

# Natural Health News

## Cold & Flu Season Arrives Early in SF

The cold weather is here, we're indoors more and closer to other people, and viruses start spreading through the community. Here are a few things you can do to improve your immune function and help decrease your risk of infection.

### Wash your hands frequently

The single most important way of preventing colds; can decrease your risk by up to 80%.

### Think zinc

Unsweetened zinc gluconate lozenges, 2-10 mg each, 5-8 times a day during a cold have been shown to decrease nasal cold symptoms. The zinc has a bitter taste, but sweetened forms don't seem to be as effective.

### Drink more water and teas

We perspire more even with low-grade fevers. Water, teas and soups are great fluid sources; I especially like Hot and Sour Soup when I have a cold. Limit or avoid alcohol and caffeine.

### Rest

If cold symptoms are relatively mild, we tend to keep going. Emphasize rest by limiting your work day, sleeping more, and staying warm.



### Don't forget vitamin C

If taken from the onset of symptoms, vitamin C has been shown to reduce cold severity and duration by 25%. I usually recommend 1,000 mg, three times a day.

### Rinse your nose

A mild salt water solution supports nasal tissues and is very useful in the prevention and treatment of sinus infections. Use 1/2 tsp. sea salt (non-iodized) in one cup lukewarm water, and draw it up the nose with a bulb syringe, neti pot, or the palm of your hand. If it's irritating, use less salt next time. One of my favorite home remedies!

### A few good herbs

Slippery elm teas or lozenges are very soothing to sore throats and mucus membranes. Warm, unsweetened lemonade with a little maple syrup and a dash of cayenne pepper helps break up mucus and reduce respiratory inflammation. Herbal extracts of echinacea and goldenseal support healthy immune function; glycerite forms are best for kids. Yin Chiao, a chinese herbal combination taken at the early stages of a cold, is remarkably effective at reducing cold severity and duration.

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## Update on Endometriosis

A report from the Endometriosis Assoc. 25th Anniversary Conference

In early October, a group of 700+ doctors and patients met to share and learn all the latest about endometriosis (endo). This is a common condition affecting at least 10% of women, though it often goes undiagnosed. Too few practitioners have a thorough understanding of the disease, its presentations, related conditions, and appropriate treatment strategies. This was an exciting gathering of people dedicated to improving the care of women with endometriosis.

### Paradigm Shift

Along with lectures about the modern advances in drug therapy and surgical techniques, there was much discussion about a paradigm shift towards a more comprehensive view of endo. It has long been thought of as simply a pelvic disorder characterized by endometrial growths outside of the uterus. The growths are similar to the tissue that lines the inner uterus (endometrium), and they grow and bleed with the menstrual cycle causing pain. Too frequently, conventional treatments are unsuccessful or the side effects are unbearable.

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**Colds & Flu** (continued)

**Resist the temptation to suppress minor symptoms**

Mild fevers (<101 degrees), runny nose, and swollen glands are signs of your body fighting the infection, and inhibiting these can make you feel better temporarily, but your symptoms persist for a longer time. Rest, adequate fluids, and herbal medicines can help you resolve these symptoms more healthfully.

Preventive strategies are most important for those with recurrent upper respiratory infections or underlying respiratory issues. Herbal medicines, acupuncture and other natural therapies can be helpful at all stages of infection—from prevention and immune support to the initial signs of infection, to managing symptoms during the acute stage, then helping restore good respiratory health.

*Carl Hangee-Bauer, ND, LAc*

**Calendar**

**November 1 – Announcing Weight Loss for Life now offered at SOMA**

A doctor-developed and supervised weight management program that deals with how to eat and properly combine foods to keep the body burning fat. Call to find out how the UltraLite program can help you successfully lose weight. Free informative seminars to be offered soon.

**November 30, 7:00 p.m.**

Dr. Day at Whole Foods (Franklin) Topic: Do the Holidays Stress You Out? Come learn about *STRESS* and pick up some tips on how to relieve it!

**Endometriosis** (continued)

Experts agree that women with endo need better answers and more comprehensive care.

Several non-pelvic aspects of the disease are now being recognized, such as disrupted hormone levels, altered immune function, and environmental exposure to hormone-like chemicals. This whole-body view broadens the picture of endo to include infertility, fatigue, immune dysfunction, digestive problems, and allergies, as well as pelvic pain.

**Other News**

Endo is increasing in the teen population and is still found in women after hysterectomy and even after menopause. It was reported that genetic and environmental factors contribute to a 5-10% increased risk in women with close relatives with the disease. There was also news about a company who is working on a new way to diagnose endo. The “gold standard” for diagnosis at this time is still surgery with biopsies.

**The Role of Naturopathic Treatment**

Long term management of endo can be achieved through natural treatments, though many patients do best with a combination of surgery, drugs, and natural treatments. Naturopathic medicine can help endo patients on many levels:

- ~ Hormone testing and balancing
- ~ Immune system regulation
- ~ Detoxification

- ~ Natural pain reduction
- ~ Nutritional support
- ~ Stress reduction
- ~ Referral to other experts


Although endo remains a chronic disease without a simple cure, naturopathic treatment offers women the ability to manage the disease and improve their quality of life.

*by Amy Day, ND*

**Ready for clean air?**  
 We now carry the popular Healthmate 400 and Healthmate Jr. Hepa filters.


**Austin Air**  
*for life.*

**SOMA Acupuncture & Natural Health Clinic**




Carl Hangee-Bauer, ND, LAc

Founded clinic in 1989. Integrates naturopathic medicine and acupuncture.



Amy Day, ND

Naturopathic doctor specializing in women's health.



Michele Hangee-Bauer

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