



THE
WELLNESS DOCTOR'S
Saving lives...ahead of time

Guide



to **COLD AND FLU** TREATMENT AND PREVENTION

Dr. Steve Rallis B.Sc., D.C., N.D.(cand)

preventing illness begins with your lifestyle...

Much like preventing heart disease, preventing colds or the flu doesn't just *happen*. It requires a little work, a sound clinical strategy and good lifestyle habits. The net result is a strengthened and responsive immune system better able to defend against any bacterial or viral threat. The attached protocols are provided to help you and your family make better decisions in terms of both managing colds and flu and more importantly *-preventing them!*

I am often asked, "My child has a hacking cough, what should I give them?" or "I keep catching chest colds, is there anything I can do?" or "My child has a fever, should I let it run or give them Tylenol?" These protocols are simple first steps in helping address most questions you might have regarding cold and flu preparedness. If you have been identified as high risk, please discuss the details of this protocol with one of the doctors at our clinic.

Lifestyle changes that work!

Avoid Overeating and Simple Sugars!

Reducing calories is the only therapeutic intervention conclusively shown to prolong life. The reason is relatively simple, processing food is energetically very demanding. Imagine that your body's immune system is dealing with an invading bug, then having to divert its attention and resources to a calorie-dense meal. Several hours later, when your immune system is finally able to refocus on the invading pathogen, the viral invader has multiplied many times over. This leads to a tipping point whereby your body's immune system must then call on the entire body to begin shutting down non-critical resources ultimately leading to a full blown cold or flu. Consider this, one modest dose of **simple sugars** such as those found in refined foods, candies and certain beverages **will suppress the immune system** for more than 5 hours. Is it any wonder that colds and flu escalate exponentially after Halloween, or during the Holidays?

Go outdoors!

A staple therapy of early *Nature Cure* doctors, breathing fresh outdoor air is an important component of healing and prevention. One 20 minute brisk walk outdoors will *significantly* reduce your risk of respiratory colds and flu!

Your lymphatic tissue (a very important part of your immune system) requires muscular movement in order to function properly. Without movement and fresh oxygen, lymph and toxins accumulate, increasing your risk for colds, flu and disease in general.

Preventive recommendation: 20-60 minutes per day

Increase Fruit and Vegetable Consumption

Nutrient and vitamin super-rich, a plant based diet is a fundamental pillar to building a strong immune system. Fruits and vegetables are also low calorie, so you can eat more for less calories. I suggest the inclusion of warming and nourishing home made soups and freshly squeezed fruit juices to help support the immune system in winter months.

For those looking for easy ways to increase fruits and veggies, I have posted a green smoothie and other helpful videos at www.wellnessdoctor.ca. I will be posting these videos to the Healthscore library as well.

Preventive recommendation: 7-13 combined servings per day.

Wash your hands

Personal hygiene is an important component of disease prevention. Keeping your body surfaces clean on the outside is just as important as keeping your body surfaces clean on the inside. Don't be paranoid or obsessive compulsive, excessive hand washing may reduce surface pathogens, but also weakens surface immunity. Just be reasonable and develop good habits.



"A staple therapy of early Natural Medicine doctors, breathing fresh outdoor air is an important component of healing and prevention."

Oh oh! I feel myself coming down with a cold...now what?

Follow these simple steps and stop your Cold *-dead in it's tracks!*

The first signs of a cold include: a low grade fever, scratchy throat and increased mucus secretions. Your best chance of beating a cold is by following the aforementioned preventive strategies. Your second best shot is to aggressively treat the cold at its earliest signs.

The common cold is an upper respiratory infection associated with over 200 different viruses. Beyond staying sicker longer, the risk of not supporting your body includes prolonged infections and the proliferation of the virus into the lungs resulting in embedded lower respiratory infections. Natural medicine provides the most potent arsenal against the common cold because of the anti-viral and immune boosting properties associated with these medicines. The following steps work if implemented correctly.

1. Limit calories

At the first sign of a cold *-Stop Eating!* If you can limit your calories to very small meals and/or light citrus fruits i.e., cantaloupe, oranges etc. for the first 24 to 48 hours, you will dramatically improve the efficiency of your immune system and most likely prevent the cold from ever fully manifesting.

2. Call the office and have us make you up a custom botanical formula!

Many naturally occurring plant based medicines provide the most potent arsenal against the common cold because of both the anti-viral and immune boosting properties associated with these medicines.

I have been told that my cold and flu formulas are not "great" tasting, but guess what, the viruses don't seem to like them either.

Cost of supplement: \$17.95 (including HST); for 50ml

Acute recommendation: 1 tsp, 3 times per day, away from food or as prescribed.

3. Add Vitamin C

500 to 2,000 mg, 3 to 4 times per day, will help limit the extent of most upper respiratory illnesses. Watch for any signs of loose stools -this will be your indication to reduce your Vitamin C dose.

Cost of supplement: \$29.00 (including HST) [Vitamin C with Flavonoids (Thorne Research)]

Acute recommendation: 1 to 2,000 mg, 2 to 3 times per day.

4. Drink this tea

This tea is powerful medicine! Add some ginger, 1 stick of cinnamon, 1 clove of garlic, 1 tsp of coriander seeds and some cloves to water, let it slow boil/steep for 15 minutes. Sweeten with raw honey and...*enjoy!*

Cost of tea: NA

Acute recommendation: 2-3 cups per day

5. Add Homeopathic Medicine

Homeopathic or energetic medicines are extremely useful at quickly modifying symptoms. These will typically be prescribed to match and ameliorate your symptom picture.

Cost of tea: dependent

Acute recommendation: as prescribed

6. Raise your body temperature

Steam baths or saunas are a good way to raise body temperature. Our body's unique intelligence system innately raises core body temperature at the first sign of any viral invasion. Low grade fevers are highly effective at denaturing viral DNA and preventing replication or growth *-do not interfere with this process!* Assisting your body at the outset of a cold with a sauna or steam bath will help facilitate this process and can often on its own prevent the cold from manifesting.

7. Get adjusted!

Viruses love to embed themselves into the nervous system. Getting adjusted by your chiropractor, osteopath, physiotherapist or naturopathic physician is a great way to boost your immune system and release the nerve interference caused by the viruses.



A Powerful Cough Remedy

Night time coughing is one of the principal complaints associated with upper respiratory infections *-especially in kids!* There are numerous cold and cough suppressant formulas on the market. In double blind studies, most are considered ineffective and potentially harmful! Honey on the other hand has outperformed dextromethorphan, diphenhydramine and placebo in direct comparisons for cough suppression. The following is the best cough suppressant, money can't buy!

Slice a large red or white onion and place it into a bowl or mason jar. Pour raw, organic honey (available at most supermarkets and all farmer's markets) over the onions and let it sit overnight. In the morning, simply strain off the honey and onion juice and *presto*, you've got yourself a world-class cough syrup! Pasteurized honey is recommended in this formula for children under 1 year of age.

Cost of formula: NA

Acute recommendation: ½ tsp as needed

Some *very useful* supplements for helping prevent Colds and Flu!

Cor Defence Immune support formula (Genestra)

One of my favourites for generalized immune support. Cor Defence contains a proprietary extract from *Saccharomyces cerevisiae* yeast that helps reduce the incidence of colds and flu. Moreover, it contains Elderberry (a classic botanical for colds and flu), Vitamin D, C and Zinc. This is a powder-keg of immune-boosting awesomeness!

Cost of therapy: \$36.75 + HST

Extended Health Benefits: NA

Preventive recommendation: 1-2 capsules daily with food.

Acute recommendation: as prescribed

Vitamin D3 (NFH)

Plasma Vitamin D is critical to many aspects of health including cold and flu protection. A deficiency can increase the risk for respiratory infections by a whopping 27-50%! It's no mystery then that by the middle of October, when the sun's rays have sufficiently weakened and we are no longer able to photosynthesize Vitamin D there is a simultaneous explosion of colds and flu. Vitamin D supplementation provides a very simple solution to this seasonal dilemma.

Cost of supplement: \$14.70 (excluding HST)

Extended Health Benefits: NA

Preventive recommendation: 2,000-4,000 I.U./day for adults or as prescribed. 1,000 I.U./day for children

Acute recommendation: Consult

Probiotics (ProBio SAP NFH)

Beyond just intestinal support, probiotics provide a barrier against pathogen infiltration, while boosting T-cell



“The escalating rate of chronic diseases and population growth, coupled with mass urbanization, environmental decay and climate change is creating a perfect storm for the emergence of significant viral pandemics.”

immunity and reducing inflammation. More and more research is supporting the use of probiotics in the prevention of respiratory colds and the flu.

Cost of supplement: \$ 48.60 (excluding HST)

Extended Health Benefits: NA

Preventive recommendation: 10-20 billion species/day, 2-10 billion spp for children, or as prescribed

Acute recommendation: as prescribed

Multivitamin/mineral supplement (Multi SAP NFH)

A high quality multivitamin offers excellent support and protection! If success leaves clues, I can certainly line up a host of patients that *swear* to the benefits of using a high quality vitamin/mineral supplement in helping prevent colds and flu. All multivitamins are not all created equal so ensure that minerals are not oxides or metallic derivatives, ensure that the nutrients are at therapeutic dose i.e., should contain at least 15-30 grams of zinc to support the immune system, 100 mg of B5 to support the adrenal glands, B12 should be in a methyl form and most

importantly, Vitamin A should be excluded if you plan on taking the multi for an extended period of time.

Cost of supplement: \$40.40 (excluding HST)

Extended Health Benefits: NA

Preventive recommendation: 4-6 capsules/day, 2-3 for children

Acute recommendation: NA

Vitamin C with bioflavonoids (Thorne Research)

You've probably heard that Vitamin C is only useful during acute respiratory colds -so *why* suggest it for prevention? The simple answer is that Vitamin C can be very useful in helping support the adrenal glands. These are the small glands that sit on top of our kidneys that react to every one of our stresses (big or small). Prolonged periods of stress will often lead to adrenal fatigue and immune system break down! Taking Vitamin C in concert with an array of B vitamins will support your adrenals and in many cases prevent this from happening.

Cost of supplement: \$29.00 (excluding HST)

Extended Health Benefits: NA

A better ‘walk-in’ clinic

Our acute office visit will include a quick review or history, examination of ears, nose, throat and/or chest, treatment, an appropriate prescription (supplement, botanical, or homeopathic medicine) and self-care directions. The beauty of integrative and natural medicine is that *lots* can be done for both viral and bacterial infections! If antibiotics or emergency medical care *is* required you will be informed at the time of visit.

Cost of cold/flu visit: \$45-65 for established patient, \$65-85 for new patient

Extended Health Benefits: available

Cost of prescribed supplements are not included in office visit.



Natural Medicine | Primary Care

Chiropractic and naturopathic physicians are primary care providers whose principal role is to address and treat the underlying causes of illnesses, not just suppress the symptoms. Our *Wellness* doctors are here to serve and address our communities' public health needs directly. All emergencies beyond the clinic's scope of care will be referred to the nearest ER.

Barrie: 470 Big Bay Point Rd.

Clinic Direct: 705.733.3484

Toll Free: 866.719.4755

about the wellness doctor

Dr. Steve Rallis



Co-founder and developer of Healthscore®, and one of North America's leading authorities on Wellness, Dr. Rallis is committed to passionately "saving lives...ahead of time!" As Healthscore's® chief clinical officer, Dr. Rallis is helping define the role of "Wellness Doctor" and focuses his energy on practicing, researching and supporting the expanded use of integrative and lifestyle medicine in primary care as principal means of global health care reform.

Dr. Rallis received his bachelor's degree in science at the University of Western Ontario on the President's honour role. He received a scholarship for his involvement in researching the effects of spinal manipulation on blood pressure, while studying for his doctor of chiropractic at Parker University in Dallas, Texas. Dr. Rallis has continued his integrative medical education at the Canadian College of Naturopathic Medicine, Harvard Medical School Post Graduate Department, the Carrick Institute of Neurology and the Institute of Functional Medicine.

A gifted speaker, Dr. Rallis has lectured to public and physician groups globally, having been asked to speak in Canada, the United States, Europe, Australia and Thailand.

"Primary prevention and the implementation of therapeutic lifestyle as first line therapies, represents the only tangible, long term solution to the health care crisis facing all industrialized nations," according to Dr. Rallis. "Unless we fundamentally agree to allocate equal resources to the prevention of disease and reward corporations and doctors for facilitating this practice –the problems facing our health care systems will eventually cripple them. Saving lives ahead of time has to be our number one focus!"

To learn more about Dr. Rallis and the Wellness Doctor series, please visit www.wellnessdoctor.ca or www.drrallis.com

