



COLD & FLU SEASON

Your guide to tackling sniffles and sneezes before they take over your home or office.

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A PEEK INSIDE

The kids are back at school, temperatures are cooling and germs are swarming. Before you know it, sneezes and tissues are flooding your home and office. Don't let the cold and flu season get you down!

Enclosed in this e-book are articles, recipes and videos to help you defend against colds this season. From tips to build your immune system to understanding fevers, we have compiled a collection from the Natural Partners Advisory Board and Chef Lauren from Closer to Your Food.

Enjoy!!

The Team at Natural Partners



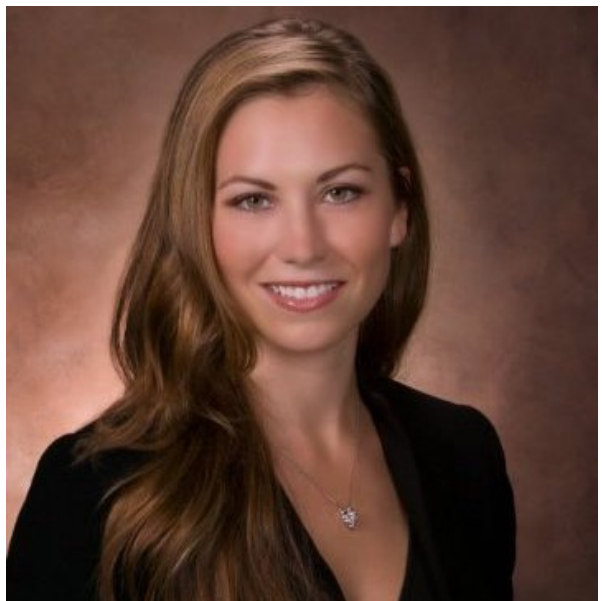
Please note that the statements within this e-book have not been evaluated by the Food and Drug Administration. The information included in this e-book is not intended to diagnose, treat, cure or prevent any disease.

ABOUT THE AUTHORS

Holly Lucille, ND, RN, is a passionate practicing N.D. and nationally acclaimed TV and radio host. She is also an educator, author and lecturer at various health institutions. Dr. Lucille is the past president of the California Naturopathic Doctors Association and was a recipient of SCNM Legacy Award and Daphne Blayden Award from the Southwest College of Naturopathic Medicine.



Closer to Your Food is a wellness blog focused on eating and cooking for health and sustainability with recipes and lifestyle tips formulated around a plant-based diet and home-grown local foods. Chef Lauren Cox holds a B.A. from the le Cordon Bleu in Culinary Management with over 8 years of fine dining experience in private dining, catering and Michelin star restaurants.



Dr. Wechsler completed her medical education at Wright State University School of Medicine in Dayton, Ohio in 1987. For fifteen years, Dr. Wechsler was the co-founder and medical director of Scottsdale Holistic Medical Group, a multidisciplinary group offering conventional and alternative medicine. In 2004 Dr. Wechsler converted her practice to a “concierge” model, thereby limiting her practice to a few hundred patients and giving each one her undivided and unhurried attention. She was the inspiration for the creation of Natural Partners and is a member of the Natural Partners Board of Directors.



In her practice, Dr. Simon puts a strong focus on women’s health, preventative medicine and musculoskeletal health. She is also part of several organizations, including president of the Institute for Natural Medicine, director for the American Association of Naturopathic Physicians, director of Naturopathic Physicians Research Institute, member of the Washington State Health Technology Assessment Clinical Committee and co-director of the Communities in Need/Integrated Care Options Project of the Washington Association of Naturopathic Physicians.



Jared Skowron, ND, is one of the country's leading experts in natural therapies for children with special needs, with an emphasis in pediatric autism and ADHD. He is the best-selling author of 100 Natural Remedies for Your Child. He is the co-founder of the Pediatric Association of Naturopathic Physicians, founder of the Pediatric and Autism Clinic at University of Bridgeport, and founder of the supplement company, Spectrum Awakening. Dr. Skowron also serves on the advisory boards of Autism Hope Alliance and Natural Practitioner.



3 NATURAL REMEDIES TO HAVE ON HAND BEFORE HEADING TO THE CLINIC

By Holly Lucille, ND, RN



You know how it goes. You wake up, head is heavy, and something feels a little off. You take a swallow and the prickles of pain run down your throat. **YOU ARE SICK.** However, you also have a family, a deadline and a very important meeting in a few days.

Let's face it - there is never a good time to get sick. If you don't get better quick, there is time off work, cancellation of important events and scheduling a trip to the clinic. If you want to recover from your flu or head cold quicker, read on and learn to rely on minerals, plants and bugs!

ZINC

The research on the mineral zinc's effect on pathogens is a bit inconsistent, but many studies show a strong protective effect. A 2011 analysis of clinical trials found that oral zinc helps to reduce the length and severity of colds when taken within 24 hours after symptoms start. [The Cochrane Review](#) found that zinc

reduced both the duration and severity of symptoms of the common cold. And using zinc helped prevent colds, leading to fewer school absences and less antibiotic use by children. Look for zinc in lozenges, syrups or capsules.

Elderberry

For centuries, elderberry has been one of the top natural remedies for flu and cold symptoms. In fact, in 1995, elderberry juice treated the flu epidemic in Panama. It also contains immune-fighting nutrients such as vitamin A, vitamin B, vitamin C, flavonoids, and carotenoids.

In a randomized, double-blind, placebo-controlled study published in the *Journal of International Medical Research* in 2004, elderberry extract proved to be an effective, safe and cost-effective natural flu treatment. For the study, 60 Norwegian patients suffering from flu-like symptoms for 48 hours or less received 15 ml of elderberry or placebo syrup four times daily for a five-day period. Elderberry extract significantly reduced flu symptoms four days earlier compared to those receiving the placebo.

Probiotics

There are thought to be trillions of microorganisms living in the intestines and digestive tract. It comprises up to 90% of the immune system. Many substances destroy the good bacteria in your digestive tract, including antibiotic use, birth control pills, steroidal and hormonal drugs, heavy exposure to chlorine and fluoride, carbonated beverages, coffee, radiation, stress, pesticides, herbicides, fertilizers, additives and preservatives. That being said, probiotics are good bacteria that can effectively boost your immune system, which can prevent and treat cold and flu symptoms.

In a study published in the *British Journal of Nutrition* earlier this year, University of Florida researchers found that probiotic supplementation, especially bifidobacteria, will decrease the incidence of the flu during the fall and winter months. The study included 581 students and found that there were significantly fewer flu infections over a six-week period. Students taking bifidobacteria also had less-severe flus when they did get the virus.

If you happen to fall to the flu or a head cold, be prepared! I recommend having a flu and cold first aid kit so you can use these all-natural ingredients immediately at the sign of sickness and get back into your normal schedule ASAP!

DIY COUGH DROPS

By Chef Lauren Cox



Organic natural cough drops are expensive, and they don't necessarily taste the best. When you're fighting off a bug and need some relief for your sore throat, try this cheap and easy recipe at home to save you time and money.

- 1 cup local honey
- 10 drops thieves oil*
- 2 tablespoons lemon juice
- $\frac{1}{4}$ cup organic non-GMO corn starch

In a pot on medium high heat, with a candy thermometer, add in the honey and lemon. Bring it up to 290-300 degrees, but be careful because it can burn quickly and easily.

Remove the honey from the heat for 2-3 minutes and then stir in the thieves essential oil.

Line a cookie sheet with a Silpat or parchment paper and spoon quarter-sized drops evenly onto it until you run out. Allow the drops to cool at least 2 hours.

In a baggie, toss the drops with the cornstarch and shake off any excess (this prevents them from sticking together). Transfer them into an air-tight container to store at room temp.

*Thieves oil is an essential oil blend of lemon, clove, cinnamon, eucalyptus and rosemary with a highly aromatic and warming scent. It is universally known for its immune-boosting and antibacterial properties, which make it a soothing and healing addition to homemade cough drops. You can use it in the home for cleaning or put it in a diffuser to help fight off viruses during cold season. Thieves oil should be made from therapeutic-grade essential oils and is an important part of any home aromatherapy kit and medicine cabinet.

Tip: Feel free to add in your favorite essential oils such as peppermint or clove oils!

PREVENTION IS THE CURE: HOW TO MAKE SURE YOUR KIDS GET AN A+ IN IMMUNE HEALTH

By Helene Wechsler, MD and Michelle Simon, PhD, ND



My two sons are now grown, but I fondly remember the “back to school” days when we went to the store to get a long list of supplies and new clothes. I also remember dreading the seemingly endless array of germs that they would be exposed to every day, and often bring home.

Our immune system is amazingly complex. When working properly, it identifies and attacks foreign invaders such as bacteria, viruses and fungi. However, our children enter the world with an inexperienced immune system and, over time, build up their immunity by fighting these germs. Most pediatricians consider it normal for elementary school-age children to have six to eight colds a year.

A poor diet, chronic stress, and not getting enough sleep or exercise can result in a weakened immune system. Here are some tips I picked up along the way in an attempt to keep my children healthy.

Nine Healthy Habits to Adopt to Give your Child's Immune System a Boost

1. Healthy Diet:

- **Eat a diet rich in fruits, vegetables, beans, fish, olive oil, nuts and grains.**

This type of diet is commonly called a Mediterranean diet. It has been studied extensively and has been repeatedly shown to enhance your immune system and help you live a longer, healthier life.^{1,2,3} Encourage your child to eat five servings of fruits and vegetables daily. This can be easily accomplished with a smoothie or by juicing. A diet rich in antioxidants can boost resistance to infection. Stay away from white foods such as sugar, white flour and white rice. Think about eating in color: dark green, red, yellow, and orange fruits and vegetables are packed with antioxidants. Other immune-boosting foods include garlic, onions, ginger and mushrooms (reishi, maitake, and shiitake). In fact there are several studies evaluating the beneficial effects of old-fashioned chicken soup.^{4,5}

- **Eliminate toxic foods.** Life is busy and it's often hard to cook with fresh foods. As much as possible, avoid chemicals frequently found in commercial foods such as additives, artificial colors, flavors and preservatives.
- **Avoid sugar.** Avoiding sugar is an important step in helping your kids thrive in school. The benefit of avoiding sugar was recognized as far back as 1976. Ringsdorf, Cheraskin and Ramsay found that drinking 24 ounces of sugared cola depressed the activity of bacteria eating neutrophils for a minimum of five hours.⁶ Eating sugar suppresses your immune system and your ability to fight infection,⁷ which is especially important in the colder months. Consuming sugar has been shown not only to decrease immune response, but also to increase systemic inflammation.⁸ Therefore, it will make your child a good candidate for catching every cold and flu around.

2. Decrease stress:

- **Chronic stress** is one of the biggest immune system-busters around. When we are under stress, our immune function is greatly impaired. Our body's stress response of fight- or-flight releases cortisol, which in excess decreases our immune function. Periods of extreme stress can result in a lower natural killer cell count and sluggish killer T cells.⁹
- **Protect your child's schedule.** It is tempting to push our kids to be the best they can be, but our bodies react to over-scheduling of activities with a stress

response. Give your child time to play, relax and regenerate.

- **Be optimistic.** A classic UCLA study in 1998 found that law students who began their first semester optimistic about the experience had more helper T cells mid-semester and more powerful natural killer cells than students who had a more pessimistic perspective.¹⁰
- **Laugh often.** Researchers have found that the positive emotions associated with laughter decrease stress hormones and increase natural killer cell levels.¹¹

3. Make sleep a priority:

Sleep is the way our bodies repair and heal. Do your best to make sure your children get enough sleep during cold and flu season. Sleep and the circadian system exert a strong regulatory influence on immune functions.^{12,13} How much sleep do kids need? A newborn needs up to 16 hours of sleep a day; toddlers require up to 13 hours,¹² and preschoolers need about 10 hours. Adolescent and teenagers need nine hours of sleep daily. Teens also have a biological shift after puberty. They tend to fall asleep and wake up approximately two hours later than they did prior to puberty.¹⁴

4. Exercise as a family:

Moderate and fun exercise increases the number of natural killer cells and helps to de-stress. It also releases endorphins that promote a sense of well-being and, in turn, enhances your immune system.¹⁵ To get your children into a lifelong fitness habit, plan fun family activities and be a good role model. Exercise with them, rather than just urge them to go outside and play.

5. Get dirty:

The concept of exposing people to germs at an early age to build immunity is known as the 'hygiene hypothesis.' It is believed that early exposure to microbes is essential for normal immune development.¹⁶ So, start a garden and get yourself and your kids outside digging in the dirt.

6. Vaccinations:

Don't forget to discuss the benefits and risks of vaccinations with your healthcare provider before school starts.

7. Don't overuse antibiotics:

- **The majority of childhood illnesses are caused by viruses.** Antibiotics only treat diseases caused by bacteria. The use of antibiotics for treating uncomplicated viral infections is likely to do more harm than good. Antibiotics can create adverse reactions, as well as contribute to the development of drug-resistant bacteria and disrupt normal, healthy intestinal bacterial colonies.^{17,18}
- **Instead of antibiotics, you could try supplements** to boost your child's immune system** such as: vitamin D¹⁹⁻²³, vitamin C²⁴⁻³¹, zinc³²⁻³³, probiotics³⁴⁻³⁶ and echinacea.³⁷⁻³⁹
- **Honey is actually quite efficacious for cough symptoms** in children older than 12 months. Three randomized, controlled trials were conducted that showed honey reduced the frequency and severity of coughs and improved sleep for patients and parents. Honey was found to be as effective as, and safer than, over the counter cough medication.⁴⁰

8. Put on a coat:

In July 2016, Yale researchers discovered that when human airway cells were infected with a rhinovirus (the virus that causes the common cold), the cells fought off the infection faster in warm body temperatures. When the cells were placed under below-normal body temperatures (91 degrees Fahrenheit), the cold virus replicated immediately; however, when the affected cells were placed under normal core body temperatures (98.6 degrees), the cold virus died off faster and was not able to replicate. Additionally, at warmer body temperatures the infected cells showed an enhanced activity of a crucial enzyme called RNaseL, which destroys and attacks viral genes.⁴¹ Therefore, it is important to make sure your kids bundle up in the winter.

9. Keep other members of the household healthy:

- **Guard against germ spread.** Wash hands often with soap and water. There is no evidence that antibacterial soap is any more effective than regular soap and antibacterial soap can cause resistant strains of bacteria.⁴²
- **Quit smoking and banish secondhand smoke.** If you or your spouse smokes, quit. Cigarette smoke contains more than 4,000 toxins, most of which can irritate or kill a variety of cells in our body. Kids are more susceptible than adults to the harmful effects of secondhand smoke because they breathe at a faster rate and a child's natural detoxification system is less developed. It is

well known that secondhand smoke can increase your child's risk of bronchitis, ear infections, and asthma.⁴³

If all else fails, here's a great recipe for "Greek Penicillin Soup":

Avgolemono Soup (Egg-Lemon Soup)

1 lb rice
2 lb chicken broth
1 tsp black pepper
8 eggs, separated
Juice of 3 small lemons

Boil the rice, chicken broth and black pepper for about 15 to 18 minutes, or until rice is cooked. Beat the egg whites until frothy. In a separate bowl beat the egg yolks well and add them to the egg whites. While beating the egg mixture, add the lemon juice. With a small soup ladle take out some hot chicken broth from the soup pot and add it to the egg/lemon mixture slowly while constantly beating the mixture. Add the mixture slowly to the soup pot while stirring slowly. Remove from heat. Optional: Add 1 lb of diced white chicken meat to boil with the rice.

******As with any supplement, consult with your doctor and make sure the products you purchase are of the highest quality and purity.

Download the reference sheet for this article.

FEVER PHOBIA

By Holly Lucille, ND, RN and Jared Skowron, ND



Cold and Flu Season is upon us, and along with sniffles, sneezes and a cough, fever may be lurking nearby. For many people, having a fever is alarming. However, Dr. Holly Lucille and Dr. Jared Skowron discuss what a fever is and what you can do to avoid catching Fever Phobia this season.

Watch the Video!

WHAT'S UP WITH BONE BROTH?

By Chef Lauren Cox



Bone broth is essentially broth that has been cooked so long that the animal bone begins to break down into it, lending a myriad of vitamins, nutrients, and minerals, not to mention protein, to the broth. Culturally, almost everyone has a version of bone broth that has been used to ward off colds and infections and help people heal from a variety of illnesses. Here are some of the other benefits you may not know:

Glycine Rich - Glycine, derived from the gelatin in bone, is a key component to helping your liver detox. With the amount of toxins our body encounters on a daily basis, eating a diet that supports your liver is just plain smart.

Immune Boost - Your body needs to have plenty of amino acids and minerals to build blood cells that will, in turn, fight infections. Bone broth is rich in these components and can help give your body the boost it needs to keep pathogens at bay.

Digestion Aid - The gelatin in bone broth can actually help your gut produce

healthy mucous in its lining, as well as help break down proteins and fats, thereby aiding in digestion. It's a good idea to drink bone broth on a regular basis, but it is especially beneficial for people suffering with any sort of gut dysbiosis or recovering from illness.

Our Favorite Recipe

- 3-4 lbs beef bones, (with marrow preferred)
- 10-12 cups distilled water
- 2 cups white onion, large diced
- 1 ½ cups carrots, sliced 1" thick
- 1 cup celery, sliced 1" thick
- 2 bay leaves
- 6 garlic cloves
- 1 teaspoon peppercorns
- 6-8 sprigs parsley
- 3 tablespoons apple cider vinegar
- 2 tablespoons sea salt

Roast the beef bones at 450° for about 20 minutes per side. Add the bones to a large stock pot and add the water. Let sit for 15-30 minutes.

Turn the stove to high and bring the mix to a boil. Add in the remaining ingredients and stir.

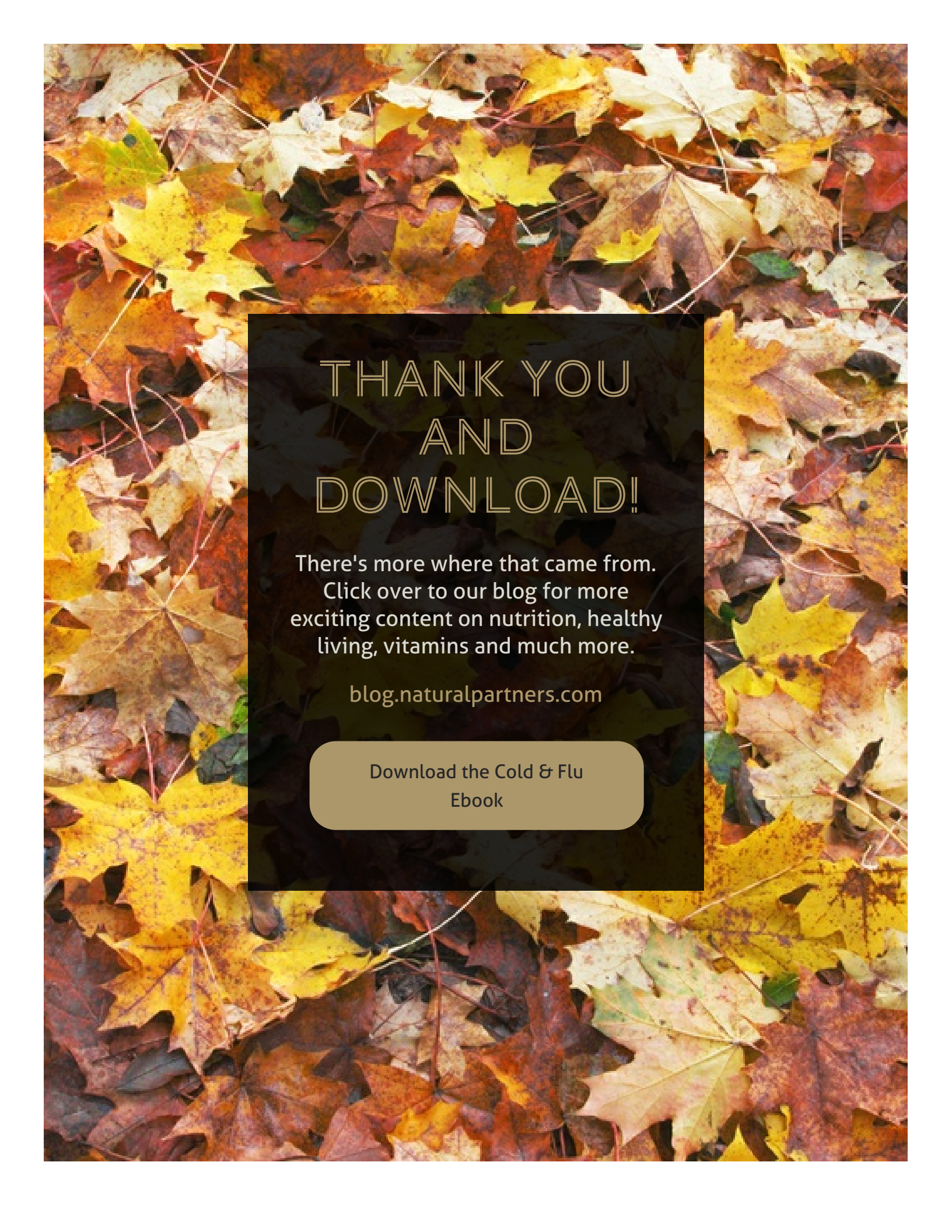
Boil the broth for one hour. Every 15 minutes, skim any foam off of the surface of the broth with a large spoon and discard.

Reduce the broth to a low simmer, cover and cook another 24-48 hours or until the majority of the bone is dissolved.

Strain the broth through a fine strainer into a large container. Cover and refrigerate or freeze for later use.

In the fridge in a sealed container, your broth will last up to a week, but you probably will finish it before then. It should last up to a year properly sealed in the freezer as well. Try canning your bone broth in large glass jars! If you can your broth, you must ensure it is with a pressure canner and that you strictly follow the manufacturer's directions.

*Remember! Bone broth is a therapeutic food; therefore it should be made with the best ingredients possible. Buy bones from organic, grass/pasture raised and fed, humane and GMO feed-free animals. You can ask your butcher which bones are best for beef, but realistically any type will work, especially ones that have marrow. Just remember, the more marrow, the more collagen. You can also use wild fish bones if you are making a fish bone broth, it's just not as popular. We have also made bone broth from wild game like elk and venison, which tend to be higher in iron and other minerals, but will have a "gamey" taste. To off-set any gaminess, you can blanch the wild game bones in boiling water a few times to help get rid of any impurities.



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