



Newsletter, Volume 1, Number 1 – October 2009

In the News

Info about current health news and naturopathic treatment and/or perspective

The spread of the H1N1 (swine influenza A) occurs mainly via person-to-person contact through respiratory droplets as a result of sneezing or coughing. Some may get infected from touching objects with the flu virus on it, then touching their mouth or nose.

NOTE: infected persons may infect others beginning from day 1 before symptoms develop up to 7 days or greater after becoming sick.

Naturopathic Options:

Chew 2-3 cloves of raw chopped garlic daily to enhance your immune system; garlic is anti-bacterial, anti-viral and anti-parasitic in nature. This may cause slight stomach upset and burning in your mouth when you chew. Try mixing garlic with tomato sauce and spread on toast for better palatability.

Dr. Hoo's Cold Buster Formula contains:

Licorice root, Garlic, Siberian ginseng and Astragalus root. A fantastic formula to be taken as a prophylactic or the moment you feels symptoms coming on.

Advice from Dr. Aaron Hoo

Tips and tricks from Dr. Hoo regarding the season/health/wellness/things to try/services to come in for.

H1N1 Flu Prevention:

Cover your mouth and nose with a tissue when you sneeze; when you cough, do so into your sleeve. Wash your hands often with soap and water, especially after your cough or sneeze.

Alcohol based cleaners/sanitizers are an option. Avoid contact with sick people. If you get sick, stay at home from school or work and limit contact with others to keep from infecting them. Avoid touching your eyes, nose or mouth as that's how viruses are transmitted

Featured Recipe

AUTUMN BEAN SOUP: (serves 6)

(beans can be canned or cooked from dry)

2 cups white kidney beans; 1 cup kidney or red beans; 1 cup chickpeas; 2-3 cups fresh spinach or escarole, washed, drained, and chopped OR 1 10oz. package frozen spinach; 4 cups chicken or vegetable broth; 2 onions, chopped; 2 cloves garlic, minced; 1 tsp. each dried basil and oregano; 1 tbsp dried parsley; pepper to taste; parmesan cheese (optional)

Combine all ingredients & simmer until onions are soft, about 45 minutes. Garnish with optional parmesan cheese.

Dr. Aaron Hoo

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