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A Natural Defense for Sinusitis and Flu

Chiropractic manipulations have helped prevent or reduce the duration of common colds by bolstering the immune system with an increase in immunoglobulin A levels and a decrease in the levels of glucocorticoid cortisol, a major component of stress. Chiropractic may affect the common cold through stress reduction.

Suggested therapy for such cold and flu-like symptoms as dripping sinuses, scratchy throat, cold and fatigued feelings: take two tablets each twice a day 500milligrams time released vitamin C, 30,000 international units vitamin A, 30milligrams zinc di-picolinate, 60milligrams grape seed extract, one dropper liquid Echinacea and Goldenseal. Spray sinuses with .1% grapefruit extract and drink many more fluids than usual.

With cold weather knocking on the door, many are concerned about falling victim to colds and flu. Flu vaccine, according to the Centers for Disease Control and Prevention, remains a controversial subject. First, most flu vaccines still contain thimerosal, a mercury-based preservative. Second, because of the unpredictability of upcoming flu strains, the available vaccine often doesn't match the strain of flu that hits the population.

With flu vaccine effectiveness unclear, many are looking into natural ammunition against winter viruses.

In Health,

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