

Ready to Stay Healthy During Cold and Flu Season?

by Catherine Carleton-Fitchett, R.Ac, ROHP

In addition to safe COVID practices of social distancing, regular mask wearing and hand washing, consider adding the following wellness strategies to your self-care routine:



- 1. Limit** sugar, avoid overdosing on sweets at holidays
- 2. Eat** a whole food natural diet, organic and hormone free whenever possible, avoid dairy and wheat that clog the system
- 3. Drink** more, good quality filtered water: aim for half your body weight in ounces
- 4. Take supplements** to enhance your nutrition. Ask your ROHP/RNCP which ones at what dosages are best for you:
 - * **Natural Antivirals:** Olive leaf extract (AOR), Virafect (StFrancis Herbs), NAC (Genestra)
 - * **Natural Antibacterials:** Bryonia (Biomed), Deep Immune (St Francis Herbs), Echinacea, Goldenseal, Collodial Silver (Sovereign Silver)
 - * **Immune Boosters:** ImmuHerbs (pure encapsulations), Bioboost (Biomed), Zinc Tally (Metagenics), Mushroom Synergy (AOR), Allisyn (Genestra), Vit A, C, D, etc.,
 - * **Probiotics:** HMF Immune (Genestra), Ultra Flora Immune Booster (Metagenics)
- 5. Homeopathic Cold/Flu Preparations:** Oscillococinum (Boiron), Muco coccinum (Unda)
- 6. Exercise:** find an exercise program that you enjoy to keep lymphatics moving
- 7. Dress appropriately** for weather conditions: avoid exposure to excessive outside wind, cold and dampness
- 8. Reduce Stress:** balance work with rest and play
- 9. Stay positive** and think happier thoughts
- 10. Get good quality sleep** at night; aim to go to bed earlier
- 11. Consider regular body work** such as acupuncture, massage, reiki, and reflexology etc.
- 12. Do not use an Antibiotic for virus symptoms**