

# The Swine Flu & Staying Healthy

## Natural Alternatives on Boosting the Immune System



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# Swine Flu Symptoms



- Similar symptoms as regular influenza, but much stronger and can be deadly
- Chills → can be severe
- Cough → persistent, without phlegm, and can be severe
- Fever → often high,  $> 102^{\circ}$
- Headache → can be moderate or severe
- Muscle aches & pains → worse in backs & legs, but can affect the whole body
- Chest pain → sharp pain when you take a breath
- Prostration → overwhelming malaise and fatigue
- Scratchy sore throat → can be severe, making it difficult to swallow
- Watery red eyes → can be very uncomfortable



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# Emergency Warning Signs

## Children:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash



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# Emergency Warning Signs

## Adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting



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# Options - General



- Wash hands frequently with soap & water, or alcohol-based hand cleaner
- Cover nose and mouth with a tissue when coughing or sneezing
- Avoid touching eyes, nose, or mouth (*germs spread this way*)
- Avoid close contact with sick people
- Follow public health advice regarding school closures, avoiding crowds, etc.
- Stock up on OTC medicines, tissue rubs, etc.



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# Simple Anti-Flu Health Tips

- Eat more fruits and vegetables !!!
- Stay hydrated. Drink 8-10 glasses of water daily.
- Take extra Vitamin C.
- Supplement with Zinc.

## Immune Supplements for kids:

- Beta-Glucan 100 mg daily
- Zinc 15 mg daily
- Vitamin C 250 mg daily



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# Options – Pediatric Tui Na

- Chinese Massage Therapy for infants and toddlers
- Great for boosting immune systems and promoting circulation
- Kneading with the fingers, very soothing and gentle
- About 5-10 mins each time daily



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# Options – Exercise



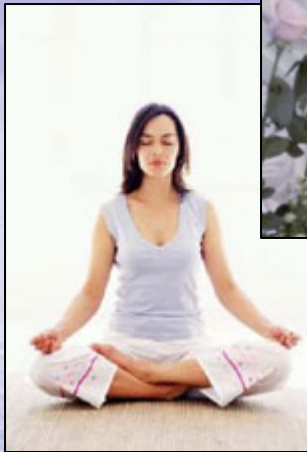
- Increase your circulation by exercising
- Play sports
- Take a walk where there is plenty of fresh air and oxygen
- Exercise routinely



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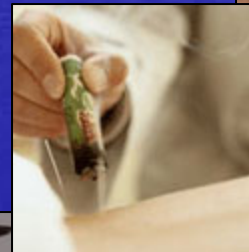


# Options – Holistic Options



- Meditation
- Tai Chi and Qi Gong exercises

- Body tune-up with Acupuncture and Massage Therapy



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# Options – Food Therapy

Recipe – Good ol' Chicken Soup a la Chinese



- 1 whole chicken, cut up, skinned and with fat removed
- 3-4 slices of raw ginger root
- 6-7 stalks of scallions (use lower white part)
- 3-4 pieces of dates
- 1-2 whole carrots, cut up

## **Optional Chinese herbs to strongly boost immune system:**

- 5g Huang Qi (Astragalus)
- 5g Shan Yao (Chinese Yam)
- 5g Gou Qi Zi (Chinese Wolfberry)

## **Directions:**

- place all ingredients into a pot, add water
- cook under high flame till boiling
- reduce to low flame and cook for 1.5 hours
- add rice wine (or white wine), and salt to taste



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# Options – General Western Foods

- GARLIC → antiviral, antibacterial, antifungal
- CHILLI → powerful antioxidant
- HORSERADISH → releases pain and treats health disorders
- MUSTARD → antibacterial, antifungal, antiviral, antiinflammatory
- Goji Berry → protects the liver, boosts the immune system,
- Beta-Carotene → immune system enhancer
- Omega 3 → essential immune system enhancer
- LOTS of fruits and vegetables
- Vitamin C rich foods → boosts immune system and helps speed up recovery
- AVOCADO → immune system enhancer
- SHIITAKE & MAITAKE mushrooms → increases WBC
- GINGER → treats colds and flu, and fights off infection



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# Options – Chinese Herbs

2 OTC herbal formulas famous for its antiviral and immune system boosting actions

1. YU PING FENG WAN  
(*Jade Windscreen*)  
- preventative



2. GAN MAO LING  
- if already feeling run down

[www.MaxNature.com](http://www.MaxNature.com)



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# Options – Fruits & Veggies

**JUICE PLUS** - An organic, whole-food supplement



Juice Plus+® is whole food based.

- Scientifically proven to be high in antioxidants and strongly immune system boosting
- Provides between 7-13 servings DAILY
- Contains 10 vegetables and 7 fruits !!
- Gummies available for children



Unlike traditional vitamin supplements, Juice Plus+® contains naturally occurring phytonutrients from the fruits and vegetables themselves.

The nutrition from 17 different fruits, vegetables, and grains

Orchard Blend:	Garden Blend:	
Apple	Carrot	Cabbage
Orange	Parsley	Spinach
Pineapple	Beet	Tomato
Cranberry	Kale	Oat Bran
Peach	Broccoli	Rice Bran
Acerola Cherry		
Papaya		



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for more information.



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