

Natural Treatments for Upper Respiratory Flu

From Dr. Decker Weiss



The upper respiratory flu is hitting Houston residents in epidemic proportions. Thousands of people in Houston are coming down with an upper respiratory flu. Emergency rooms are on drive by status, doctors offices are full and professional athletes are missing games. Yes, Yao Ming missed a game recently because of an upper respiratory infection.

Many of those inflicted are looking to natural treatments for their symptoms. Dr. Decker Weiss, a Naturopathic Cardiologist with the Arizona Heart Hospital says that natural medicine is much better at controlling symptoms than conventional medicine. "Natural medicine has a very good model for taking care of a respiratory infection," said

Dr. Weiss on the Homework Houston radio show. "It controls symptoms better and it doesn't leave you vulnerable to get this flu again," said Weiss.

A good healthy diet and vitamin C are the keys to preventing an upper respiratory problem according to Dr. Weiss. Plus, build up the supplies you'll need at home if you get sick. Dr. Weiss recommends the herb elderberry, Oscillococcinum (from Boiron) and Quick Defense (from Gaia). "Take these products when you feel it coming on to knock out the flu quickly," said Dr. Weiss.

Once you get the upper respiratory flu, Dr. Weiss recommends killing the bugs that are causing the problems, get the mucus moving in your lungs and control your cough. "Remember, this is a virus," said Dr. Weiss. "Look for anti-viral products not antibiotics."

Dr. Weiss recommends herbal respiratory formulas that include Tussilago (also known as Colt's Foot) and Grindellia to kill the bugs.

Upper Respiratory Flu - Natural Treatments

Prevention:

Healthy well balanced diet
Vitamin C - 4,000 mg per day

At the first signs:

Oscillococcinum from Boiron
Quick Defense from Gaia
Elderberry herb tea

If the flu hits:

Kill the bugs with an herbal respiratory formula consisting of Tussilago and Grindellia
Get mucus moving by drinking lots of water and using a natural expectorant such as
Air Power from Enzymatic Therapy
Control the cough with Ivy Calm from Enzymatic Therapy, cherry extracts or Elderberry tea

As heard on:



Homework Houston
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Get mucus moving by drinking lots of water and use a natural expectorant such as Air Power from Enzymatic Therapy or pills with quaifenesin.

Finally control the cough with Ivy Calm from Enzymatic Therapy and products with Elderberry or cherry extracts.

Hear the complete interview with Dr. Decker Weiss at www.homeworkhouston.com. Click on the "Radio" Page or the "Healthy Food" page.

Don't miss Homework Houston, every Saturday morning at 9:00 on KPRC, the 9-5-0!