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Nutritional Support for Flu Season

Because so many people are adverse to the effects of flu shots or have a severe case of influenza, I am summarizing my nutritional program for normal support and function in people who may be exposed to the flu. In addition to a chiropractic adjustment to support the nervous system, take the formula(s) you need that will relieve your particular symptoms.

- A multiple digestive enzyme you usually take, as determined by the Loomis 24-hour urinalysis (PAN, Stm, HCL, Bil, VSCLR or DGST) to make sure your **immune system is strong**.
- Thera-Zyme TRMA — enzymatic nutritional support during **infections**, 4 caps *between* meals 3-5x/day until well. TRMA is also excellent for fluid anywhere, including the ears.
- Thera-Zyme Rsp — enzymatic nutritional lung support during **bronchitis, infection, wheezing**, etc., 3-4 caps as needed until relieved.
- Thera-Zyme Kdy — enzymatic nutritional lymphatic support for **swollen glands**, 3 caps *between* meals 3-5x/day until relieved. Good for allergies.
- Thera-Zyme SvG — enzymatic nutritional support for a **sore throat**, 4 caps 3-5 x/day until relieved.
- Thera-Zyme Nsl — enzymatic nutritional nasal support for a **stuffy/congested nose**, 4 caps 3-5 x/day until relieved. If more help is needed, add the Sinusin nasal spray. Also, I recommend a Neti Pot daily.
- Thera-Zyme Opt — enzymatic nutrition support for a **runny, drippy nose**, 4 caps 3-5 x/d until relieved.
- Sinusin --- a homeopathic nasal spray with anti-viral actions, useful for **nasal congestion, rhinitis & sinusitis, cold & flu nasal symptoms**, 1-2 sprays into each nostril 3-5 x/day.
- Vitamin D3 (Cholecalciferol) — at least 4000–5000 iu daily for adults. Children need about 1,000 iu per 25 pounds of body weight. This is of major importance for protecting from many health problems, including the flu.
- And, as always, get a Chiropractic Adjustment! The cornerstone of chiropractic science is the **body's inherent ability to heal itself** when the structural and the functional homeostatic components are balanced and at ease. The self-healing focus of chiropractic has a strong parallel in patient-centered, wellness care. According to this view, health lies inside each of us, and it is largely our own responsibility to maintain wellness. Chiropractic care helps empower people to live more stress-free, balanced, healthy lives.