

Treatment of Acute Infections

Your immune system is the most crucial factor in your recovery. Usually, it can handle infections all by itself, especially if it's healthy. One of the ways to keep it healthy is to give it all the nutritional, psychological, and herbal support that it needs.

Science has shown that the immune system can be strengthened using various herbs including one called Echinacea. Echinacea actually helps your white blood cells do a better job of finding and killing microorganisms. Another herb that helps is Goldenseal (or Hydrastis). These herbs and other nutrients are found in a supplement called Echinacea Synergy. The recommended dosage is 2 tabs every 2 hours until symptoms clear.

Another important way to support your immune system is with vitamins. Since most of us don't always get all the good nutrients we need, our immune system is often working in a deficit mode. We can help to correct that situation by supplying it with the nutrients it needs through either oral, intramuscular, or intravenous routes. This is especially true of antioxidants. Your body has to rid itself of toxins all day long, and when you are sick, it has an even harder job to do. Antioxidants help protect cells as your body works hard to rid itself of infection.

One of the most important antioxidant vitamins is vitamin C. We recommend you take as much as you can tolerate which is when you start to get loose stools. This is called titration to bowel tolerance. Requirements of vitamin C increase when you get sick. I recommend people use a buffered vitamin C product such as Bioscorb, one every 2-4 hours to start.

Very large doses of vitamin A (100,000-150,000 IU twice daily) for 3-5 days only has been helpful for many people. Used for such a short period of time, there is no risk of toxicity. Stop using this large dose after 5 days unless otherwise instructed. Do not use if you are pregnant. The easiest way to take high doses like this is to use Bio A-E Emulsion by Biotics, 8-12 drops per day in some juice.

Zinc Gluconate lozenges are proven to be helpful for colds and sore throats. Suck on one every 2 hours when you are sick. Use them for up to 5-7 days only. Try and start them as soon as you feel you may be coming down with a cold or sore throat.

In our office, we use the Theraid's brand of Zinc/vit C lozenges which are orange flavored and taste better than any I've tasted thus far.

Garlic has been widely studied and is antibacterial, antiviral, and antifungal. Arguably, the best garlic preparation is PhytoPharmica's Garlitrin 4000. I recommend a dose of 1-3 tabs a day.

Since it would be inconvenient for you to go out and try and find all these supplements on your own, we've made them all available to you for purchase at the front desk.

You also need to be make sure that you get plenty of bed rest when you are sick. The helps the body to focus its energy on healing.

If you have a fever, you should usually try to leave it alone since it is probably one of the defenses God gave us to help fight off infection. The invaders don't do as well in higher temperatures, and certain anti-infective enzyme systems of the body are probably revved up at the higher temperature. If your temperature is below 102-103 and you are able to consume fluids, have a normal heart, and are not pregnant, then try and do without the Advil and Tylenol.

Drinking a lot of pure water, green tea, or vegetable juice is another important part of the recovery process (especially if you have a fever since your fluid losses are higher). This enables the body to rid itself of waste products more efficiently. We recommend that you consume at least eight 8 oz. Glasses of fluids, preferably pure bottled or filtered water, per day.

Avoid eating sugar, sweets, and probably white flour as this weakens your immune system.

The last thing to mention is the importance of the mind-body connection. Research is showing that the mind has a strong influence on the functions of the body. A whole new field of Psychoneuroimmunology has developed that focuses on this connection. We can apply some of what's known to acute infections by using humor and positive self-talk to help us get well. Watching funny videos, listening to humorous cassette tapes, uplifting music, and repeating positive affirmations to ourselves can all help us to get well faster.

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