



Cayle Clinic, P.C.

Changing women's
Healthcare...
...one woman at a time



CSI and Cayle Clinic's Flu Prevention

Use common sense with hygiene.

Wash hands with warm soap and water or using essential oil hand sanitizer including Clean Well and Thieves

Using a tissue to cover mouth and nose during a cough and sneeze

Probiotics

A published study in *Pediatrics* demonstrated that "daily dietary probiotic supplementation for 6 months was a safe effective way to reduce fever, rhinorrhea, (runny nose) and cough incidence and duration and antibiotic prescription incidence, as well as the number of missed school days attributable to illness, for children ages 3 to 5."

Vitamin D

In its December 2006 issue, *Epidemiology and Infection* published a paper about vitamin D3 stated decreasing vitamin D levels during the winter trigger the seasonal cycle of cold and flu. 2000 IU for adults 1000 IU for children

Essential Oils

Rubbing Thieves or Immune Strength in a carrier oil on bottoms of feet each night before bed

Homeopathy

One vial of ocilloocinum

A Healthy diet (see immune boosting foods handout)

Adequate Rest

Plenty of Water

Natural Treatments to Help With The Flu

- o Rest (stay home do not go to work or school)
- o Hydrate
- o Herbal Remedies
- o Acute Immunity by NewMark
- o Inner Defense by Young Living
- o Xymogen IgG and or Viragraphis
- o Homeopathic remedy Ocilloocinum at first sign of the flu
- o One study of elderberry syrup demonstrated efficacy for shortening the duration of flu symptoms.

<http://pediatrics.aappublications.org/cgi/content/abstract/124/2/e172>

Cannell JJ, Vieth R, Umhau JC, Holick MF, Grant WB, Madronich S, et al. Epidemic influenza and vitamin D. *Epidemiology and Infection*, Dec. 2006;134(6):1129-40.

<http://www.oscillo.com/>

[http://www.ncbi.nlm.nih.gov/pubmed/15080016?ordinalpos=](http://www.ncbi.nlm.nih.gov/pubmed/15080016?ordinalpos=13&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed)

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