

# Naturopathic Doctor In Toronto Suggests Ways for Reducing the Risk of Cold and Flu in Kids

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Dr. JJ Dugoua, a naturopathic doctor in Toronto, has suggested ways for reducing the risk of cold and flu in children in a recent report posted on his website. He explains that there are more than 100 different types of colds, including rhinovirus and enterovirus. These viruses and coronaviruses are mutating all the time, which means that kids don't have immunity from the new ones, causing them to suffer from many colds over the course of a year. Dr. JJ explains that there is a difference between the cold and the flu, with the two illnesses having very different sets of symptoms. The flu tends to come on quickly, with the patient suffering from fever, pain, muscle aches, and vomiting. In contrast, the regular cold builds up slowly, peaking in a low-grade fever, cough, and sore throat.

Dr. JJ discusses the possible use of cough and cold medicines for kids. He says, "Back in 2009, the Health Canada issued a recommendation that children aged six or younger not be given any cough and cold medicines. In 2016, they reaffirmed this position. Not only did it show to have almost no effect on the cold, it also turns out to be dangerous for ones so young. For children aged six to twelve, cold and cough medication has only a small benefit. Here again, you're better leaving those aside and picking up some natural remedies, instead."

Dr. JJ goes on to explain the various ways that people can reduce the risk of catching a cold or the flu. One way proven way, according to Dr. JJ, is to wash the hands. He advises people, including the kids, to carefully wash their hands, pretending that they are doctors, ensuring that all of the creases and crevices have been scrubbed clean. It may also be a good idea to do the "vampire cough," which means coughing or sneezing into the elbow, instead of into the hands. For more health information, Dr. JJ also has a YouTube channel that can be accessed at <https://www.youtube.com/channel/UCQEMt4YNtR97eu-FZ2-nr5A>.

There are a number of natural solutions for the cold and flu that people and their kids can try. These include honey, zinc, vitamin C, vitamin D, and chicken soup. Studies have shown that the protein found in honey can kill bacteria. Honey can be used as a natural sweetener for drinks, cereal, and in baking. Thus, aside from having a healthy sweetener, people can also benefit from the antibiotic properties of honey.

Meanwhile, zinc is a mineral that has been found to boost the immune system, and it can also be used to treat the common cold. Making sure the multivitamins taken by the kids contain zinc is a great way to protect them from the cold. Parents may also want to get their kids munching on some pumpkin seeds, which can provide a healthy dose of zinc. And for sore throats, parents can give their kids a zinc lozenge. An adult lozenge can be given to kids, but parents need to make sure they don't contain dyes or sugars.

And, of course, there is vitamin C, which has long been known to boost the immune system and to be capable of fighting the cold. Kids can take a daily supplement and there is no worry about getting an overdose of vitamin C because any excess of vitamin C is simply excreted through the urine. Dietary sources of vitamin C include guava, bell peppers, kiwi, oranges, and more. Camu camu powder, which is derived from the camu camu fruit from the Amazon, can also provide a super-dose of vitamin C.

With regards to vitamin D, it is difficult to get it from food but the best way is to eat fatty fish, such as tuna, salmon, and mackerel. It may be a good idea to get some vitamin D supplements because people tend to lack vitamin D.

And finally, there is chicken soup, which has been observed to have anti-inflammatory properties. It can help with rehydration and decongestion, which are both needed by people suffering from cold or flu.

Those who are interested in the naturopathic health solutions from Dr. JJ can visit his website or contact them through the phone or through email. They may also want to stay updated through their Facebook page at <https://www.facebook.com/AskDrJJ/>.

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## **Dr. JJ**

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