

This is a compilation of information about formulas for colds, allergies and the flu you can safely take during pregnancy and breastfeeding. Ultimately you will make the best choice for your family based on your intuition, common sense and advice from experts. Remember, if you are pregnant or early postpartum and you are sick call your midwife, doctor or nurse practitioner so that they can help you can make wise choices about your health.

Personally, over the years I have found rest to be the most fundamental component to staying well. Usually the body will begin to experience abnormal fatigue (malaise) or achiness when illness is around the corner. If at all possible - stop activities, put off going to the grocery store, or leave work and hunker down with warm ginger tea or echinacea tea and do NOT return to activities until you feel normal. This usually means 24 hours of no activity and yielding to napping frequently during that time. This effort may seem very inconvenient at the time but it is far better than being down for the count for 5-7 days. AND remember you are really not doing anyone any favors if you are spreading the flu at work - so go home if you think you might be getting sick ! Usually the flu hits the hardest when we have a cold front mixed with rain so take extra care during those conditions. Stay warm, wear hats and wear extra warmth around your throat. It is not an old wive's tail that cold and damp will make you sick.

If those around you are sick or you think you could be getting sick

Eat lots of soup

Eat lots of garlic toast

Eat lots of baked or steamed fruit and steamed greens

**Less dairy

**No sugar

Lots of warm herbal tea OR lemon with honey OR a warm tea made with lemon / garlic / cayenne

Gargle with warm salt water and Wishgarden Immune Support for Pregnancy

If possible irrigate your nose with salt water as well. Your nose and throat are the main point of entry for cold and flu germs. CVS and People's pharmacy have an inexpensive sinus rinse system, complete with salt and baking soda packets, made by Neil Med called Sinu-RInse. This system works better than a neti pot because the salt water reaches up more deeply into your sinus cavities. Along with resting I believe that regular irrigation of the sinuses and throat with salt water is the MOST EFFECTIVE prevention for seasonal illnesses. You can also use this with small children and infants.

<http://www.neilmed.com/usa/index.php>

Create a Home Pharmacy

Create a pharmacy now ! Every time you go to the grocery store or People's Pharmacy pick up a couple of these items so that you have them on hand. It is challenging to find many products when we are in the middle of a sickness wave. This is especially true of the flu homeopathics. It is really helpful to have remedies in the house because taking natural remedies at the first glimmer of illness makes it possible to kick it altogether within 24 hours or shorten the illness considerably. **Because they are difficult to find the top 7 formulas on the Shopping List will be available in my office for you to buy.**

Shopping List

Enzyme Defense - Enzymedica

Muco Stop - Enzymedica

Immune Boost for Pregnancy - Wishgarden Herbs

Immune Support for Kids - Wishgarden Herbs

Kick it Cough for Kids - Wishgarden Herbs

Daily Immune for Kids – Wishgarden Herbs

****Defend Severe Cold and Flu - Hyland's**** this works so well !!

Umkha

Oregano oil capsules - Gaia Herbs ****** not for pregnancy - great for partners with respiratory viruses/ limited use while breastfeeding

Allerbase – Enzymedica - for allergy relief

Allergy Relief for Pregnancy – Wishgarden Herbs

My Kind Organic Vitamin D spray – Garden of Life – Great for kids ! This tastes great !

My Kind Organic Vitamin C Spray - Garden of Life – Great for kids ! This tastes great !

King Bio Flu Prevention

Oscillo Flu Remedy

Coconut Water / Electrolyte ingredients to make at home - see link below for ingredients

Here is a table to help you differentiate between colds and flus

Symptom	Cold	Flu
Fever	Rarely	Usually
Headache	Rarely	Usually
General aches, pains	Slight	Usually
Fatigue, weakness	Sometimes	Usually
Exhaustion	Never	Usually
Stuffy nose	Usually	Sometimes
Sneezing	Usually	Sometimes
Sore throat	Usually	Sometimes
Chest discomfort, cough	Sometimes a hacking cough	Usually, can be severe

Prevention - think prevention especially if many children at school are sick or at your partner's work.

Enzyme Defense - take one capsule 3 times a day - 30 minutes before or after food and drink

Immune Support for Pregnancy - 3 droppers full 3 times a day

My Kind Organic Vitamin D Spray – 2000-5000 mg daily – 1 spray equals 1000 mg

My Kind Organic Vitamin C Spray - 10 sprays (120 mg) every 2 hours up to 6 times a day

Zinc Lozenges - 2 daily for no longer than 5 days

If possible irrigate your nose with salt water as well. Your nose and throat are the main point of entry for cold and flu germs. CVS and People's pharmacy have an inexpensive sinus rinse system, complete with salt and baking soda packets, made by Neil Med called Sinu-RInse. This system works better than a neti pot because the salt water reaches up more deeply into your sinus cavities. Along with resting I believe that regular irrigation of the sinuses and throat with salt water is the MOST EFFECTIVE prevention for seasonal illnesses. You can also use this with small children and infants.

<http://www.neilmed.com/usa/index.php>

Prevention for Children

Have your children change their clothes at the door when they come home from school.

Daily Immune Support for Kids - take as directed

My Kind Organic Vitamin D Spray – 400mg-2000 mg daily (based on likelihood of getting sick)

My Kind Organic Vitamin C Spray – 500mg-1000 mg daily (based on likelihood of getting sick)

Enzyme Defense - 1/2 capsule 3 times a day

Colds and Cough

Immune Defense by Enzymedica - take 1 capsule 3-5 times a day - 30 minutes before or after food and drink (15 minutes is probably okay but 30 minutes is ideal)

Muco Stop by Enzymedica - Take 1 capsule 3-5 times a day 30 minutes before or after food or drink (15 minutes is probably okay but 30 minutes is ideal)

Hyland's Defend Cold and Cough - take as directed

Garden of Life My Kind Organic Vitamin C Spray - 10 sprays every 2 hours up to 6 times a day

Doterra Essential Oil Blend - Breathe - use aromatically, in the humidifier and up to 5 drops in Nasal Rinse bottle

Umkha - use as directed - shortens viruses considerably

If your throat is sore - gargle with salt water and Wishgarden Immune Boost for Pregnancy tincture often !!! (think every couple of hours)

****All of the above cold suggestions can be used for children in smaller doses****

Stomach Viruses

Just vomiting is probably a simple stomach virus. Sometimes you will see a low fever from a stomach virus but often the fever is from dehydration. The best way to hydrate is in very very tiny amounts. Think IV fluids with a

spoon.....drip, drip, drip.....Literally..... use a real Tablespoon and take 1 Tablespoon of clear fluid every 10 minutes for an hour. If you can hold this down go to 2 Tablespoons every 10 minutes. (Recharge Electrolyte by Knudsens is my favorite but you can make your own)

<http://wellnessmama.com/2575/natural-sports-drink/>)

Flu

The packaging on many homeopathics may say don't take during pregnancy or give to infants. It is safe to take any homeopathic that you can buy over the counter. If you have questions about dosage please e-mail me. Please consider buying these remedies before the flu hits with our first real cold front. Once the flu has started making people sick the store supplies of flu homeopathics get depleted quickly.

Prevention of Flu

Immune Defense by Enzymedica - take 1 capsule 3 times a day - 30 minutes before or after food and drink

KingBio - Influenza Multi Strain

Starting to get sick or already sick with the flu

Hyland's Defend Severe Cold and Flu - This remedy is amazing !! Take smaller amounts more frequently than indicated on package. This remedy helped me kick 2 viruses last winter in 24 hours. It is good to continue to take for at least 12 hours after you start feeling better!

Boiron - Oscillo Flu Remedy

This is not a multi-strain remedy or considered preventative. It is useful for the seasonal flu. If you choose "Oscillo" it is a good idea to have it on hand because it is most effective if taken at the very beginning of the flu. Keep some at home, in your purse and car. It is available at WFM, People's, Sun Harvest and Central Market. I usually alter the dose of "Oscillo" for adults and children. The box says to give a vial every 6 hours but I find it more effective to give a third of a vial every 3 hours or more often if you feel really sick. If you are starting to feel sick and you take this remedy right away, stop all activity, sleep or really rest, usually you will not get as sick as everyone else.

Umkha - Shortens viruses.

Flu Vaccines

Multi-strain *preservative free* flu vaccines are available at Central Family Practice 371-9260.

In the past week, I have heard from a pharmacist, perinatologist and Dr Sears that if you are pregnant it would be best to think long and hard before you take the flu vaccine. It is considered unethical to do vaccines on pregnant women so there is little to no research done on the current vaccines. If you have high exposure to public places (if you are a teacher, health professional or work in highly populated areas where germ control is challenging) the vaccine may be something to consider.

Dr Sears, a pediatrician who is considered an expert on raising families with healthy food, breastfeeding and is a homebirth advocate has a radio show where he has discussed the swine flu. Here is the audio link.

<http://parentingunpluggedradio.com/2009/09/22/episode-33-dr-bob-sears/>

If you decide you or your family members need the vaccine you may find this link helpful.

<http://www.askdrsears.com/thevaccinebook/2009/09/four-swine-flu-vaccines-approved-by-fda.asp>

Over the Counter (OTC) medications safe in *moderation* are:

Claritin, Robitussin, Benadryl, Ibuprofen (discuss with your practitioner in the last 6 weeks of pregnancy)

May we all stay healthy and happy this fall !!