



Dr. Ryan Best, ND

Coronavirus and Influenza: What You Need to Know

Coronavirus

The recent outbreak of a new strain of Coronavirus has caused concern around the globe.

Coronaviruses aren't new, and are a common type of virus that infects different mammals (bats, camels, cats, cattle, etc), rarely making the transition to humans

The new strain (called 2019-nCoV), has been able to infect humans and spread through person-person contact.

Signs of Infection

Reported illnesses have ranged from mild illness and upper respiratory tract symptoms (fever, cough, shortness of breath, fatigue and others) to severe illness and death.

Should I Be Concerned?

The thing to realize about this new strain of Coronavirus is that although we do not fully understand its transmission characteristics, it is behaving very similarly to how Influenza affects developed nations every year.

There have been over 10,000 cases of confirmed Coronavirus infection and around 200 deaths from these infections. What many people don't realize is that in Canada alone, Influenza (the flu virus) kills thousands of people every year and has done so for decades.

Both of these viruses can cause upper respiratory tract infections of ranging severity, and it is the very

young, elderly and immunocompromised individuals in our society that are at the highest risk of complications and death.

Health Canada, The CDC (in the US) and other government health bodies in developed nations are extremely efficient in controlling new cases and outbreaks of these types of illnesses, studying them and creating vaccines and other treatments to protect those who are most sensitive to these infections.

What Can I Do to Protect Myself?

There are several things you can do to reduce your risk of contracting viral illnesses, including Coronavirus and Influenza:

Coronavirus prevention



Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.



Avoid touching your eyes, nose, and mouth with unwashed hands.



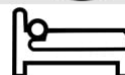
Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid close contact with people who are sick.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick.

Just as important is to support yourself with immune boosting strategies to make sure your immune system is functioning at full capacity during cold and flu season:

1. 7-8 hours of sleep every night
2. Regular aerobic exercise (20-30 minutes, 4-5 times per week at moderate intensity)
3. Minimizing refined sugar intake (simple sugars act like jet fuel for bacteria and viruses)
4. Increasing antioxidant intake through colourful fruits and vegetables (eat lots and eat the rainbow)

Here are some specific supplements I recommend for supporting immune function and decreasing the risk of illness during cold and flu season:

Immune 7 – Purica

A blend of researched medicinal mushroom extracts shown to increase your immune system's ability to fight off infections during cold and flu season

- Dose: 2 capsules per day for prevention, 3 capsules twice a day with active infection

Oral Vitamin C

Supports immune function and tissue repair and can help decrease the duration of colds and flu.

- Dose: 1000 mg 2-3 times per day

Vitamin D3

Up to 30% of Canadians are deficient in this essential Vitamin. Helps to increase immune surveillance,

reduce the risk of osteoporosis and can help with low mood during the winter months.

- Dose: 3000 IU per day with food during winter and spring

HMF Forte – Genestra

Multiple studies have shown this probiotic to reduce the frequency and intensity of upper respiratory tract infections as well as improve the symptoms of IBS, decrease the risk of depression, and many other benefits!

- Dose: 1 capsule twice a day with food

For more info on increasing immune function and infection prevention, or if you or a family member are dealing with chronic infections, low immunity, or other health concerns, come in for an initial appointment and we can work on getting you back to your ideal health.

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