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## Immune Protection for Flu Prevention

- Wash your hands with very warm water and soap frequently assuring that you clean around the fingernails and in between the fingers then rinse thoroughly and use paper towel or air to dry in public places
- Do not use chemical hand sanitizers. Carry a small package of 'green' baby wipes and use them instead
- Do not touch your nose, mouth or eyes with your hands unless you have washed them
- Assure that the air in your home and work areas have enough humidity in the winter months when the heating is on
- Avoid large crowds and vaccines
- Get enough rest for your needs
- Maintain a moderate exercise schedule
- Practice stress reduction; the effects of stress decrease our immune system's ability to protect us against viruses & bacteria
- Eat a varied diet of fresh, whole foods, sea salt and garlic
- Drink adequate water from a good source, this amount is half your weight in fluid ounces
- Avoid refined flour & sugar, regular salt, additives including aspartame and trans fats
- Mucococcinum –This homeopathic remedy can be used for both prevention and flu symptoms. Instructions below.
- Supplements to consider using with the guidance of Dr. Hunt include:
  - Vitamin D3
  - Essential Fatty Acids (omega 3 and 6 oils)
  - Antioxidants
  - Probiotics
  - Homeopathic and herbal immune support
- Essential Oils to destroy bacteria and viruses i.e. Solvarome Oil. Use essential oils in an aromatherapy diffuser to cleanse the air in your house or office. Or place some on a tissue and place under clothing of chest or inside your pillowcase.
- Lymphagen Cream – place on external skin i.e. sinuses, ears, throat, chest, low back, abdomen or groin, to assist mucous and congestion to drain

## Prevention Program for the Flu

- Weekly
  - Mucococcinum 1 tablet per week; do not swallow the tablet. Let it dissolve under the tongue in a clean mouth, which means no taste in mouth 10 minutes before and after taking
- Daily
  - Probiotics i.e. HMF Forte
  - Antioxidants i.e. Super Oxi Formula
  - Vitamin C i.e. Orti C

## Daily Treatment Program with the Flu

- Mucococcinum - at the first hint of cold and flu symptoms, use mucococcinum to stimulate resistance. Use frequently, 8x's daily for the first two days by letting 1 tablet dissolve under the tongue in a clean mouth (nothing in mouth 15 minutes before or after). As symptoms improve, decrease to 2x's daily for a couple of days
- Supplements – increase antioxidants, probiotics, homeopathy and herbal tinctures under the guidance of Dr. Hunt for your specific case or that of your child
- Fluids –drink lots of water, non creamy soups, hot herbal teas i.e. ginger/lemon/honey and diluted organic fruit juices in moderation
- Humidity and steam face- put boiling water in a metal or glass bowl with eucalyptus or thyme herbs or essential oils. Put face over steaming bowl and cover head with towel draped around the outside of the bowl and deep breathe. Snuff salt water up nose.
- Apply Lymphagen cream to areas affected (face, neck, ears) including just below the collar bones

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Conditions Dr. Hunt Works With

**Infant Care**

Colic  
Digestive Problem  
Feeding Problems  
Growth Issues  
Teething

**Child Care**

ADD  
ADHD  
Autism  
Asthma  
Allergies  
Bedwetting  
Eczema  
Growth Issues  
Hearing Problems  
Learning Problems

**Teen Health**

Acne  
Growth  
Hearing Problems  
Puberty Issues (early or late)  
Sports Injuries

**Men's Health**

Body Pain  
Erectile Dysfunction  
Lifestyle Counseling  
Prostate  
Sports Injuries

**Women's Health**

Body Pain  
Breast health  
Cervical Dysplasia  
Endometriosis  
Fibrocystic Breast Disease  
Incontinence  
Lifestyle Counseling  
Low Libido  
Menopause  
Menstrual Problems  
Polycystic Ovarian  
Premenstrual Syndrome  
Osteoporosis  
Syndrome  
Vaginitis

**Seniors/Elders**

Body Pain  
Incontinence  
Macular Degeneration  
Mind Function  
Mobility Issues  
Retirement transition  
Sore & Aching Joints  
Quality of Life Issues

**Autoimmune Conditions**

Crohn's Disease  
Lupus  
Multiple Sclerosis  
Psoriasis  
Rheumatoid Arthritis  
Scleroderma  
Skin Pigmentation  
Ulcerative Colitis

**Cardiovascular Conditions**

Angina  
Blood Pressure  
Cardiovascular Disease  
Care after heart attack  
Diabetes  
Hardening of the Arteries  
High Cholesterol  
Prevention  
Stroke Recovery

**Depleted Immune System**

Allergies  
Colds & Flu  
Fever  
Food sensitivities & intolerances  
Infections  
Poor Wound Healing  
Tonsillitis

**Digestive Conditions**

Acid Reflux  
Candida  
Celiac Disease  
Colitis  
Constipation  
Crohn's Disease  
Diarrhea  
Gall Bladder Problems  
Gas & Bloating  
Gastritis  
Hiatal Hernia

Liver Problems  
Parasites  
Poor Absorption  
Poor Digestion

**Endocrine Disorders**

Adrenal Fatigue  
Diabetes  
Hypoglycemia  
Insulin Resistance  
Hormone Assessment  
Leptin Resistance  
Hyperthyroidism  
Hypothyroidism  
Menopause  
Ovarian Problems

**Fertility Issues**

Breast feeding  
Birthing Pre&/Postnatal Care  
Female/Male Infertility  
Newborn & Breast Care  
Morning Sickness  
Postpartum Depression  
Pregnancy Concerns  
Uterine Position

**Musculoskeletal Conditions**

Arthritis  
Carpal tunnel  
Fibromyalgia  
Gout  
Headaches  
Inflammation  
Joint Pain  
Low Back Strain  
Plantar Fasciitis  
Rotator Cuff Syndrome  
Spasms  
Sports Injuries  
Traumatic Injuries  
Whiplash

**Neurological Conditions**

ADD  
ADHD  
Autism  
Eye Disorders  
Headaches  
Learning Disabilities  
Macular Degeneration  
Migraine  
Multiple Sclerosis  
Parkinson's Disease

Vertigo

**Respiratory Conditions**

Allergies  
Asthma  
Bronchitis  
Cough/Cold  
Chronic Obstructive  
Lung Disorders  
Pulmonary Disease (COPD)  
Sinusitis  
Stop Smoking

**Skin & Hair Conditions**

Acne  
Eczema  
Hair Loss  
Herpes  
Hives  
Impetigo  
Psoriasis  
Rosacea  
Shingles  
Yeast Infections

**Stress & Emotional Conditions**

Anxiety  
Behavioural Problems  
Insomnia  
Chronic Fatigue Syndrome  
Depression  
Stress

**Urinary Conditions**

Bedwetting  
Bladder Infections  
Incontinence  
Interstitial Cystitis  
Kidney Disorders  
Prostate Disorders

Please call the phone number below for more information or to make an appointment.