



# Natural Health Research Institute

Your One-Stop Website for Research on Natural Health and Wellness

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[www.naturalhealthresearch.org](http://www.naturalhealthresearch.org)

## Staying Healthy During Cold and Flu Season



Everyone is at risk for the common cold and influenza (flu). Although they share some of the same symptoms and both are upper respiratory illnesses, they are different conditions that can often be mistaken for one another. Colds are usually milder than flu, and symptoms tend to come on gradually. People with colds are more likely to have a runny or stuffy nose than people who have flu. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations. Flu can have serious associated complications. The symptoms of flu usually come on faster than a cold and are more severe. Symptoms can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and fatigue.

When it comes to fighting viruses, everyday precautions such as frequent hand-washing and avoiding close contact with others is key. But experts say that boosting your immune system may also give you an edge in staying healthy. To improve immune function, a healthy lifestyle as a whole is your best defense. To help ensure a strong and balanced immune system, eat a nutritious diet high in fruits and vegetables, supplement with vitamins and minerals, get adequate sleep, reduce stress, maintain a healthy gut with probiotics, and get plenty of exercise. Supplements that help support a healthy immune system include:

- Zinc
- Selenium
- Astragalus
- Vitamin D
- N-acetyl cysteine
- Vitamin C
- Fish Oil
- Ginger
- Dimethylglycine
- Vitamin A
- Echinacea
- Astaxanthin
- Vitamin E
- Probiotics
- Elderberry
- Iron



[Daily Consumption of Green Tea Significantly Reduced the Severity and Duration of Upper Respiratory Tract Infections in Healthy Subjects](#)



[African Geranium Extract Reduces Common Cold Severity and Duration](#)



[Higher Cadmium Levels are linked to Higher Mortality from Influenza or Pneumonia in Older Adults](#)



[Lactobacillus and Bifidobacterium Probiotic Blend Reduces Severity of Upper Respiratory Infections](#)

## Supplement Combination Very Effective For “Long” COVID

Written by Dr. Patrick Massey, MD, PhD



Long COVID is a condition in which individuals infected with COVID-19 continue to experience a wide range of physical, mental, emotional, and psychological symptoms after their initial infection, impacting their daily lives. A recent medical study (2022) published in the medical journal *Nutrients*, found the combination of vitamin C and the supplement L-arginine lead to significant improvements in 97% of the patients with symptoms of “long” COVID including fatigue and brain fog.

[Read the Full Article](#)

*Dr. Patrick Massey is medical director of complementary and alternative medicine at Alexian Brothers Hospital Network, and president of ALT-MED Medical and Physical Therapy, 1544 Nerge Road, Elk Grove Village.*

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*Written by Chrystal Moulton, Staff Writer.* A significant improvement and reaction time was observed among participants assigned caffeine and caffeine combination ( $P < 0.01$ ). [Read more »](#)



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*Written by Taylor Woosley, Staff Writer.* A single high dose of vitamin D3 (80,000 IU) increased subject's vitamin D status by approximately 60% and significantly reduced the serum levels of proinflammatory cytokines IL-6, IL-8 and TNF-a. [Read more »](#)

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