



Wellness Update July 2014

by Susan Hanly - Naturopath

Protect yourself and your family from colds and flu this winter

Winter is Here

Every winter when you get sick, you tell yourself to be more prepared next year. As soon as someone sneezes at work, school, or home, you find yourself with yet another cold or flu. It does not have to be that way this chilly winter season. Arm yourself and your family with the tools to build strong immune defences to reduce your risk of getting sick. If you do get sick, a strong immune system will also reduce the severity of your cold and flu symptoms, and help to speed your recovery.



Natural Medicines to Prevent and Treat Symptoms

There are many Natural Medicines that are beneficial in preventing, treating and shortening the duration of colds and flus. These agents can boost your immune system as well as provide the necessary tools to help you fight against infection. Look out for these immune boosters:

- **Zinc:** Optimal levels of zinc in the body have been found to inhibit the common cold and influenza viruses.
- **Vitamin C:** Vitamin C supports healthy immune function by enhancing the activity of your immune defence army of white blood cells; also reducing severity and duration of symptoms.
- **Probiotics:** These friendly bacteria live in your digestive system and enhance health, and even immunity. Probiotic strains, *Lactobacillus acidophilus* (NCFM), *Bifidobacterium lactis*

(HN019) and *Lactobacillus rhamnosus* (HN001), have been scientifically proven to enhance immune responses. By providing healthy gut immunity, you are providing the best defence against inhaled and ingested pathogens.

- **Andrographis:** This powerful herb stimulates the body's natural immune response, and significantly reduces the duration of colds. You or your loved ones can take this herb as a preventative to keep your immunity strong; it can also be used acutely as soon as you get cold symptoms.

Lifestyle and Dietary Recommendations

Incorporate these handy tips into your life to improve your resistance and support recovery from colds and flus:

- **Rest!** Give your body a chance to gather strength and make sure you get a good night's sleep.
- **Eat warm, nourishing foods.** Homemade chicken and vegetable soup can help break down mucus that often comes with colds and flus. If you don't have an appetite, the broth alone will provide minerals and vitamins to give you strength.
- **Eat foods such as garlic, ginger, onion and chilli** to help fight off illness, warm you up and reduce inflammation.
- **Drink plenty of water** to keep yourself well hydrated.



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Be Prepared

Make sure you are prepared this cold and flu season - and remember, prevention is better than cure! Have all the essential immune nutrients on hand this winter. You may want to include zinc, vitamin C, strain specific probiotics and Andrographis in your immune first aid kit, to keep you and your family well this winter. Everyone will want to know your secret of how you keep well.

Call me today to get your immune system in great shape. The best quality supplements will reap the best results and that is what Practitioner Ranges available here at the clinic will achieve.

If you are one of those people that seem to just get cold after cold and you keep blaming those pesky grandchildren or the sniffers and coughers in the office then it may be time to look a little closer to home – your own body!

Your immunity starts in your gut. If your gut is not in good functioning order it can easily result in a depleted immune system. A good way to get your gut back to its proper efficiency is to do a little detox. Now don't turn off!

You can do what I call an express detox which really is not bad at all and only takes about 2 weeks. It won't leave you feeling tired or sick at all and at the end of it you will feel more invigorated, very



virtuous and have a better functioning immune system. What is not to like about that eh??

Call me and have a detox chat – you'll feel better for it!!!

Remember the smart phone app!

For those of you who have not yet downloaded the clinic smart phone app now is the time. There is heaps of information about the programs and services here at the clinic but more importantly there is a loyalty program. If you use the phone app and show me each time you come then you get 30% off your 3rd consult.

Simply scan the QR code below or go to your smart phone app store in either android or iPhone and download it for free. It is also easy to send on to friends if they want any information about the clinic.



Good health is a result of a healthy diet (a rainbow of colours on every plate), regular exercise (and no I don't mean annually) and quality supplements for maintenance. Call me if you are not going full steam ahead.

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