

Spring 2006

## Dr. Roberts Naturopathic Report

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### Preparing for the Avian Flu

Many of my patients have been asking me how they can prepare themselves in the unfortunate event that the avian flu strikes. So I thought that this would be an excellent topic to focus this newsletter on.

We first need to gain a better understanding of the avian flu virus.

The avian flu is a specific type of influenza flu virus that primarily affects birds but recently has been reported to affect pigs, cats and humans.

The virus has been shown to exist in saliva, nasal secretions and feces for about 10 days. The avian flu can spread from close contact with infected birds or birds that died from the illness; direct contact with bird droppings or contaminated feed, water, clothing, cages, farm equipment and other surfaces. There are no clearly documented cases of the recent avian flu virus spreading from human to human.

The most common symptoms of the avian flu include fever (38.5 to 40 C), cough, shortness of breath, swollen lymph nodes.

Close contact with infected birds or some other source of a significant number of infectious viral particles as well as a sub-optimal immune system and an inadequate internal biological terrain can make you more susceptible to this virus.

You can prevent possible exposure by heating whole poultry to at least 85 C for 30 minutes before eating and heating eggs and other poultry products to at least 75C before consuming.

To build a strong immune system, it is always important to eat whole, natural foods, drink lots of water, get a good night sleep, and exercise regularly.

Here is a Naturopathic Protocol to further strengthen your immune system against the avian flu.



#### Avian Flu Prevention Protocol:

##### **Mucococcinum** –

1 tablet per week

A clinically-proven homeopathic preparation of bacterial and viral fractions, formulated to stimulate the body's own defenses in order to combat all types of influenza.

**Gammodyn Cu** – 1 amp per day for 1 month  
A bioavailable copper needed for a healthy immune system.

**Gammodyn Cu-Au-Ag** – after completion of Gammodyn Cu, take 1 tablet 3x/wk for 6wk.  
Optimizes the body's natural defense mechanisms.

**Flu-Tone** – 10 drops per day for 1 month  
Increases the body's defenses against flu viruses.

**Drainage-Tone**– 10 drops per day for 1 mth.  
Supports the immune system and encourages lymphatic drainage.

Also, remember that negative emotions such as fear and stress, decrease the immune system, therefore you need to know that you are in control of your health and don't allow the avian flu hype to make you fearful and stressed out.

In the event that you are exhibiting signs and symptoms of the avian flu virus there are a number of highly effective naturopathic treatments. If you have any of the symptoms of the avian flu virus and have been in contact with birds, contact your naturopathic or medical doctor immediately.

***“Health is something we do to ourselves, not something that is done to us; a journey rather than a destination; a dynamic, holistic and purposeful way of living.”***

–Elliot Dacher MD

## IV Therapy for Improving the Immune System

A **Myer's Cocktail** is a combination of different vitamins and minerals designed to boost energy levels, combat fatigue, and improve the immune system status to help the body to fight and prevent infections while supporting the adrenals during times of stress.

## Dr. Rau's Alkaline Soup

This is a soup that Dr. Rau of the Paracelsus Klinik in Switzerland recommends for almost all of his patients.

This soup is filled with plenty of minerals, helping the body to eliminate acids and become more alkaline.



Ingredients: Celery, green beans, zucchini

Take equal amounts of each vegetable and cut them in small pieces.

Cook the vegetables for about 15 to 20 minutes. Take them out of the water and add some vegetarian broth to it. Never use meat broth or salt.

The soup should be consumed the same day or at latest the following day.

## Spring Cleaning



In Traditional Chinese Medicine, Spring symbolizes our ability, like that of a healthy tree, to push through the hard ground of winter with renewed dynamic health and well-being. Like new buds on a tree, we see new life unfolding in nature. Spring is a time for renewal physically, mentally and spiritually, it is a time for new experiences to rediscover the wonders of life, and it is a time for new opportunities to grow and learn.

When healthy, one is able to release toxins in the body, mind and spirit. While toxic patients will often experience fatigue, weight gain, allergies, heartburn, constipation, headaches, chronic pain, depression and/or anxiety.

## Spring Seminars

### Natural Allergy Relief

*Monday, June 5, 2006 7-9pm at RCSS, Ajax*



Many people suffer from food, pet and seasonal allergies developing congestion, sneezing, runny nose, itchy eyes, throat or skin. Learn how to stop treating the symptoms and start to identify and treat the cause. A natural approach to treating allergies, building the immune system and relieving your symptoms, fast, safe and effectively will be discussed.

### Cleanse and Detoxify your Body

*Wednesday, June 7, 7-9pm*

*at Loblaw's, Bayview Village Market, Toronto*



True health is achieved by cleansing from the inside out. We are constantly bombarded with chemicals in the foods we eat, the air we breathe and the cleaning products we use. The chemical build-up in our bodies can lead to serious illnesses. Learn how to cleanse and detoxify your body and reap the benefits of better health, more energy, weight loss and brighter skin.

#### Seminar Locations:

**RCSS (Real Canadian Superstore), Ajax** -  
30 Kingston Rd., (west of Harwood Ave.)

**Loblaw's, Bayview Village Market**  
2877 Bayview Ave. (north of Sheppard Ave.)

**Spring has sprung. Enjoy!**



**Thanks for reading!!**