

How To Bite Back And Stay Healthy This Flu Season

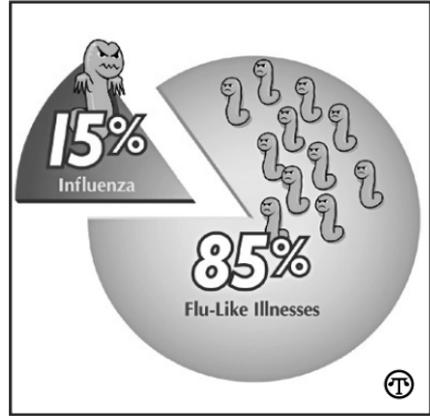
(NAPSA)—Have you ever opted to get a flu shot and then come down with a cough, headache, chills and fever anyway? Don't blame the vaccine. According to medical experts, there's more to protecting yourself from the flu than simply getting a shot.

"In general, every year, 100 percent of people have an influenza-like respiratory illness," said William Atkinson, MD, MPH, of the National Immunization Program at the Centers for Disease Control and Prevention. "Around 15 percent of these illnesses are due to influenza virus. Therefore, around 85 percent of these illnesses are *not* due to influenza. The flu shot will only prevent infection with the influenza virus, and has no effect on infections from other viruses."

Staying healthy during flu season means defending yourself against influenza, as well as fighting the other viruses that cause flu-like symptoms. But while medical experts agree that the flu shot is the most effective tool for preventing influenza, science has offered no clear solution for the treatment of the range of other flu-like illnesses.

To help Americans understand the significant role they can play in staying healthy during the flu season, noted author Dr. Carolyn Dean (*Natural Prescriptions for Common Ailments*) and Oscilloccinum® have partnered to create "Ten Tips to Stay Healthy this Flu Season." These guidelines reveal some of the most important actions people can take to improve their odds of avoiding the flu. Consumers can get their own copy of the tips at www.oscillo.com.

In clinical studies, Oscilloccinum (also known as Oscillo) significantly reduced the duration and intensity of flu symptoms. The latest study, published in a British scientific journal, found that patients with flu symptoms treated with Oscilloccinum had a 63 percent greater recovery rate



Staying healthy this season means protecting yourself from more than just influenza.

than the control group within 48 hours of treatment.

"I tell my patients to take Oscillo as soon as they feel the first sign of flu," said Robert Schiller, M.D., department chairman of family medicine at Beth Israel and an assistant professor of family medicine at Albert Einstein College of Medicine in New York City. "In addition to making them feel better fast, Oscillo works without causing side effects or interacting with other medications."

Homeopathic medicines like Oscilloccinum are regulated by the United States Food and Drug Administration as drugs, and are manufactured according to the Homeopathic Pharmacopoeia of the U.S. and the drug Good Manufacturing Practices. For more than 65 years, people have trusted Oscilloccinum to help speed recovery from the symptoms of flu, including fever, chills, body aches and pains. It is recommended by physicians around the world and is available in 43 countries.

Oscilloccinum is made by Boiron, world leader in homeopathy. Founded in 1932, Boiron's mission is to give physicians and healthcare professionals the opportunity to learn about homeopathic medicines and to use them in daily practice. To learn more, visit www.boiron.com.