

Back-to-School Cold Care Measures
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With cold and flu season just around the corner, read a review of some safe, naturopathic doctor-recommended measures for cold prevention and treatment for children. Follow these simple strategies.

The prospect of school starting has made many parents' thoughts turn to the onset of cold and flu season—especially with ongoing concerns about the H1N1 (“swine flu”) virus constantly in the public eye. Here’s a review of some safe, doctor-recommended measures for prevention and treatment for your little one this fall.

Prevention is the best medicine

Parents searching for safe ways to keep their kids healthy during the cold season will be happy to know that several simple steps may help:

Wash hands often with soap and water, or an alcohol based sanitizer, especially after a cough or sneeze.

Give them plenty of vitamin C: Bolstering their immune systems with 100 to 250 mg per day is a good idea.

Stay away from sugar: Sugar inhibits the immune system, leaving us more vulnerable to infections.

Get them to gargle: Gargling with plain water removes mucous and keeps bacteria and viruses from sticking around. A three-times-a-day habit has been found to reduce the occurrence of respiratory infections.

Treating a sick child

Colds are self-limited illnesses, but their symptoms can be annoying and frustrating. So though a cold will naturally run its course, for those parents who want to relieve their children’s discomfort, try the common sense remedies many of us grew up with:

Don’t forget the C: The appropriate amount of vitamin C for children varies depending on age and tolerance and should be discussed with a healthcare professional.

Drink up: Make sure your child gets plenty of fluids in order to maintain water balance and to thin secretions. Avoid sugary drinks in favor of water or a comforting chicken broth.

Eat healthy: Avoid giving sick children sugar and excessively fatty foods, as they are known to dip immune function.

Don’t dry out: A warm, humid environment created by a humidifier may provide some

comfort while riding out a cold.

Sleep it off: Make sure your sick child gets plenty of rest, especially those with severe symptoms.

Sweeten the deal: One exception to the no-sugar rule—honey may improve for cough and cold symptoms as well as for the sleep difficulty that accompanies an annoying cough. Honey has antimicrobial, antioxidant and other properties that can soothe irritated mucous membranes. (Though it does not harm older children or adults, honey can contain bacteria that causes botulism in infants, so babies under 12 months old should not be given honey.)

“Taking vitamin C two or three times a day for several days has been shown to shorten the duration of colds and the severity of symptoms in children,” says Alan R. Gaby, MD. “However, two other cold remedies that are effective in adults—echinacea and zinc lozenges—do not appear to work for children.”

Vitamin D and Flu Prevention

The Public Health Agency of Canada (PHAC) has confirmed that it will be investigating the role of vitamin D in protection against swine flu.

The agency started a study last year on the role of vitamin D in severe seasonal influenza, which it said it will now adapt to the H1N1 swine flu virus.

Part of the researchers’ goal is to understand whether vitamin D levels are in any way responsible for the fact that most people with seasonal influenza develop a mild illness, but a small minority go on to develop severe symptoms.

It is advisable to have blood levels checked prior to administering vitamin D supplementation.

Naturopathic Physician Support

Remember, any child who suffers from a persistent cough should be seen by a physician, and parents should also discuss the appropriate treatments for their child’s symptoms with their physician.

Dr. Adatyia has been seeing patients for over 10 years and has had exceptional success boosting the immune system and treating acute illness using a combination of Naturopathic Anti-flu Injections, botanical medicines and probiotics. The Injection consists of a combination of anti-oxidants, anti-viral botanicals and homeopathic anti-viral immune boosters. Intravenous Vitamin therapy consisting of vitamins C, B complex, selenium, zinc, B6, B5, calcium and magnesium can also be given for cold/flu treatment.

Dr. Adatyia is available for cold/flu assessments and can be contacted at 604-224-2124 or visit her website at www.dradatya.com