

Immune Support/Flu Prevention

Dr. Kevin Passero, N.D.

I. Short intro. about Naturopathic Medicine

- 1) Philosophy of Naturopathic Medicine
- 2) Education and Training
- 3) Six Guiding Principles of Naturopathic Medicine
- 4) Egg of Health

II. Overview of the Immune System

- 1) What is it?
 - a. What organs in the body constitute the immune system
 - b. How does the immune system work and what does it do
- 2) The importance of the Gastrointestinal System as an immune organ
 - a. immune enhancing benefits of probiotics
 - b. immune enhancing benefits of castor oil packs

III. Mind/Body relationship and effects on immune function

- 1) The effects of stress
 - a. Cortisol and immune suppression
- 2) Relaxation exercises
 - a. breathing exercises and enhanced immune function

IV. Diet and Food

- 1) Refined sugar and simple carbohydrates
- 2) Foods that support and enhance immune function
 - a. Fresh Herbs; rosemary, thyme, garlic
 - b. Recipes for fighting infection

V. Treatment Strategies for Prevention and the acute state

- 1) Botanicals
 - a. Prevention
 - b. Treatment
- 2) Homeopathy
 - a. Top Flu remedies
 - b. Guiding symptoms for remedy selection
- 3) Hydrotherapy
 - a. Warming Socks
 - b. Castor Oil Packs
 - c. Castor Oil Rubs
 - d. Mustard Plaster
 - e. Onion Poultice