



Cold & Flu prevention - nature always works!



From a Naturopathic perspective your immune system represents a complex relationship between you and the outside world. Optimal immune function is dependent on our overall health, and significantly impacted by our stress levels. Naturopathic philosophy focuses on more than just killing germs; it additionally respects and supports the ecology of your entire immune system. From this perspective you and your Naturopathic Doctor can develop an individualized plan to help support your unique needs and manage your susceptibility to illness. ~ thanks to Dr. Erin Wiley [Naturopathic Doctor] for the content.

She is the Co-founder and Clinic Director of the Integrative Health Institute in downtown Toronto
www.integrativehealthinstitute.ca

Stress: Suppress your immune system!

There is a well known relationship between stress and immune suppression. Stop and consider whether your lifestyle is supportive to your physical, mental, and emotional needs. Practice stress-relieving activities daily like deep breathing and yoga, get plenty of exercise and rest. Plan back up childcare and get the rest you need.

- * Exercise: At least 30 min of cardiovascular activity 3 times a week
- * Sleep: 8 hours per night

Germs are ever present and will always evolve, but the strength of your immune system will predict whether or not you get sick at all and how long you may be feeling under the weather. If you are feeling stressed, worn out or run down talk to your Naturopathic Doctor about immune support and treatment options before the season truly starts. Improve your health and decrease your chances of catching the common cold and build resilience and a speedy recovery if you do. – Erin Wiley ND

Hygiene: Prevent the spread of Germs

- * Use a tissue or your elbow to cover your nose and mouth when you cough or sneeze
- * Wash your hands often with soap and water
- * Keep your home and office clean using toxin free cleaning products



Toxin Caution:

Many antibacterial soaps and hand sanitizers contain Triclosan a synthetic agent implicated in many negative health effects including a weakening of the immune system and disrupting endocrine (hormonal) balance. It has also been shown to bio-accumulate in the body and belongs to a class of chemicals that are suspected of causing cancer in humans. No data has demonstrated that antibacterial soap or hand sanitizer provide additional benefits to regular soap and water.

Toxin free sanitizing products include: glycerin soap and water, vinegar, baking soda, tea tree oil, and lemon juice.

For more information visit: www.toxicnation.ca



Foods: Immune Supporting Foods include:



Ginger is a warming herb with anti-inflammatory properties



Garlic is a powerful antimicrobial that keeps germs at bay

Warming spices like **cayenne, turmeric, and cinnamon** keep our enzymes functioning optimally by promoting optimal body temperature.



Warm Vegetable broth or chicken soup keep us warm and nourished by the minerals dissolved and easily absorbed in the broth. Foods rich in **zinc and selenium** give our immune system the building blocks it needs to function well.

Zinc 30-50mg/day: oysters, beef, turkey, wheat-germ, swiss chard, lima beans, Oats, mustard greens, pumpkin seeds, soybeans, kidney beans, ginger root, leeks, lentils. Note: On average whole grains contain 15 times more zinc than their processed counter parts!

Selenium 200-300mcg/day: Brazil nuts, fish, scallops, clams, oats, orange juice, oysters, wheat germ, molasses, sunflower seeds, granola, beef, brown rice, turnips, chicken, egg, asparagus. Note: selenium quantities vary in foods depending on the levels in the soil.

This bulletin is for information only. Please consult your local Naturopathic Doctor or Holistic practitioner for specific health issues.

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