

Flu activity usually peaks in the U.S. in January or February. In addition to practicing good hygiene and receiving the flu vaccine, there are a number of holistic interventions you can do to boost your immunity before or during a flu or upper-respiratory infection. Read on for some top holistic immunity-boosting tips.

## Holistic Interventions to Prevent Illnesses

1. Decrease your intake of processed carbohydrates and sugary foods. Even small amounts of sugar can suppress the immune system and make you more likely to get an infection, or more sick when you have one.
2. Certain herbs can help prevention and long-term immune support, ward off acute viral or bacterial infections and help the body respond to stress and illness as well as some of the side effects of illnesses, including insomnia.  
*The Center for Integrative Medicine offers herbal consultations; please call 720-848-1090 for more information.*
3. Fresh ginger steeped in hot water to form a hot tea can be a natural immune booster, and can help against nausea, congestion and abdominal bloating. You can add a little fresh lemon and honey to the tea to calm a sore throat.
4. Nasal saline rinses, or nedipots, used daily can help wash out viruses and bacteria in the nasal passages.
5. Garlic – raw, cooked or in the form of supplements – can boost immunity and has been shown to reduce cough and congestion.  
*Doses of garlic recommended are 2 to 5 grams of fresh raw garlic, 0.4 to 1.2 grams of garlic powder or 2 to 5 milligrams of garlic oil daily. Can be taken with food to minimize gastrointestinal upset.*



## Sources & Additional Resources

Tips for a Flu-Free Winter. Drs. Kay Judge and Maxine Barish-Wreden.  
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<http://www.myhealthnewsdaily.com/3219-6-flu-vaccine-myths.html>

Fight Cancer, Colds & Flu with Vitamin D. Dr. Nalini Chilkov.  
<http://doctornalini.com/fight-cancer-colds-flu-with-vitamin-d/>