

Healthy people fare well with influenza. Not surprisingly then, those with nutrient deficiencies and chronic diseases, such as diabetes, don't do well. But fear not. Integrative medicine shines in this arena. Just think: change your lifestyle, improve your immunocompetence. I've been evolving this table over the years. Use it, share it with patients. Homeopathy is safe, affordable and might be helpful in some cases. I've included a few ideas here. When I had the flu (2013), I used Eupatorium with good results. It didn't get me out of bed, but it reduced my body aches enough to *comfortably* stay in bed. And it might've shortened the duration of the flu somewhat.

Treatment Ideas for Influenza and Influenza-Like Illnesses

<p>Testing considerations GOAL: Optimize wellness, sufficient nutrient status.</p>	<p>Good health habits</p>	<p>Immune-boosting supplements: use at onset of flu season</p>	<p>Influenza treatment considerations</p>	<p>Homeopathic Remedies specific for influenza-like symptoms. Use the remedy most specific to the presenting symptoms.</p> <p>Consider using 30C and dosing hourly. Benefit should be noted relatively quickly (a couple of hours); if not, try a different remedy.</p>
<p>Best: A comprehensive work-up looking at amino acids, fatty acids, inflammatory markers, vitamins, minerals, toxins Stool testing Food allergy/sensitivity testing. Chem screen, CBC Thyroid, adrenal function</p> <p>Good: Vitamin D, hsCRP, blood sugar, chem screen, CBC Urinary organic acids Stool testing. Thyroid, adrenal function</p> <p>Basic: Blood sugar, Vitamin D. hsCRP, chem screen, CBC</p>	<p>Treat nutritional deficiencies as ID'd on testing. Use food-based sources and supplement where more support is needed</p> <p>Good hygiene: Wash hands Wear mask in season to reduce exposure and transmission</p> <p>De-stress activities: Adequate sleep Meditate Have fun</p> <p>Exercise -- it's immune boosting</p> <p>Dietary considerations: Decrease simple carbohydrates (prepared foods, sweets), minimize caffeine and alcohol intake. Lots of fresh veggies & low sugar fruits. Good protein and fats. Drink clean water and green tea.</p>	<p>Vitamin D</p> <p>Antioxidant support: A,C,E, selenium, zinc</p> <p>Probiotics, EPA/DHA</p> <p>Immune polysaccharides, such as cordyceps, arbinogalatan (add mushrooms to your diet, even button mushrooms have good polysaccharides)</p>	<p>Andrographis Elderberry extract Astragalus Berberine Echinacea Arabinogalactan</p> <p>Nebulized glutathione or NAC (with or without supportive herbs. Contraindicated in those with sulfite sensitivity)</p> <p>Very high-dose short term vitamin A Zinc: Apply to throat using lozenges or spray. Zinc is locally antimicrobial: Kills on contact. Broth: chicken, veggie, bone. Add garlic. Lots of it</p>	<p>Gelsemium-: marked debility, weakness, sleepiness</p> <p>Oscillocochinum: a long-used influenza remedy; a nosode from duck liver and heart</p> <p>Aconite: suddenly sick after exposure or shock</p> <p>Eupatorium Perfoliatum: high fever; severe, unbearable aching</p> <p>Arsenicum: influenza with gastroenteritis, vomiting and diarrhea</p> <p>Carbo Vegetabilis: copious expectoration, severe apathy, difficulty breathing, cold but averse to being covered; paroxysm of cough</p>