

## What do I do when I get the FLU?

It's very likely, at some point during your program, you will come down with the flu. The flu can not only be very disruptive to your life, but also to the program of care you have been prescribed by the doctor. To minimize the impact to your program and eliminate unnecessary suffering, we present the following information:

- 1) When you **first notice** the onset of **ANY flu symptoms**, get to the office as soon as possible. In nearly all instances procedures can be performed which result in the nearly all of the flu symptoms dissipating within hours of your visit.
  
- 2) **Too sick to get to our office?** Put four ounces of original 7-up from a can into a tall glass. Add two original Alka-Seltzer tablets (blue package). Lap up the solution taking in only what sticks to the tongue. If you drink it you will have dry heaves. It takes about an hour to lap up the entire solution. Once all of the solution has been consumed you will be able to travel to our office to be worked on. Do not do this unless you are able to be seen, otherwise in about three hours the symptoms will return more strongly. NOTE: Purchase these items (7-Up in a can, blue Alka-Seltzer) right away! Put them together with a glass in your bedroom or bathroom so they are available when you need them!
  
- 3) If you are experiencing "**chills**," tap for thirty seconds between the nose and lip.
  
- 4) If your **temperature is high**, rub both temples with your eyes open for twenty seconds. Repeat with eyes closed. This works when you're feeling cold as well and can be used anytime, not just when you have the flu.
  
- 5) If you are experiencing an **upset stomach**, nausea or stomach pain, tap half way between the bottom of your breast bone and your belly button for fifteen to thirty seconds.