



Dr. Malott-Brechtel

An unwanted gift

Dear Dr. Brechtel,

It seems like everyone in the office is sick with the cold or flu. Is there anything I can do to avoid getting their Christmas gift?

Cold and flu season is upon us again. The peak activity is not till February, but that hasn't stopped some people from getting a jump start on being sick. Avoiding contact with those infected is the only proven way to avoid the flu. Studies show that vitamin C, taken at high doses, can reduce flu symptoms by up to 85 percent. Vitamin D (disparaged lately by the media) has immune boosting effects in the body that can help alleviate symptoms, as does elderberry, a cytokine and interleukin balancing herb. Oscillococcinum, a homeopathic flu treatment seems to shorten the duration of symptoms, whereas American Ginseng (*panax*) seemed to act as a preventative. And, studies of children and adults receiving chiropractic show that they miss work or school less often than control patients!

Now for the million dollar question, do I recommend the flu vaccine? I will answer that question with a question...

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