin D!

Vitamin D is necessary for building strong bones and teeth, while long-term deficiency or insufficiencies can have wide-ranging effects. Research has shown vitamin D to play a crucial role in the prevention of certain autoimmune diseases, cancers, vascular, and neurological conditions. Wow, go vitamin D!

Unfortunately vitamin D is poorly obtained from the diet. Its highest sources include cod liver oil, fish, fortified cereals, egg yolks, and liver. Supplementation comes in two forms: cholecalciferol or vitamin D3 and ergocalciferol or vitamin D2. The latter is less than 1/3 the potency of vitamin D3 and does not last as long in the body. Here at Arc we stock only the highest quality supplements in the correct forms.

Want to know what your vitamin D levels are? We have a simple blood finger prick test called “D-Spot” which can determine your overall vitamin D status. It is a great tool to see if you need to be supplementing the sunshine vitamin and how much!

**Immune  
Boosting Shot?**

Call us for more information

**604-424-9700**

## Tips for Cold and Flu Prevention:

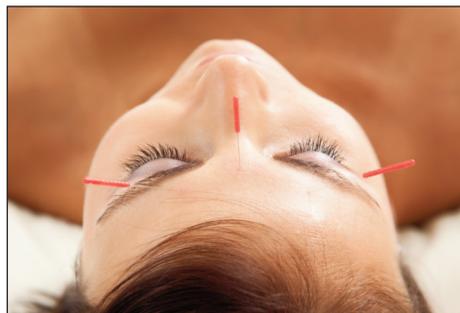
### 1 Eat Right!

- Limit your sugar and alcohol; both reduce white blood cell activity, the cells in your immune system that fight infection.
- Increase your consumption of raw garlic and onions; both are anti-viral and immune boosting.
- Eat a whole foods diet rich in brightly colored fruits and veggies, high quality protein and healthy fats.



### 2 Manage stress

- The stress hormones cortisol and adrenaline suppress the immune system by inhibiting white blood cell formation and reducing their overall function.
- Effectively managing stress can greatly reduce the frequency and severity of infections. We offer **stress reduction point specific acupuncture** as well as **Bowen therapy**, which is a gentle hands-on technique that resets your nervous system to a calm relaxed state.



### 3 Stay Active

- Sedentary lifestyle and excess weight has been directly correlated with poor immune function especially in overall length of recovery. Exercise alone reduces the frequency of infections, improves immune function, speeds recovery, and reduces severity of symptoms.

### 4 Get Quality Sleep

- Many immune-enhancing compounds are released during deep sleep. Low quality or inadequate sleep is associated with increased frequency, severity and duration of common infections.

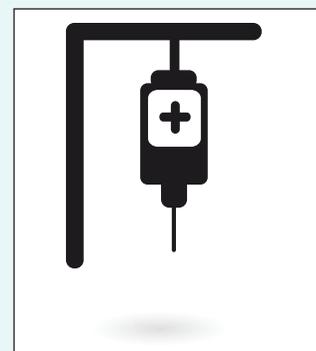
### 5 Wash your Hands

- One of the best ways to fight germs is by washing your hands with soap and water. Lather up for 20 seconds and rinse for 10 seconds. Don't forget to wash between your fingers, under your nails, and the top of your hands.



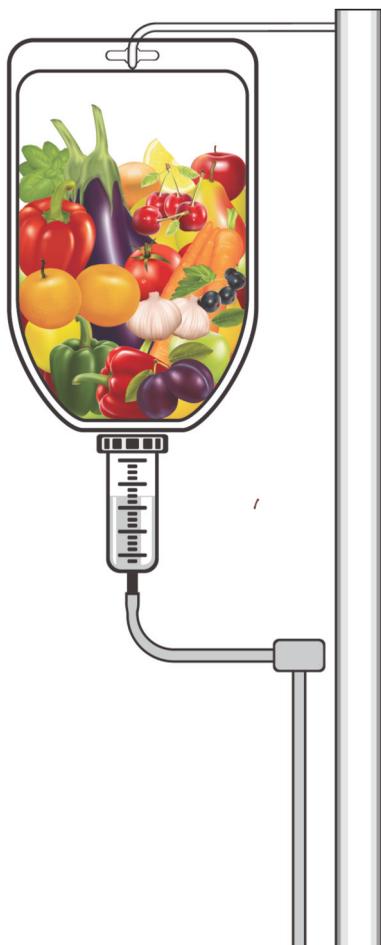
## Intravenous Nutrition Therapy

Conceived 40 years ago by Baltimore physician, Dr. John Myers, MD, the vitamin injection therapy (Myers Cocktail) has been a mainstay of treatment for many medical and naturopathic doctors alike. The types of treatments vary considerably from patient to patient, often specifically designed for each individual's needs. One of the best combinations includes vitamin C and zinc to help prevent and fight colds and flu. The common thread of this therapy is direct to blood administration of vitamins, minerals and amino acids. Why would we even consider such invasive treatments when we could just get our nutrients from food? Well, the answer to that question is 3-fold:



**1** Most people are not eating a diet rich in vitamins and minerals on a daily basis. Did you eat your 13 cups of spinach today? That is how much you would need to get your recommended daily allowance (RDA) of Magnesium, a common mineral added to IV therapy. The reality is that the quality of our food sources is rapidly declining, and so too the density of nutrients. Added to that is a collective diet that is consistently moving towards decreased fruits and vegetable and we find ourselves in need of more aggressive ways to get nutrients into our bodies.

**2** Many people have compromised digestion and cannot properly absorb nutrients from food. Anyone that is under stress of any kind is going to have a more difficult time digesting their food. When our nervous system perceives stress, it causes us to operate under our sympathetic



branch, which is programmed to re-allocate blood out of our digestive tract and into our brain and muscles. Since the beginning, humans have evolved this way so that we could effectively survive the prehistoric world. You do not want to have to deal with digesting food when you have to run away from a lion. So, even if you did eat 13 cups of spinach, you probably did not absorb all the magnesium you needed!

**3** Many vitamins and minerals act as pharmaceuticals at higher doses. There are a number of conditions that have been shown to improve with treatment of vitamins and minerals that are given in higher amounts than the typical RDA. For example, Vitamin C is a potent antiviral and antihistamine but to see dramatic effects you require a plasma concentration that is simply not reachable with oral supplementation. Magnesium given intravenously promotes relaxation of smooth muscle, which can be useful in the treatment of angina and asthma. IV nutrient therapy does come with some risk, but it is generally much safer than traditional drug therapy.

### What does a treatment look like?

- You must have a regular initial visit with one of our naturopathic doctors before we can begin IV treatment. This kind of treatment is not for everyone and through medical history and lab tests we can determine if you are eligible.

- Treatments vary from patient to patient, but generally you will be at the clinic for 45-90 minutes. We set you up in our comfortable IV suite, do a quick check-in and take your blood pressure. Once the IV is set up, you are free to read a book, drink a cup of tea or simply take the time to relax and rest.
- The doctor will continue to check on you during the course of your treatment to ensure that you are safe and comfortable at all times.
- The frequency of treatments also varies considerably, but most commonly range from once per week to once per month, or on an as needed basis when you are feeling depleted.

### Could this help me?

The short answer is probably. The list of conditions that can benefit from IV nutrition never seems to end, but here are some that have tremendous research behind them:

- **Asthma**
- **Migraines**
- **Fatigue**
- **Fibromyalgia**
- **Depression**
- **Pre-Menstrual Symptoms**
- **Acute Cold or Flu**
- **Seasonal Allergies**
- **Chronic Hives**
- **Sports injuries**
- **The after-effects of overindulgence (yes, this is THE hangover cure!)**

Note: At Arc Integrated Medicine we do not currently offer high-dose vitamin C IV's for individuals with cancer, though if you contact the clinic we would be happy to refer you

## Super Immune Boosting Chicken Soup

Recipe from **Nourishing Meals**  
[www.nourishingmeals.com](http://www.nourishingmeals.com)

The people at Nourishing Meals put together delicious, health-packed and easy meals that are great for busy families. Ask us if you are interested in purchasing one of their cookbooks.

- 1 medium onion, chopped
- 3 carrots, sliced
- 4 celery stalks, chopped
- 2 cups shiitake mushrooms, thinly sliced
- 1 large red bell pepper, chopped
- 2 to 3 teaspoons grated fresh ginger
- 1 tablespoon sea salt
- 1 teaspoon crushed red chili flakes
- 4 to 5 cups sliced napa cabbage
- 1 cup chopped cilantro
- 16 cups of homemade chicken stock or organic store-bought chicken stock  
(see website for recipe)



Bring the broth to a boil, add the all of the ingredients for the soup except the napa cabbage and cilantro. Cover and simmer for 15 to 20 minutes. While the vegetables are cooking, pull all of the meat from the chicken and cut into smaller pieces. Add the meat from one whole roasted chicken to the soup. Once the vegetables are tender, turn off the heat and add the chopped cabbage and cilantro. Taste and adjust salt and seasonings if desired.

**Mushrooms** – All mushrooms, except for your regular white button variety have beneficial effects on your immune system. Shiitake mushrooms are specifically antiviral and anticancer, while Reishi can decrease inflammation and allergic responses. Whatever you are eating this fall – make sure you don't forget about these little gems!

**Ginger** – Not only does ginger make your food taste amazing, it is also one of the most warming herbs you will find – perfect for those chilly fall nights. Ginger is so warming in fact that it can help promote sweating, which is crucial to help fight off a cold or flu. Chopped ginger can be added to food as you would any spice, or can be made into a tea.

**Onions** – All varieties of onions contain a significant amount of Quercetin – an antioxidant that is very useful in modulating histamine and decreasing allergic responses. Onions, much like their cousin Garlic contains sulfur-like compounds that are anti-bacterial and can help fight infections.

*Please call, email or book an appointment online*



**Dr. Ashleigh Lane, ND**  
[drlane@arcintegratedmedicine.com](mailto:drlane@arcintegratedmedicine.com)

**Arc**  
INTEGRATED  
MEDICINE

123 • 6345 • 120th Street  
Delta, BC Canada  
V4E 2A6  
**Phone: 604 • 424 • 9700**



**Dr. Emily Munn, ND**  
[drmun@arcintegratedmedicine.com](mailto:drmun@arcintegratedmedicine.com)

[www.arcintegratedmedicine.com](http://www.arcintegratedmedicine.com)