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It's Not Too Late To Get Flu-Ready: The Ultimate Survival Kit

With the slow start to winter, health officials say that flu season is going to peak later this year. The colder temperatures make it very easy for people to come in contact with the flu virus, as it thrives and survives longer in cold and low humidity. And with the recent shifts in seasons, we're now fighting the chill as late as April.

By: Dr. Ken Redcross, MD,
founder of Redcross Concierge

Of course, flu denial continues to run rampant. There are those who are convinced that they are invincible to the flu bug, while others just don't have time to fit a doctor's visit in their busy schedules. Whatever the excuse, according to statistics, there's a high likelihood you will get hit with flu-like symptoms this year, no matter what you do.

So in the same way one might prepare for hurricane season, there is actually a lot you can do to get ready for flu season and reduce the duration of sickness, if you act quickly. According to the Centers for

Disease Control and Prevention (CDC), the average adult can expect to contract two-to-three colds each year, which doesn't even include the flu. So, don't wait until the flu strikes. Make sure your house is flu-ready and a plan is in place to take action within 48 hours of the first sign of flu symptoms. I recommend my patients keep on hand a flu survival kit that includes Oscillococtinum (or Oscillo for short), which can easily be found over-the-counter in most pharmacies.

Oscillo is an easy-to-take, low-cost homeopathic medicine that works to help relieve flu-like symptoms such as body aches, fever, chills, headache and fatigue. Clinical studies show that Oscillo shortens both the

severity and duration of flu symptoms, and it can also be used on children as young as two years old. Oscillo is non-drowsy, has a low risk of side effects and won't interact with other medications.

I also recommend including zinc, probiotics and chicken soup in your flu survival kit. Probiotics provide the same live cultures that ease digestive stress and can also help stave off colds. Zinc is a mineral essential to the cells of the immune system. A 2013 Cochrane Library analysis of 18 trials found that ingesting a daily dose of 75 milligrams within 24 hours of the onset of cold symptoms reduces the duration of the illness. Finally, mom was right when she served up chicken soup because

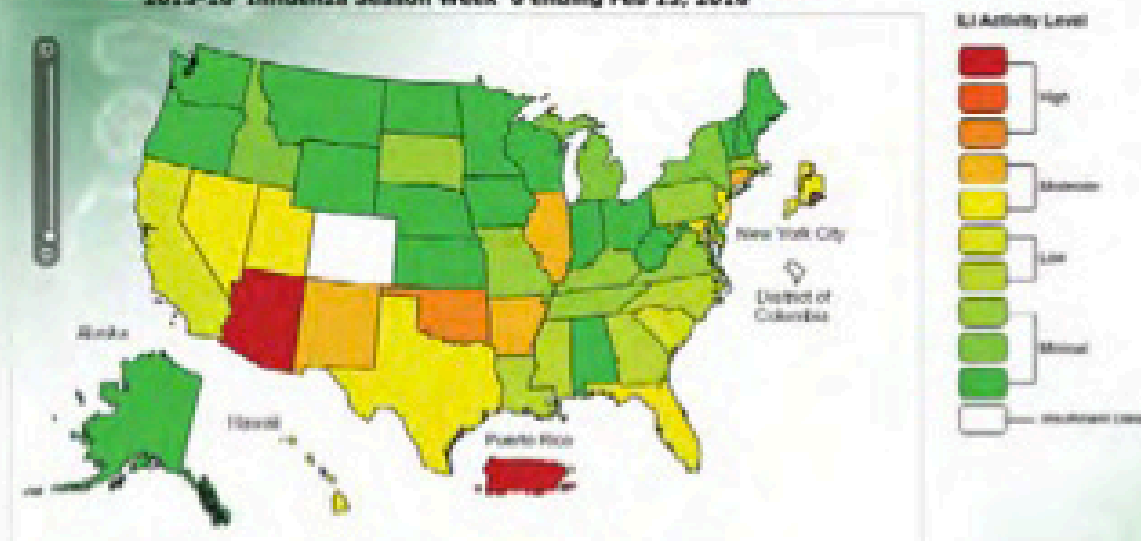
FLUVIEW



A Weekly Influenza Surveillance Report Prepared by the Influenza Division
Influenza-Like Illness (ILI) Activity Level Indicator Determined by Data Reported to ILINet

Season: 2015-16 **WEEK 5** **11**

2015-16 Influenza Season Week 5 ending Feb 13, 2016



It has properties that slow the movement of infection-fighting white blood cells. According to research published in the journal *Chest*, when white cells move more slowly, they spend more time in the areas of the body that need them most. The steam from the soup also helps open stuffed-up nasal passages and the salty broth can soothe a sore throat.

So stock up and get flu-ready because we are not out of the season just yet! For more personalized medicine tips go to: <http://drredcross.com> or follow on Twitter at @DrRedcross
Biography: Dr. Ken Redcross, MD, is founder of Redcross Concierge, a personalized medical practice designed to enhance the patient doctor relationship while providing convenient access to a full spectrum of healthcare services and holistic and wellness counseling. As one of the first full-service concierge, personalized medical practices in the United States, Redcross' patient portfolio includes executives, athletes and

entertainers, as well as individuals from all walks and stages of life. His focus on developing the patient-doctor bond is a unique characteristic of his concierge services that allows for a more strategic and customized approach to each pa-

tient's healthcare plan. Redcross earned his medical degree from Columbia Presbyterian Medical Center in New York, specializing in internal medicine.

