



FIGHTING FLU

10 Tips to Help Patients Stay Healthy

Dr Larry Baskind, MD, FAAP, has some tips on how to stay healthy this flu season and what to do if you get sick with the flu.

1. Get your flu shot. This year the CDC has expanded its recommendations to include children aged 6 months to 5 years. However, studies show rates of protection after vaccination only approaching 90%.
2. Wash your hands frequently. The majority of flu is transmitted hand-to-hand or skin-to-skin.
3. Eat a healthy diet rich in vitamins C and E. Foods containing these vitamins are believed to be helpful in support of the immune system.
4. Get a good night's sleep. Lack of sleep may profoundly inhibit your immune system.
5. Stay hydrated. When you are feeling under the weather, drinking extra fluids prevents dehydration caused by fever, loosens mucus, and keeps your throat moist.
6. Keep Oscilloccinum® readily available. Oscilloccinum (Oscillo) can reduce the duration and severity of the flu when taken at the onset of symptoms.¹⁻³ Oscillo is regulated as a drug by the FDA,⁴ and its use is supported by published clinical studies as well as more than 65 years of worldwide use. Taken at the first sign of flu, Oscilloccinum is proven to reduce the severity and duration of the flu.
7. Exercise regularly. Not only can regular exercise lower stress, but research indicates that exercise stimulates the immune system and promotes healthy sleep.
8. Listen to your body. If you do come down with a cold or the flu, take it easy. Spending excessive energy steals valuable resources from the immune system.
9. Be careful with medicines. Many over-the-counter decongestant remedies offer "all in one" relief; that is, they may contain both fever and pain reducers. If you are also taking acetaminophen or ibuprofen separately, you may be ingesting too much of these compounds.
10. Seek help if you get worse.

References:

1. Papp R, Schuback G, Beck E, et al. Oscilloccinum in patients with influenza-like syndromes: a placebo-controlled, double-blind evaluation. *Br Homeopath J.* 1998;87:69-76.
2. Ferley JP, Zmirou D, D'Adhemar D, Balducci F. A controlled evaluation of a homeopathic preparation in the treatment of influenza-like syndromes. *Br Homeopath J.* 1989;77:329-335.
3. Casanova P, et al. The evaluation of 100 randomized observations of Oscilloccinum®/placebo in the influenza syndrome. Data on file, Boiron, Inc.
4. US Food and Drug Administration Web site. Sec. 400.400 Conditions under which homeopathic drugs may be marketed (CPG 7132.15).

Available at:
http://www.fda.gov/oral/compliance_ref/cpg/cpgdrg/cpg400-400.html.
 Accessed August 28, 2006.

1037-MD-06/09



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