



Wellness Update January 2021

by Susan Hanly – Naturopath

A NEW YEAR WITH NEW ENERGY!

Last year, 2020 was a tough year for all of us to say the least. It was stressful, confusing and challenging for most. Trying to get a handle on how dangerous this virus was and how it was going to impact us individually and communally, opened a whole new world as media releases were continuously trying to update us but at the same time frightening many.

While we are more accustomed to the regular updates from the Government we must remain vigilant in our personal protection as this virus, unfortunately, is not going away any time soon.

We have to do all we can to help prevent those who are more vulnerable due to frailty, old age or chronic disease from developing Covid 19. We all need to work hard to be as strong and healthy as possible!

How a strong immune system can prevent a viral infection such as COVID-19

Throughout our lives we are exposed to thousands of viruses on a daily basis, but only a few can cause a serious infection. The rate of infection is dependent on the virus, as well as the strength of your immune system. Several factors contribute to a your immune system strength.

- **Nutrition** - Follow the plant-based Mediterranean Diet. Seven to nine veggies and fruits/day.
- **Avoid stress** with yoga, meditation and deep breathing. Take vitamin B complex. The B vitamins help to generate energy, which is depleted by stress.
- **Avoid toxins** like air and water pollution, chemicals in the home and radiation.

- **Avoid sugar** - High blood sugar competes with vitamin C for entry into cells. White blood cells need vitamin C to support their immune function. Too much sugar in white blood cells can deplete immune strength by as much as 75%.
- **Sleep well** - the body regains strength during sleep. Hormones are made and toxins are removed.
- **Exercise is important** - At least 30-45 minutes of exercise every day will help to strengthen the heart and blood circulation, the lungs and the detoxification process.
- **Extra supplements to boost immunity** - Most people do not get all the nutrients they need. Most people need a multivitamin, vitamin C, vitamin D3, magnesium, zinc and perhaps a green powder drink every day.

<http://orthomolecular.org/resources/omns/index.shtml>

A Rejuvenating Break

I hope you managed to have some time during the Christmas/New Year period to put your feet up or do something that you enjoy so that you hopefully feel you have recharged.

A positive attitude and a strong immune system will go a long way to keeping you healthy and Covid 19 free!

I am back from leave and available for consultations as from Monday 18th January.

I look forward to assisting and guiding you to be in the best health you can be throughout the coming year.

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