



## Newsletter, Volume 1, Number 3 – December 2009

### In the News

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

A recent study examined the impact of daily probiotic intake in the form of a dairy drink, on the immune response to influenza vaccine in a healthy elderly population > 70 years of age. Two randomized, multicentre, double-blind controlled studies were conducted over two vaccination seasons in 2005-2006 and 2006-2007. The participants were randomized to either receive the probiotic strain of *Lactobacillus casei* and fermented yogurt or a non-fermented control dairy product twice per day for either 6 weeks (2005/2006) or 13 weeks (2006/2007). Vaccines were given a month after consuming the yogurt. Titres against 3 viral strains (H1N1, H3N2, & B) were measured at regular intervals post-vaccination; in both studies, antibody titres against the influenza virus were consistently higher in the probiotic group compared to control. The authors concluded that probiotic drink improves antibody responses to influenza vaccination in the elderly.

### Advice from Dr. Aaron Hoo

Tips and tricks from Dr. Hoo regarding the season/health/wellness/things to try/services to come in for. In consideration of the recurrent media frenzy on the H1N1 vaccine, I'd like you to consider the following alternative treatments which have time and again, proven to be an excellent prophylactic against developing colds or flus.

I suggest receiving regular intravenous Vitamin C therapy (aka. Myers' Cocktail by Dr. Myers, MD). This formulation is introduced intravenously and includes Vitamins C, B-complex, Calcium, Magnesium, Vitamin B5, Vitamin B6, and B12. The therapy boosts your production of Natural Killer cells (NK cells) which are your first line defense against viruses and cancer cells.

### Featured Recipe – Quinoa Vegetable Soup (serves 4-6)

4 cups water, ¼ cup quinoa (well rinsed), ½ cup carrots, diced; ¼ cup celery, diced; 2 Tbsp. onions, chopped; ¼ cup green pepper, diced; 2 cloves garlic, chopped; 1 tsp. olive oil; ½ cup tomatoes, chopped; ½ cup cabbage, chopped; 1 tsp. sea salt, parsley chopped.

Saute quinoa, carrots, celery, onions, green pepper, and garlic in oil until golden brown. Add water, tomatoes, and cabbage and bring to a boil. Simmer 20 to 30 minutes or until tender. Season to taste and garnish with parsley. For variation, try adding some of your other favourite vegetables, chopped and sautéed.



## Clinic Savings



Bring this portion into the clinic to receive

**15% off**

**your next supplement purchase**

**Dr. Aaron Hoo**

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