

Health Hints

Expert Tips For Dealing With The Flu

by Dr. Claire Wheeler

(NAPSA)—Many people, especially those who have not had the flu in a while, tend to underestimate the virus, and even more important, may not take the necessary steps to prevent it.

According to the National Institute of Allergy and Infectious Diseases, approximately 25 percent of the U.S. population has flu-associated illnesses annually, leading to an average of 20,000 to 40,000 deaths per year.



Dr. Wheeler

Since the flu can be potentially life threatening, it's important to take the proper steps to avoid catching and/or spreading it. Here are some steps you can take:

- Get vaccinated now. The elderly, the young (6 months to 18 years old) and those with weakened immune systems are the ones most encouraged to get the flu shot, but most everyone can benefit from having it and doing it early.

- Wash hands frequently. When in doubt, wash again, since viruses of all kinds, including the rhinovirus, can be spread with hand contact. It might be helpful to carry hand sanitizers that kill both bacteria and viruses.

- Keep away from those who are sick and contagious.

- Build up your immune system. Drink plenty of water, get as much sleep as possible—try for at least seven hours a day—and eat a healthy, balanced diet with plenty of fresh fruits and vegeta-

bles. If you don't always remember to do these things, then take a supplement that has been clinically proven to boost the immune system, such as Sambucol black elderberry dietary supplement.

Throughout history, black elderberry has been used to treat colds, flu, fever, burns and cuts.

Black elderberry has twice the amount of antioxidants as blueberries and significantly more than cranberries, and the extract in Sambucol, specifically, has been clinically shown to help support immune system function.

If you do happen to get the flu, I suggest the following:

- Stay home and rest. Don't spread your germs to others and don't come back so soon that you risk a relapse.

- Stay hydrated by drinking plenty of fluids.

- When you cough or sneeze, cover your mouth with a tissue.

- Wash your hands.

- Take an elderberry dietary supplement: a black elderberry cold and flu product. A new product, Sambucol Cold Flu Relief Tablets, is a homeopathic formulation of black elderberry and zinc gluconate that provides fast relief from cold and flu symptoms and is safe for children, 4 years and older, as well as adults.

For more information, visit www.sambucol.com.

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