Don't Get Sick This Flu Season - Do This Instead Transcript

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Flu Season Overview and Symptoms

In this video, learn about the most effective natural solutions for flu prevention and treatment, including the proven Norwegian berry treatment your doctor never told you about.

Hey everybody! The flu season is upon us and the best defense, in my opinion, is a good offense in preventing the flu. It's that time of the year when the seasonal flu, known as influenza, affects people across the United States and globally.

This highly contagious respiratory illness is caused by three main viral types, influenza A, B, and C. And the infection affects the nose, causing runny nose the throat, leading to a sore throat and lungs, resulting in coughing.

And although the flu can begin with symptoms similar to those of a cold, it typically progresses more quickly and is more severe. Other very common flu symptoms include fever, headache, muscle aching, fatigue, sweating, and chills.

Now influenza A is typically more sever and it's the one that's currently circulating.

Flu Vaccine Effectiveness and Current Strain

A recent article in the Journal of the American Medical Association reviewed the current state of their circulating influenza strain, again known as influenza H3N2, also termed subclade K virus.

And they know that since December 11th, influenza activity has been accelerating in the United States, especially among children and young adults. And as would be expected, the primary recommendation for protection against seasonal influenza is vaccination.

Now I'm going to get into the natural ways to prevent and treat the flu. But of course, in commercial medicine, they really focus on the Flu vaccine. According to United Kingdom Hospital and Emergency Admission data, The vaccines were 72% to 75% effective in children, most of whom received the live, attenuated intranasal vaccine, whereas the injected vaccine for adults was about 32% to 39% effective.

Now, it's too soon to know how effective the flu vaccine will be this year for the US population. And the current vaccine is trivalent, meaning it protects against two influenza A subtypes and one influenza B strain.

But again, we don't know how effective it's going to be. In some years, the effectiveness is very, very poor. So we want to focus on natural ways to optimize your immune system, things which have studies for flu protection.

Natural Immune Support for Prevention

Flu vaccines and antiviral medications are options to discuss with your healthcare provider. Whether or not you choose to use these approaches, the following protocols I'm going to review in this video can be used, whether again, use vaccines or no.

So let's talk about immune system optimization that is specific to the flu. Well, for long-term immune enhancement, I like to us herbal extracts, especially turkey tail, mitocci and astragalus.

Now these extracts have been used for a long time and have good human data and showing that they enhance the immune system. So I use formulas with these extra in them and typically in these formulas I'll use or recommend patients take three to four capsules daily.

Another supplement you should be aware of readily available is N-Acetylcysteine, known as NAC. And this is an antioxidant that also supports immune function.

One study found that only 25% of older adults who were injected with the influenza virus experienced influenza symptoms after taking NAC for six months, compared with 79% who received placebo.

A preventive dose is 600 milligrams twice daily on an empty stomach. In addition, a recent paper published in a journal, Antioxidant, states, quote, N. A. C.

can help alleviate the symptoms of influenza, primarily by addressing different mechanisms associated with infection, end quote. Also, you've heard about vitamin D.

Now, vitamin research indicates that vitamin d supplementation reduces the risk of acute respiratory tract infections, including influenza and the common cold.

NAC and Vitamin D for Flu Protection

This hormone-like nutrient, again, acts like a hormone in the body by increasing antiviral white blood cells, controlling inflammation, and elevating levels of two antimicrobial compounds, cathecidins and defensins, they're known as.

Most of my adult patients, I have them take 5,000 units of vitamin D daily of the meal. But at the onset of a flu, if you haven't been supplementing vitamin d, sometimes they have patients take 20,00 to 50,0000 units as a loading dose.

Now, If you have the flu you should know about the Norwegian berry extract. known as elderberry and it's one of the few natural therapies studied in individuals with influenza.

Elderberry Treatment for Flu Symptoms

A randomized double-blind placebo-controlled trial involving 60 Norwegian men and women between the ages of 18 and 15 found that 15 milliliters of standardized elderberries syrup taken four times daily for five days when started within 48 hours of influenza symptoms relieved symptoms on an average of four days earlier than placebo.

None of participants had adverse events during the study Aldeberry also helps relieve the coughing associated with the flu and this product is available online or in health food stores and it's under the Sambuco brand which I have no association with and they give you the directions on how to use that.

Also for my patients will often use intravenous therapy. Intravenus vitamin C has antiviral effects. We use IV ozone, which is effective. But for a lot of patients, a lots of their symptoms because of dehydration by that fear that's been going on for several days, that causes a law of the fatigue, the aching, headaches.

And so if you can just get even basic nutrient IVs, you'll feel so much better much more quickly by getting this intravenous nutrient therapy.

IV Nutrients and Closing Advice

Well, I hope you enjoyed the video. Click the like button if like this video and look for other videos on how to optimize your immune system during the cold and flu season.