
Dr. Ray's Health News

Part 2 - Cold and Flu prevention and treatment if you get sick

The prevention of getting a cold or flu this season means strengthening the body's ability to resist disease and revitalize a person's constitution. Fortifying the body begins with lifestyle changes and dietary changes. Rest and sleep, exercise and taking vitamin and mineral supplements with nutrients that are often now deficient in our food, staying hydrated and avoiding sugar contribute significantly to keeping a body healthy. A virus can infect you only if you are vulnerable to it.

To keep your immune system in top condition, to ward off any exposure to pathogens (cold or flu viruses) avoid foods that destroy health and weaken immunity. These "immune busting" foods include refined sugar, processed foods, highly preserved and chemical laden packaged foods, and foods with pesticide and chemical fertilizer residue. Eating these foods undermines your natural immunity and inhibits healing and recovery.

The best flu-fighting foods are found in the vegetable section of your supermarket or health food store and include garlic, ginger, green onions, chili peppers, and culinary herbs. Green tea is also beneficial.



In China, unlike in the West, foods are regarded as medicine.

Long considered one of nature's best remedies for a cold or flu is chicken soup. When tested by scientists, chicken soup was found to have anti-inflammatory effects, hydrate the body and soothe a sore throat, and the steam clears nasal congestion. Stephen I. Rennard, M.D., chief of pulmonary medicine at the University of Nebraska Medical Center calls chicken soup "Jewish penicillin".

Below is a recipe from Dr. William for his healing Chicken Soup + Jalapenos:

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| 1-5 lb. whole chicken | 3 medium white or yellow potatoes |
| 6 garlic cloves | 1 bunch parsley |
| 1 medium sized fresh ginger root | 1 bunch fresh oregano or 1 tsp. dried oregano flakes |
| 3 large red onions | 2 green or red jalapeno peppers |
| 12 carrots | |
| 6 celery stalks | |

Clean chicken and put in a large pot of cold water. Bring to a boil. Add peeled and chopped garlic and ginger. Boil for ½ hour.

Add chopped onions, carrots, celery, and potatoes. Simmer for an additional 45 minutes.

Add parsley and oregano, and for greater tang, add chopped jalapeno peppers without the seeds. Cook another 15 minutes. Salt and pepper to taste.

Virus fighting foods to stock up on include umeboshi plums, kimchi, green onions, garlic and ginger.

Umeboshi Plums in Japanese means “dried plums.” Honored as a healing food in Korea and Japan, umeboshi plums were traditionally used to prevent fatigue, purify water, eliminate toxins in the body, and treat epidemic diseases. You can purchase umeboshi plums in Asian markets and health food stores. They come in small jars and should be kept refrigerated. Add them to soups, or eat them as they come from the jar, or add one to your cup of green tea.

Garlic and onions are members of the lily family. Garlic can help lower cholesterol, reduce blood clotting, curb high blood pressure and even prevent cancer. Onions have a powerful antioxidant activity and are used to reduce inflammation and stop bacteria and parasites. Particularly green onions or scallions have been used for centuries in China to prevent and treat colds and flu.

Ginger, like garlic, is touted for its ability to cure a variety of ailments, including reducing the symptoms of upper respiratory tract infections.

Onion and honey sore throat relief: Slice one whole white or yellow onion and spread the slices on a baking dish; cover with honey. Warm in the oven at 150° for 1 hour. Remove the onions and mix 1 tablespoon of the honey in 1 cup of hot water.

Beating the flu or a cold

Vitamin supplements for adults are as follows:

Cordyceps mushroom in our Immunotone™ by DFH	3-6 capsules per day
N-acetyl-cystein	250 mg three times per day
Vitamin A	20,000 IU's daily
Vitamin C	1,000 mg three times daily
Zinc 30 mg	one to two times daily
Vitamin E	1000 mg once per day

Homeopathy:

Add Pencillin 3x suppositories for either cold or flu	1-2 times per day.
Notatum Quentans Nasal Spray for any upper respiratory infection or sinus infection	1-3 times per day.

Signs of Bacterial Infection:

Silvercillin™ liquid antimicrobial by DFH	1 tsp. 3-5 times per day
Garlic capsules Allicillin™ by DFH	3-6 times per day
Oil of Oregano capsules	3 times per day

Sore Throat and Laryngitis:

Homeopathic Angiplex	1 tablet every waking hour until symptoms subside
For children - our ImmunoBerry Liquid™ by DFH is very effective for colds or flu	Taken at first signs of symptoms, 35 drops 3 times per day will diminish the symptoms quickly.

Stock up your medicine cabinet now and don't be caught unprepared. Immediate treatment of any virus or bacterial infection shortens the intensity and duration. Dr. Ray recommends the following to keep on hand for prevention and treatment:

- Vitamin A *
- Vitamin C *
- Vitamin D *
- Vitamin E *
- Immunotone (and ImmunoBerry liquid for kids)
- Homeopathy for flu or cold
- Allicillin or Oregano Oil Capsules (potent bacterial infection fighters)
- Olive leaf extract *
- Ginger tussin syrup for coughs

**Should be taking these for prevention and can also use for treatment by increasing dosage.*

When should I stop taking natural medicine?

Don't stop taking natural medicines until well after symptoms are gone. For a common cold or ordinary flu, that is about one to two weeks.

Here's to your good health!

Sincerely, Dr. Jane Ray

Sources: Beating the Flu The Natural prescription for Surviving Influenza and Bird Flu
By J.E. Williams, O.M.D. Hampton Roads Publishing Co., Inc.

The best compliment you can give Dr. Ray's practice is the referral of a family member or friend. When they come in you receive 15% off your next visit as our thank you
