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TheBostonChannel.com – Healthbeat – Patients Turn To Holistic Healing To Fight Flu

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NewsCenter 5's Liz Brunner reported that a number of holistic health clinics are offering up ideas – from herbs to attitude. Dr. Georgianna Donadio, of Wellesley Center for Whole Health, cites data showing a positive attitude does strengthen the body's ability to fight off infection. Her whole health approach involves good nutrition, exercise and decreasing stress. "We're not going to have to worry about if we do or we don't get a flu shot, in general, because if we take care of ourselves, our body is going to take care of us against the flu," she said. Naturalist Jared Skowron has been running a flu clinic for a couple of weeks.