

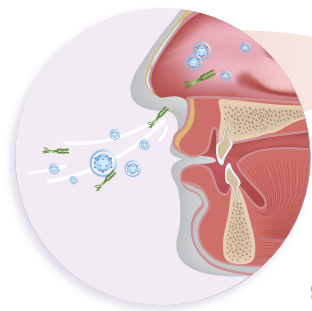
Patient Name:

Date:

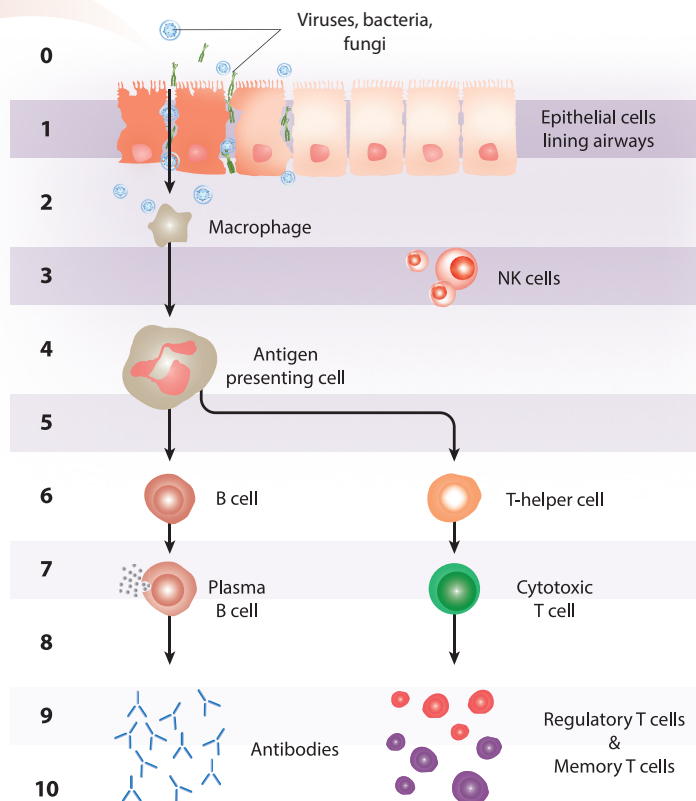
Upper Respiratory Tract Infections

Upper respiratory tract infections (URTIs) affect the head, nose, and throat. They are most often caused by a virus (usually the common cold or influenza), but they can also be bacterial or fungal. While antibiotic prescriptions are common, they are ineffective against viral or fungal URTIs. Antibiotic use also creates imbalances in the bacteria of the GI tract, and their overuse can harm our overall health. Acute infections typically resolve on their own within 14 days, but chronic infections routinely last longer. Healthy immune systems may have one or two URTIs per cold and flu season without cause for concern. But, a challenged immune system may easily have three or more, and they may also take longer than 14 days to resolve.

Immune Cascade



Days of Immune Function



Localized Symptoms

- Headache
- Nasal or sinus congestion
- Sore throat or enlarged tonsils
- Stuffy ears or ear infections



Systemic Symptoms

- Body aches
- Fever or chills
- Light headedness
- Malaise or fatigue



Support Immune Defenses



Enhance Immune Responses



Restore Immune Reserves

Addressing symptoms quickly is critical to prevent common colds and flu from becoming chronic sinusitis, bronchitis, or pneumonia. And many people reach for fever-reducing medication to relieve symptom severity. But fever is part of the body's natural defense system, and reducing a mild to moderate fever may actually prolong recovery time. Be sure to notify our office if your fever doesn't respond to treatment, is consistently 103 F (39.4 C) or higher, or lasts longer than three days.

Lifestyle Recommendations



Diet

Focus on soups, broths, lean protein, and colorful vegetables to nourish the immune system. Avoid food sensitivities or allergies and reduce dairy and sugar to prevent excessive mucus production.



Stress & Sleep

Stress and sleep deprivation are hard on the immune system. Exercise, deep breathing, gratitude, and limited evening screen time are simple yet effective ways to decompress for better rest.



Hydrotherapy

Hydrotherapy, the therapeutic use of water, can be a helpful addition to feeling better faster, and includes saline nasal rinses, steam baths or home humidifiers, for those in drier climates.



Environment

Respiratory viruses take advantage of cooler weather, so be sure to dress in warm layers. If you live in a damp climate, consider a dehumidifier and avoid exposure to mold.

Nutrient Recommendations

Probiotics	Beta-Glucan	Quercetin & Vitamin C	Andrographis, Thyme & N-Acetyl-L-Cysteine (NAC)	Andrographis, Echinacea & Elderberry
Probiotics are healthy bacteria that improve WBC activity and decrease the duration of URTIs if taken as an everyday preventive.	Beta-glucan primes, or strengthens, a weaker immune system and works best when taken on a long-term basis.	Quercetin and vitamin C enhance antiviral immunity and provide safe immune support for everyone, including those who are young, pregnant, nursing, or have autoimmune conditions.	Andrographis, thyme, and NAC soothe mucosal irritation while clearing congestion and excess mucus from the nasal and sinus passageways, especially in chronic sinusitis.	Andrographis, echinacea and elderberry provide fast-acting immune support for systemic viral infections and maintain immune defenses when taken preventively.
20 billion CFU* * Colony Forming Units	250 mg	Quercetin: 250 mg Vitamin C: 600 mg	Andrographis: 300 mg Thyme: 300 mg NAC: 750 mg	Andrographis: 200 mg Echinacea: 100 mg Elderberry: 250 mg

Recommendations:
