



## **Swine Flu** **By Whitney Young, ND**

As cases and news spread of the Swine Influenza Virus, so spreads the apprehension and fear about the unknown of this infection. As a Naturopathic Doctor, I believe it is important for our community to know that there are proactive things they can do to prevent the spread of the flu. Naturopathic Doctors are experts in natural health and have many natural tools to improve immune systems. Simple measures such as ensuring adequate rest and washing hands with soap frequently make sense. Walking and stretching exercises boost the immune system while extreme aerobic exercises and weight training are best limited if you have any symptoms of the flu. There are many herbs, supplements, and physical therapies that also improve immunity. “Emotional” stress, fear and worry can depress the immune system. Staying positive and not giving into the fear is important for your overall health. Remember there are solutions.

If you or someone you know is experiencing a new/worse cough, shortness of breath, are feeling feverish, and/or have had shakes or chills in the last 24 hours, and have travelled within the last seven days to an infected area, or have been in contact with a sick person, contact a naturopathic doctor or other health care professional immediately,