



# Immune Strategies for Colds and Flu

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## Immune System

Your immune system is complex and not only includes white blood cells, cytokines and hormones but also the gut microbiome, skin, the mucus barrier in the nose, mouth and gut, the nervous system, sex organs and bones. Foods, herbs, spices and nutrients all support these systems and shape your immunity.

## Prevention of Colds and Flu

- Nutrition
  - Phytonutrient-rich diet low in simple sugars\*. This means vegetables in a rainbow of color and local fruits. Whole non-gluten grains, legumes, nuts and seeds are great additions. Grass-fed, organically raised animal protein in moderation as desired. \* Sugar can reduce the effectiveness of white blood cells for several hours after consuming
  - Eat warm, cooked foods when weather is cold.
  - Mushrooms: Shiitake, Reishi, Maitake, Chaga, Lion's Mane, Turkey tail, Cordyceps.
- Quality sleep
  - 7-9 hours per night
  - Early to bed, early to rise
- Stress reduction practices
  - Meditation, exercise, daily gratitude, avoid news at night, dance, community, purpose, love
  - The most important stress reduction concept is to avoid stress building up over the day. We all experience stress and have a variety of stressors. Periodically throughout the day, take a few moments to a few minutes to breathe deeply and fully relax. This practice will reduce your feeling of stress at the end of the day and balance your nervous system.



- **Dr. B's Favorite Immune Supplements**
  - Vitamin C with Bioflavonoids: 1,000 – 3,000 mg per day
  - Vitamin D/K2: 5,000 IU per day or enough to get blood levels between 50-80ng/ml
  - Fish oil: 2,000 – 4,000 mg per day
  - Black Elderberry: 1 serving per day. Pulse dose by taking 5 days per week or 3 weeks of the month so you have times when you are not taking it.
  - Mushroom Master Blend: 1 serving per day. Pulse dose by taking 5 days per week or 3 weeks of the month so you have times when you are not taking it.
- **Lavage after exposure to people outside your inner circle (removes viruses trapped in your nasal and throat mucus barrier)**
  - Nose: with netti pot, salt water, can add 10 drops of Oregon grape tincture and/or dropper full of zinc
  - Gargle: same solution as netti pot
- **Cold exposure**
  - Spend time outside in the weather: walk, garden, stack wood, etc.
  - Daily contrast hydrotherapy
  - Cold immersion
- **Seasonal Cleanse: great immune reset!**

## Treatment when you are sick

Getting a cold 1-2 times per year and the flu every 20 years or so is not generally harmful unless you have an underlying health risk or are elderly and frail. The goal is for quick recovery, 3-5 days, and full recovery, no lasting symptoms.

- **Rest**
  - Listen to your body and don't push but do move your body periodically
- **Nutrition**
  - Eat only if you are hungry
  - Eat clear foods with protein: bone broth, chicken soup, bean soup, steamed or sauteed veggies with meat or tofu



- Include these spices: garlic, onion, ginger, rosemary, thyme, oregano, marjoram, cinnamon,
- Include these herbs: licorice, slippery elm, marshmallow root, echinacea, elderberry, osha, olive leaf, ginger
- Avoid: sugar, alcohol, coffee, dairy, gluten, eggs, soy and oranges.
- Dr. B's Favorite Immune Supplements
  - Vitamin C with Bioflavonoids: 3,000 – 6,000 mg per day.
  - NAC (N-Acetyl Cysteine): thins mucus reducing risk of deeper infections in lungs and sinuses. 900 mg twice per day.
  - EHB: 2-3 capsules, 2-3 times per day (do not take additional zinc orally).
  - Zinc: 30-45 mg in a capsule, use in nasal lavage and gargle. Too much zinc will cause nausea.
  - Rapid Immune Boost: can be taken in addition to EHB to fight off a more worrisome cold or flu, 2 droppers full every 2-3 hours.
  - Increase vitamin D to 10,000 IU day for the first 3-5 days you are sick.

Need access to these recommended supplements? Shop in [Dr. Bonnie's Fullscript storefront](#) and receive 15% discount on all products.