



H1N1: A Naturopathic Doctor Can Help Keep Your Family Healthy

produced by, Ontario Association of Naturopathic Doctors

With the concern about H1N1, many people are thinking about what they can do to stay healthy this flu season.

Boosting Immunity • Reducing Exposure • Prevention

Even with the H1N1 vaccine now being available, **Naturopathic Doctors** know that the flu virus poses the greatest risk if natural defenses are weak. Supporting your immune system not only reduces the risk of getting sick, but also reduces the severity of illness if you do get sick. Naturopathic Doctors offer effective preventive measures to bolster the immune system, including advanced natural therapies.

What is the H1N1 virus?

H1N1 is currently the predominant strain of circulating flu virus. It is similar to other flu viruses in terms of how the body responds and the severity of the illness. **What is different** is that it is a new strain, so the body doesn't have **natural immunity**, and it may cause serious illness in some cases.

Prevention...whether or not you get vaccinated **Naturopathic Doctors** are prevention care specialists.

The human body has a natural ability to respond to viruses that attack it. These defense mechanisms can sometimes be weakened and require additional support to effectively respond when you are exposed to viruses. A weakened immune system is a particular concern when new viruses like H1N1 emerge.

Boosting Your Natural Immunity

You can do simple things to boost your immune system:

- You are what you eat: Food is fuel for your immune system. Get advice on how you can improve your diet. Complex carbohydrates, essential fats, plenty of fruits and vegetables are important to a strong immune system. It is particularly important to avoid processed or sugary foods.
- Keep your barrier intact: Mucous membranes like the inside of your nose must be moist to act as a barrier so drink plenty of water and use a humidifier in your home or office.
- Both feet on the ground: A busy, stressful life makes getting the flu more likely. Get plenty of sleep and make your health and happiness a priority.
- Be proactive and book a prevention appointment with your Naturopathic Doctor to boost your immune system and to get advice on treatments you should have at home in case someone in your family does get sick. Call 1-877-628-7284 or visit www.oand.org to find an ND near you.



**Take control of your HEALTH
...see a Naturopathic Doctor**

www.oand.org/OntarioNDs



Reducing Exposure

Limit your exposure to the flu virus:

- Frequent hand washing
- Hands off the face: avoid touching your eyes, nose or mouth
- Gargle twice a day with salt water or Listerine
- Blow your nose once a day to clear any stagnation
- Cough and sneeze into your sleeve

What are the symptoms?

The symptoms of H1N1 are similar to seasonal flu including:

- headache, chills and cough
- fever
- loss of appetite, muscle aches and fatigue
- runny nose, sneezing, watery eyes, and throat irritation
- nausea, vomiting or diarrhea

The Ontario government has an on-line self-assessment tool to help identify the symptoms of H1N1 at ontario.ca/flu and advice on when the flu has advanced to a more serious case requiring emergency care.

If you do get sick...

Take action as soon as you start to feel the first signs of getting sick so you can **fight the bug** in its early stages:

Less and light: lighter, nutrient rich meals help your body to focus energy on fighting the virus rather than digestion. Avoid sugar because it lowers your immune system.

Drink up: keep well hydrated and limit fluids like alcohol and coffee.

Sleep it off: Your body is working overtime when fighting a virus. Plenty of good rest is essential.

See your ND: NDs offer natural treatment options to help you to recover more quickly, including botanical and homeopathic medicines with immune boosting and healing properties, and practical advice on supporting your body's natural healing processes.

There are many natural products out there that can help you, your ND can provide you with expert advice on what works and is best for you personally. Many NDs can also offer more advance treatments in their clinics for viral infections, including IV, injection and inhalation therapies.

NDs have the training to assess patients and refer them to another health care provider if necessary.

About Naturopathic Doctors

Naturopathic Doctors are provincially regulated primary health care providers. Visits to Naturopathic Doctors are covered by most workplace health benefit plans.

To find a Naturopathic Doctor near you call the OAND at 1-877-628-7284 or visit www.oand.org.



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