



FLU SEASON

TO GET THE FLU SHOT, OR TO ENHANCE VITALITY?

The flu shot is the most popular way our society has to deal with the flu. Vigorously promoted by our tax-supported health care system, it is offered by our government as a means of preventing a pandemic from spreading. Questions remain, however, as to its safety and efficacy. Each year flu strains mutate, however slightly. A flu shot meant for last year's strain may be useless to this year's strain. Moreover, those sensitive to the inoculation may have allergic reactions or develop flu symptoms induced by the vaccine itself. Furthermore, flu shot formulas typically contain preservatives, such as mercury or formaldehyde, which were never meant for our bodies, and which could potentially provoke unpredictable complications in our immune system.

Homeopathy offers a safe and gentle alternative, tailoring an approach that stimulates your own natural life force, enhancing your resistance.

GENTLE YET POWERFUL ALTERNATIVES

Our life force (*Prana, Chi*) is what holistic methods of health care such as homeopathy, Chinese medicine and Ayurveda attempt to harness. These time-honored energy enhancing therapeutic methods work by stimulating our vitality, helping us develop resistance.

HELP YOURSELF

Not everyone experiences a flu in the same way. There are over 90 homeopathic medicines to choose from to help you heal should you or your loved ones develop flu symptoms like fever, aches, and fatigue. At our office, we sell a *Flu Kit* with 10-15 of the most commonly indicated Rx's. Along with a guide such as Dr Panos' *Homeopathic Medicine at Home* facilitates finding the homeopathic medicine best suited to your nature, helping you help yourself.

HOLISTIC IMMUNITY

Overall resistance is what homeopathic medicine promotes, helping us deal with all of our inherited predispositions, rather than simply focusing on flu immunity. For the vulnerable, such as infants and seniors, or for those with chronic conditions such as asthma, diabetes, etc., homeopathy enhances overall vitality, helping you develop resistance to more than just the flu.

LIFESTYLE CHOICES AS IMMUNITY ENHANCERS

For those seeking enhanced immunity, a healthy life style is a must. A healthy diet, extra vitamin C, hand washing, minimizing sugar intake, exercise, rest, play and laughter, and stress management skills such as mindfulness through breath work are all essential ingredients for overall wellness.