



Functional Nutrition Working Group Newsletter

December 2023

The mission of the Functional Nutrition Working Group is to promote the field of functional nutrition to the community and legislators, educate the Chiropractic profession by providing information and resources to the chiropractors, and to educate the chiropractors so they can provide their patients with effective holistic healthcare services for better patient outcomes.

Upper Respiratory Infections (URI)

- Caused by >80% viral and ~15% bacterial infections
- Etiologic agents include viruses - Rhinoviruses, RSV, Coronaviruses, and bacteria (less often) - Streptococcal species, Bordetella Pertussis.
- Viral URIs are transmitted by hand contact, sneezing, coughing, but NOT through saliva
- Standard of care is mainly supportive treatment and rest



Signs & Symptoms

- Coughing, sneezing, nasopharyngeal erythema, congestion, sore throat
- Incubation 1-3 days, symptoms generally last 3-14 days

Testing

- Generally not performed due to many causative viruses, except to rule out infectious agents of concern with symptomatic overlap - Group A strep, Influenza A/B, COVID-19, Bordetella Pertussis

Natural Support

- Zinc (oral) has been shown to support the immune system and may reduce symptom duration. Some studies suggest needing at least 75mg for full effect if tolerated gastrointestinally
- Nasal zinc preparations (Zicam) pose risk of irreversible anosmia and should be avoided
- Vitamin C has been shown to be supportive in doses around 200-500mg/day
- Vitamin D has been shown to be supportive if taken prior to illness, with higher blood levels of 25-hydroxyvitamin D at onset of infection correlating to fewer incidences of URI
- N-Acetyl-Cysteine (NAC) is a mucolytic, anti-oxidant, and immune-supporting supplement that has shown benefit for URI symptoms

**Functional Nutrition
Working Group**

**On-Demand Lunch &
Learns Available**

**Infection/Infectious Diseases
The Blood Sugar/Back Pain
Connection**

Hormonal Imbalances

Heart Disease/ASCVD

Inflammation

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