



Tamara Sachs, M.D.

The cold and flu season is upon us and it's a doozy! The following is a ton of information designed to help you protect yourself from getting sick this winter – and what to do if your efforts fail.

GENERAL RECOMMENDATIONS

Help your immune system to function optimally by getting enough sleep, exercising (but not too much), managing stress, eating an abundance of raw, colorful vegetables every day, avoiding foods to which you are sensitive or allergic and testing for and correcting any underlying nutritional deficiencies.

To prevent a cold or the flu, fruits, vegetables and berries are especially critical. Studies suggest a pound of produce per day so aim for 60-80% of your plate being veggies, with at least half of that raw, every day.

Several [peer-reviewed published studies](#) using Juice Plus+ capsules have looked at immune function and all found very beneficial effects. [One study in particular](#), out of several, confirmed what I have seen repeatedly for the past ten years: that people who take Juice Plus+ have fewer and shorter, milder colds and flus in general. Vitamin C is the least of it! The synergy of thousands of phytonutrients working together is what we need for optimal health. The variety of produce in Juice Plus+, raw and whole, including the skin and seeds of 30 vine-ripened, colorful plant foods makes it very nutritionally dense as well as gentle and easy to absorb. ***So, do both; eat more fresh produce and take your Juice Plus+ green, red (Garden and Orchard Blends) and Vineyard Blends every day.***

An adequate blood level of **Vitamin D** is essential (50-80 ng/mL is optimal) for immune health. Take 2,000-5,000 IU of D3 daily if you are not sure of your blood levels but, ideally, take what I have told you that you need based on your blood levels. If you have not had a recent (6 months, ideally or 12 months, maximum) blood test for vitamin D (25-OH Vitamin D), ask your regular doctor or call my office (or, there is now a home-use, finger stick Vitamin D test for all of you busy folks – and all of you needlephobic folks!).

Probiotics (beneficial bacteria) are vital to a robust immune system.

Zinc is also key; eat plenty of **zinc and selenium rich foods** such as Brazil and other nuts, pumpkin seeds, avocados and berries. Vegetarians and many others may need to supplement with zinc as flesh foods are a significant source of zinc. Zinc gets used up daily when detoxifying metals and other toxins, so you don't want to run low. Blood levels are sometimes needed to see where you are.

Sugar paralyzes your immune cells for 4-6 hours. After the sugar equivalent of a can of soda, white blood cells temporarily stop moving and are unable to attack and destroy a microbe. Avoid refined sweets -- especially if you feel like you are coming down with a bug.

Finally, **adequate hydration** is critical to a well-functioning immune system. Drink lots of water. And **wash your hands frequently**. Your thoughts also affect your immune function. Your brain and your immune system are intimate and your brain believes everything you tell it; so please, **talk nicely to yourself and others**.



Tamara Sachs, M.D.

IF YOU GET SICK ANYWAY..... Even when one is very healthy, eats kale by the pound and does everything else we all try to do, sometimes the bugs win. It's not personal!! It happens to the best of us...sometimes your immune system is just overwhelmed by one or many bugs (viruses or bacteria) that you have never seen before and so you have poor existing immunity against the onslaught. You can catch anything from a cold virus to an influenza virus, as well as bacterial infections like strep throat or pneumonia. Sometimes when you are sick with a virus, you are susceptible to a secondary bacterial infection (such as a cold becoming a sinus infection). Your very best chance at thwarting or shortening the course of any upper-respiratory tract infection, be it viral or bacterial, is to act at the very beginning, when you are first noticing small warning symptoms.

What to do when you first feel sick (if you have a scratchy throat, congested nose and head, body aches, fever, chills.....

- **REST** Go to bed if you can. Sleep MORE. Put a humidifier on in winter. Use essential oils.
- **DRINK** LOTS AND LOTS of water, tea, broth, diluted juice....
- **STEAM** mustard packs, horseradish, wasabi...all help to clear out your sinuses but steam, salt water nose sprays and Neti pots are a lot gentler and work really well. Do salt water rinses frequently.
- **RED ORCHARD BLEND** Start taking 1-3 **extra Juice Plus+ capsules** every FEW HOURS (the modern version of Vitamin C, JP+ contains more C plus all of the bioflavonoid family, which allows the C to work better).
- **VINEYARD BLEND** Take 2-4 per day to a maximum of 8 per day. (Bilberries, elderberries and other dark purple berries have anti-flu, anti-viral effects as well as potent antioxidants.)
- **GARDEN BLEND** Increase your daily green capsules by 2-4 per day, to a maximum of 8 per day also. Divided doses, with food including some fat, will maximize absorption.
- **WHEATGRASS** or E3Live. If you have access to it, drink 2 oz of fresh wheatgrass juice and/or fresh green drinks twice a day, on an empty stomach, away from food for best absorption (at least 2 hours after or 20 minutes before eating).
- **COLLOIDAL SILVER** is effective against many microbes including the flu virus. It may help with a common cold, strep throat, MRSA and is being investigated against Lyme and anthrax. It is safe and, in my experience, very effective when taken as directed. Not all colloidal silvers are the same, though. The dosing schedule varies between brands -- the best ones being ACS, Biotics, Designs For Health and Argentyn. Do not use silver products that are stronger than 10 ppm (parts per million). *All require a loading dose, which is a double dose taken at the first sign of illness, followed by frequent small doses.*
- **MUCO COCCINUM** If you have fever, body aches, headaches and other indications of flu (as opposed to just a minor headcold for example), start taking this homeopathic remedy designed to help your system fight all the common influenza strains. Take one tablet, 3 times a day, away from food, under the tongue, as directed. *This same remedy can be taken preventively, once every 2-4 weeks during flu season). Other homeopathic remedies are better suited for non-flu-like sinus or respiratory illnesses.*
- **GARLIC** Peeled and raw, left out for 20+minutes before ingesting...several cloves throughout the day OR high dose garlic concentrates (**Allicillin**, 2-3 caps a day in divided doses).



Tamara Sach's, M.D.

MUCINEX is a safe OTC remedy that helps thin out mucus so it is easier to blow out or cough up; the less mucus you have, the better you feel -- and more importantly, the less of a chance you have of catching a secondary bacterial infection. Mucinex 1200mg time-release tabs or plain Mucinex twice a day is smart if your head or chest is congested. Take with even more fluids (see above) for it to work.

Occasionally, a person may remain ill despite the above, or just cannot afford to be sick one day longer than necessary. There are several other remedies that may help you fight off infections including:

- Medicinal mushrooms -- Immune support formulae from JHS (hot water extracts) are the most effective.
- Olive Leaf extract, Glutathione ***** new, oral liposomal glutathione is available at [our online store!](#)
- Meyers cocktail with intravenous Vitamin C (25 to 100 grams) with B complex---done in our office.

Please call the office with questions or concerns.

Our Cold & Flu Kit is available [here](#) – and always at a discount.

Or you can get any of the items included in our Cold & Flu kit ([liquid Colloidal Silver](#), [Oil of Oregano](#), [liquid Zinc](#), [V Clear syrup](#) and [MucoCoccinum](#)) individually – also at [our online store](#).

Use the code SACHS10 for 10% off!

All can be mailed to you quickly, so you can stay in bed!!!

To get more Juice Plus+ or for more information, go to www.eathealthy.ws

DO NOT ASSUME YOU KNOW WHAT AILS YOU IF YOU ARE NOT IMPROVING.

**GO GET EXAMINED BY YOUR PRIMARY CARE DOCTOR, GO TO URGENT CARE OR THE ER:
*if you are short of breath at all, even just a little...***

**or, if you have a severe sore throat that lasts for more than 3 days (need to exclude strep)
or, if you have a persistent fever, or fever over 103. Or a rash along with a fever
or, if you are getting worse, not better, after the first several days of an illness**

Get help and get seen if you are more than the “ho-hum, been here before” level of sick. In addition to a careful history, you need an examination of your vital signs, ears, nose, throat, lungs and heart, and need assessment of your overall state, (just a look at someone sick can tell me a LOT) perhaps blood tests or a chest x-ray are indicated **to evaluate the possibility of a serious bacterial infection that may require antibiotics.** As antibiotics do nothing for viruses, and their inappropriate use causes resistance and at times, serious side effects, it is important to only take them when it is clearly necessary. And not even all bacterial infections need antibiotics, but everyone is different. It is equally important to be grateful we have them for those cases of serious infections. If you are prescribed antibiotics, make sure to take the entire course unless you discussed it with me or another doctor, please! Never take old, expired antibiotics, they can cause serious problems including kidney failure.

PROBIOTICS During antibiotic (ATB) treatment – the ideal probiotic is [Saccharomyces boulardii](#), a yeast that eats yeast. Take it twice a day, away from food. This is not appropriate to take for more than 2-3 months, as it can become a pest itself. Then, after you have finished your antibiotics, take a PROBIOTIC with beneficial bacteria, such as the Lactobacillus and Bifido species, at high doses, 10-30 billion a day, with food, for two months or more.

FUNCTIONAL MEDICINE & INTEGRATIVE CARE LLC PHYSIOLOGY BEFORE PHARMACOLOGY™ **TREAT THE CAUSE**

15 Bennitt Street, New Milford, CT 06776 860.354.3304 dr@tsachsmd.com

tsachsmd.com | eathealthy.ws



Tamara Sachs, M.D.

A note about fluid and fevers and aches and pains: your immune system creates many of the symptoms we experience when we are ill with an infection. They serve a purpose but when they get out of control, they can hurt us. The tools the immune system uses to help you fight infections from all microbes all require vast amounts of water (fever, mucus...) so dehydration is a real threat and will hinder your ability to heal.

A fever is produced by your immune system as part of inflammation; it can kill both viruses and bacteria. The body handles a rise in temperature much better than microbes do, but there is a limit both for comfort and safety. Try to let a low-grade fever to run its course; do not treat it with medications unless it goes to or above 102.5 or is making you so miserable you can't rest or sleep. Then use Tylenol (acetaminophen), not ibuprofen. Acetaminophen (Tylenol) is much safer than the NSAIDs like Advil or Motrin, as a rule. Tylenol requires amino acids (protein) and antioxidants to be safe, so it becomes unsafe if fasting (never a good idea) and in the significantly malnourished, or if taken at higher than recommended doses. It is otherwise the safest pain and fever-reducing pharmaceutical available. If always taken with a dose of NAC (N-Acetyl Cysteine) or glutathione, and all the suggestions above including high doses of Juice Plus+, you will mitigate any potential liver harm. NSAIDs can erode the lining of the GI tract at any dose and, over time, can contribute to blood pressure problems and intestinal hyperpermeability. There are more potential side effects from NSAIDs like Advil than with Tylenol; but there are times when only NSAIDs work for the symptoms at hand and, so, they should be considered for very short-term use only. Inflammation, quercetin, curcumin, turmeric, ArthroBens and Baxaprim are all safer solutions for pain.

Avoid anti-histamines like Benadryl, especially in winter as they dry out mucus, making it thick and hard to excrete. Better to keep it thin and drain it out.

I hope you never need this information, but hope that it is of help to you if you do.

To your good health,

Tamara Sachs, M.D.