

The Flu

The “good news” this year is that there is plenty of flu vaccine available. Personally I would never take flu vaccine, nor would I give flu vaccine to any of my family. I always prefer to err on the side of caution. Just one bad shot and your life can be turned upside down.

Instead opt for good nutrition and doing what I can to avoid viruses. Considering the tenacity and strength of viruses, it is difficult to completely avoid them. So your best bet is to stay strong. Most people can avoid the flu with one or two supplements. And if you do get the flu while taking supplements, the symptoms are almost always less severe.

I use primarily *Congaplex* from Standard Process Labs at a dose of 4-6 capsules daily. At the first sign of a cold or flu, I take 2 capsules every hour for at least 48 hours. This usually stops the cold or flu completely, or at least lessens the symptoms. For children there is *Chewable Congaplex*. Have your children, from the age of 3 and up, chew 3 of these daily, and chew 1 or 2 every hour for 48 hours at the first sign of a cold or flu.

Congaplex is a combination supplement containing three products in one. It is one-third *calcium lactate*—the most assimilable calcium product, requiring the least amount of stomach acid for utilization. This is the natural antifever nutrient and also is incredibly important for the functioning of White Blood Cells to gobble up the bad guys. Congaplex is one-third *Thymex*—a thymus gland extract. And it is one-third *Cataplex ACP*—the premiere anti-infection phytonutrient, containing whole nutritional complexes of the vitamins A, C, and P (bioflavonoids).

Vitamin D and Flu

Many researchers have wondered why there is so much more flu in the winter, because there is not a lot more bacteria around in the winter. The hypothesis is that with less sun in the winter, deficiencies in vitamin D increase. Hence, it would be expected that a vitamin D supplement during the winter would lessen flu problems. That is not always the case. Vitamin D supplements are generally poor, many are useless, and some are even toxic.

So the best option is to get vitamin D, along with vitamins A and F, in a **good** fish oil supplement. The whole, phytonutrient complexes for vitamins A, D, E, and F occur naturally, as found in the oil of fish liver itself.

So try supplements this winter. Congaplex and fish oil are a wonderful way to start. And keep Congaplex on hand for fighting colds. If you have sick children use

Congaplex. If you are constantly sick, use Congaplex. And if you frequently get the flu, use Congaplex and fish oil.

Plenty of flu vaccine available? Who cares? It's not necessary.