



PREVENTION: TIPS to reduce the chances of obtaining the flu:

- Cover your mouth when you sneeze. Sneez into a Kleenex not your hands or sleeve. The virus will remain on your clothes or on a surface up to 8 hours.
- Keep body fat down, and waist fat down, this reduce body's fighter cells. 32-34 inches for women, 35-40 for men.
- Keep body PH alkaline – eating more alkaline foods will help. You can check your PH periodically with PH strips. – go to: www.alternativehealthassoc.com look for PH document on resource page.
- Wash hands often, carry – thieves hand wash, or alcohol hand wash.
- Brush your teeth; throw your toothbrush out monthly and consider purchasing a UV toothbrush such as the *sonicare*. Suggest using a medicinal – thieves' mouth wash.
- Diffuse medicals into your room or home such as: *purification, eucalyptus, thieves*.
- Keep immune higher by taking immune boosters – *Astragals* or *MycroSurge* until from October - March 2010. Can obtain by emailing product director: Cheryl@alternativehealthassoc.com
- Wear a mask when in doubt
- A natural statin, Red Yeast Rice with CoQ 10 or using a conventional Statin – has been shown through bio chemistry testing, to kill the DIRECTOR that engages the host cells with the H1N1 flu.
- Eating a diet that is high in whole food, beans, fish, greens, eating more of a Mediterranean diet: This is an anti-inflammatory diet. Consuming more organic nuts (walnuts) and drinking 4 oz organic red wine can be beneficial.
- REST more during flu season October – March.

- *Reduce chronic stress* – chronic high stress creates high cortisol which causes ongoing inflammation, which makes you more vulnerable toward sickness. Chronic stress is more susceptible to compromising the immunity. Understand that the Mind and body are truly connected. One can provide a saliva cortisol tests if under high stress by our office. Contact: DrGailND@alternativehealthassoc.com if interested. Resource: *Molecules of Emotions. ZRT Labs.* Also, Bio feedback is excellent, yoga, meditation, deep breathing, music therapy, guided imagery, massage, which all stimulate the vagus nerve which increases dopamine. **Consider buying an animal helps reduce stress.*
- Avoid sugars, additives, processed and fast foods, red meats, and dairy.
- Stay home if you feel sick, for 3 – 4 days.
- Tami Flu – is recommended within the conventional medical field to lower viruses and symptoms.
- Homeopathic medicine: ABB – our homeopathic medicine, helps decrease flu. Works well with all ages. Manufactured by our homeopathic lab in Germany - Marco Pharmacy- ask our office about our Winter Protective Pack. contact: Cheryl@alternativehealthassoc.com
- Travel on airplanes and trains less. If traveling use a diffuser, medicals – eucalyptus, thieves, and uses an air purifier or mask when traveling.
- Moderate exercise – walking outside is the best.
- Take your required supplementation – *Guess before you test, this is done with a bio chemistry hair analysis. Contact our office for a kit or test. \$ 125*
DrGailND@alternativehealthassoc.com 847-955-0800.
- Social distancing - avoid large groups.
- Check local state and **CDC website** regarding flu update.