

Understanding the Flu

When the flu is going around, everyone is exposed, yet some people get sick, some people don't. This kit includes the things you need to stay healthy, because being healthy is your best defense.

Large doses of antioxidants—Vitamin C, Vitamin A and Vitamin D3—have been shown to improve immune function. Recent evidence even suggests that the flu is more common in winter due to lower Vitamin D levels.* There are no antibiotics against viruses, so your own immune system is your main defense. The herbs in products like Noni from American Nutraceuticals further improve immune function.

Once your immune system is well supported, there are herbs such as Takuna and Barberry with anti-microbial qualities that help your body to heal from the viruses.

Finally, the frequent use of Natura Hands® during epidemics protects you from picking up germs from the surfaces and people you touch.

*On the Epidemiology of Influenza, Virology Journal 2008, 5:29

www.organicmd.com

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don't fear The Flu



• inside •

First Aid for Flu
that Really Works

For years you've been asking for organic advice on herbs and remedies to use if you get the cold or flu. Well, here it is.

You want to avoid the flu, and never even get a cold, right?

Dr. Miller's first advice has always been to be and stay healthy. This has not changed. Keeping you healthy is the goal of all that we do in our office. A healthy lifestyle makes you feel GOOD, and includes a balanced diet, good sleep, regular exercise, no smoking, moderate or no alcohol, and a regular practice of stress management. Drink plenty of mineralized water. (Add 1-dropperful of Trace Minerals from Nutramedix to each quart of filtered water.)

If you do get sick, there are some natural things you should have on hand that if used when symptoms first appear, can lessen the severity and help with the symptoms of colds and flu, and even shorten the duration of the illness.

Worried about epidemic flu? You should know that during the 1918 pandemic flu, there was a study of over 100,000 people treated with remedies similar to those described here, and everyone in the study group lived!

Cold and Flu Kit

The support you need if you get the flu, or a bad cold. Start using these at the first sign of symptoms.

The items come as a discounted kit. Call the office at 650-566-9900. Ask for the Cold and Flu Support Kit.

Buy the kit online and receive an additional discount.

Go to:

www.flu.organicmd.com

The flu can be a serious illness. It is important that you keep in close contact with your doctor if you have the flu.

You want these items on hand in your medicine chest to help with colds and flu:



Mycelized Vitamin A
Helps keep the mucosa of the throat, sinuses and bronchi healthy. Mycelized form allows larger doses.



Noni
This wild-crafted Noni is Dr. Miller's favorite product for boosting immunity.



Vitality C
Especially designed to allow the large oral doses needed with viral diseases. Derived from cassava, not corn.



Bio-D-Mulsion Forte 2000
Vitamin D3 in liquid form, 2000 iu per drop. Easy to take the larger doses. Keeping your Vitamin D3 levels up may be your best defense against the flu.



Takuna Extracts from Nutramedix
Takuna (Cecropia Strigosa) and Barberry (Mahonia Aquafolium) are combined in these quality extracts with homeopathic energies that give them a broad spectrum of effectiveness in helping with a variety of infectious agents.

Remember:

- Wash your hands.
- Eat well. Sleep well.
- Stay home if you're sick.
- Avoid others with the flu.

How to use the Kit

- 1 IMMUNITY BOOST**
(It's a damp, cold winter, or you're caring for a sick child, or everyone at work is sick.)
Vitality C
1 Tsp 2x per day adult or child >6yrs
Bio-D-Mulsion Forte 2000
2 drops per day
Mycelized Vitamin A
3 drops per day
- 2 AT THE FIRST INKLING OF INVASION BY SOME EXTERNAL EVIL**
(You feel you are getting sick.)
Vitamin A
1 dropperful, 3x per day, adult
1 drop/kilo, 3x per day, child
Vitality C
1 Tsp, 4x per day adult or child >6yrs
Noni
2 capsules, 3x per day
Bio-D-Mulsion Forte 2000
25 drops per day for first day, then 5 drops per day till well.



3 WHEN SYMPTOMS ARE FULLY ADVANCED

Vitamin A
1 dropperful, 3x per day, adult
1 drop/kilo, 3x per day, child
Vitality C
1 Tsp, 4x per day adult or child >6yrs
Noni
2 capsules, 3x per day
Bio-D-Mulsion Forte 2000
25 drops per day for first day, then 5 drops per day till well.
Takuna
Add 20 drops to a cup, then add one-half cup water and drink. Repeat this every hour while awake until well.
For children 6–12: use 15 drops with the same frequency as for an adult.

Note: Call your doctor for sickness with children less than 6 years old, or anyone with a high fever.

Separate the Vitality C and the Takuna and Barberry remedies. Take the Vitality C ½ hour before the remedies.

4 WHEN SYMPTOMS PROGRESS TO INCLUDE LUNG SYMPTOMS (Lots of cough and sputum production.)

Consult with your doctor. Add Barberry, same dosing as Takuna (above).