

# Immune Boosting Flu Shot Alternative

*" Strategize how you can work as a team to be proactive in helping your patients stay healthy during flu season. "*

I like to use the colds and flu season as an excuse to engage my patients in ways to strengthen their immune system and quality of life. Invite your staff to watch this Tuesday Minute, emphasize why this is so important and strategize how you can work as a team to be proactive in helping your patients stay healthy during flu season.



First, download the patient handout at the bottom of the screen called Flu Shot Alternative and let's go over how to use this handout effectively. The first part of the form highlights the Zinc Taste Test as the first step to preventing colds and flu.

Zinc is crucial for a healthy immune system as well as over 200 enzyme systems. Zinc is necessary to make HCL, it's critical for healthy skin and GI cells, wound healing, reducing inflamma-

tion, healthy cell membranes, and EFA metabolism; and of course zinc is a major factor for white blood cell health and immune support. You can read the simple instructions on the sheet how to screen for a zinc deficiency.

Expect that 4 out of 5 patients will have suboptimal zinc levels. The literature indicates minerals such as selenium, zinc, copper or magnesium will support the immune system. Vitamins, botanicals and probi-

otics have also been shown to modulate or enhance the immune response.

I always communicate to my patients that when someone has a subclinical deficiency of a nutrient, the body just can't function at optimal performance. If we add emotional stress, weather changes, less sunlight and the holiday goodies to a borderline deficiency, we function at a lower performance level. The result is that bacteria

and viruses gain temporary control; we call that a cold or the flu. Bio-Immunozyme Forte takes these potential deficiencies into account and provides all the essential building blocks for a healthy immune system in a bio-available, balanced form. Using one tablet, twice a day we can promote healthy nutrient levels to maintain homeostasis. At the first sign of infection, however, ramp up the dose to 2 tablets, four times a day.

The next step is something we are all familiar with but sometimes are complacent with its application, vitamin D. I am avid organic gardener, runner and covet being outdoors in the summer. I never use sunscreen, ever. So imagine my surprise when I did a vitamin D blood level in late August and found out my vitamin D levels were a measly 28 ng/ml. Do you check vitamin D blood levels with your patients? Because I do and find 98 out of 100 are less than the optimal 50 ng/ml.

Vitamin D is more like a hormone than a vitamin. Vitamin D is responsible for the regulation of over 2,000 genes in your body! A new study shows that vitamin D helps the body make more glutathione in both the liver and the brain. Glutathione is our #1 antioxidant and one of our bodies' main defensive enzymes against metals, chemicals and toxins.

Everyone needs to take vitamin D. Sufficient levels of vitamin D help maintain blood sugar, a healthy gut, reduce inflammation, activate the immune system against microbes, help alkalize pH, maintain healthy bone mass, etc.

Going back to the vitamin D study and increasing liver glutathione, all subjects who

were given vitamin D showed increases in glutathione. But the subjects who had zinc deficiencies had the lowest increases; one more reason to check zinc status.

Finally in the prevention area we have one of my favorite products, NAC, N-Acetyl-L-Cysteine. NAC is known for raising glutathione and reducing the bio-films that harbor infection. Watch the Tuesday Minute below for more specifics.

Looking at the chart you can see a strategy for bacterial or viral infections if they occur. IAG, an arabinogalactan product, is loaded with long chain polysaccharides and has been shown clinically to enhance the number of Natural Killer cells. For bacteria I use ADP at 3 tablets, 4 times a day. For viral infections I use UltraVir-X, 3 capsules, three times a day at the onset.

Who are the people that you should share this chart with? Teachers, office or hospital workers, those involved with construction or anyone exposed to chronic stress because stress weakens our immune system, also the elderly who may not eat or digest sufficient nutrients, and finally anyone who may be consuming excess refined foods.

Wait I think that may be all of us. Yes, that's the point. Everyone who walks through your door is a candidate for the flu shot alternative program. Please take the time to give them the Zinc Taste Test and explain the chart. Give your patients the knowledge to aggressively prevent and treat the winter bugs not only for them but for their family.

Thanks for reading this week's edition, I'll see you next Tuesday.