

WELLNESS review



What to do for colds and flu!

Need some help battling the winter bugs?

We all know the symptoms of the common cold: sneezing, sore throat, runny nose and fever. Although these symptoms are usually mild, colds and flu are the leading cause of doctor visits and missed days from school and work.

Dreading the winter months?

The common cold strikes many people every year, especially during these cold winter months. Many people often dread the winter months, not because of the cold, windy, wet weather, but because they suffer terribly with the symptoms of the flu or common cold. Keeping your immune system healthy by eating a well balanced diet and taking natural supplements can assist your body's natural immune function and get you through the winter months without suffering those terrible cold and flu symptoms.

Instigators of a weakened immune system

There are many factors that may contribute to the weakening of your immune system. In order to maintain a healthy immune system you should try to minimise these factors:

- Physiological, psychological and emotional stress
- Lack of regular exercise
- Lack of sleep, rest and relaxation
- Poor diet
- Nutritional deficiencies

An apple a day keeps the doctor away!

There is a lot to be said about this old saying. Maintaining optimal nutrition is extremely important in maintaining health, wellbeing and a balanced immune system. In order to give your body a fighting chance against the common cold, we suggest you follow these tips for a healthy immune system:

- Eat a balanced diet high in fibre and complex carbohydrates, low in fat, with moderate amounts of protein. Eat fresh, wholesome, unprocessed foods.
- De-stress! Enjoy plenty of rest and relaxation.
- Exercise regularly.
- Increase water intake to six to eight glasses per day.
- Supplement your diet with recommended nutrients and herbs.

How can we help!

When colds or flu strike, we recommend using natural supplements to help support and boost your body's natural immune function. Both the common cold and flu are caused by viruses and what many people may not realise is that antibiotics are not able to kill viruses; they are only able to help with bacterial infections. Fortunately there are herbs and nutrients that can help manage these viral infections.

- **Herbal immune booster:** The following herbs have been shown to kill the viruses which cause the common cold and flu and are now available from us in one convenient tablet.
 - *Andrographis paniculata* is an Ayurvedic herb which has a long history of use for bacterial and viral infections. Clinical studies have shown it can reduce the severity and duration of the symptoms of colds and flu. Its anti-inflammatory properties contribute to its symptom-relieving properties.
 - *Picrorrhiza kurroa* has been used traditionally in Indian and Chinese Medicine to help maintain a normal healthy immune system. It has been shown to exert anti-inflammatory and immune-stimulating actions.
 - *Sambucus nigra* (Elderberry) has traditionally been used for its anti-catarrrhal and fever-reducing actions to help relieve the symptoms of colds. It is indicated in catarrhal inflammation of the upper respiratory tract, such as the common cold/flu, sinusitis and recurrent or acute coughs.
- **Nutrients for immune support:** Zinc may be the most important mineral for your immune system. Zinc deficiency may cause a weaker immune response, predisposing you to a more lengthy or severe cold. In fact, optimal zinc levels have been found to inhibit the common cold virus. Vitamin C is also important as it increases the activity of infection fighting white blood cells. Vitamin C may prevent the common cold as well as shorten the duration of the symptoms. These two important nutrients for the immune system are available from your Naturopath in a pleasant tasting powdered supplement.

So even if it is cold and flu season again, doesn't mean that you need to walk around with a throat that is on fire, a seriously stuffy head and a temperature that is through the roof. There are many natural supplements available to help boost your immune system, and prevention is much better than cure. Come in and let us discuss today about how you can get through the winter months fit and healthy.

