

# Wellness

## REVIEW



### Are You Sick of Catching Colds and 'Flus?

We are now at the beginning of winter, the season of the dreaded colds and 'flus. The good news is you do not have to put up with runny noses, sinus pain, fevers, sore throats, coughs and generally feeling unwell. Now is the time to look at which natural supplements may help support your immune system so you can enjoy a symptom free winter.

*Ask us for help with fighting colds and 'flus this winter.*

### Why Do We Get Colds and 'Flus?

If you regularly catch colds and 'flus you may have an imbalance in your immune system which may make you more susceptible to infections. A poor diet, nutritional deficiencies and/or a lack of exercise can all lead to these imbalances in your immune system. A strong immune system can help to protect you from potentially harmful invaders, such as viruses and bacteria, by recognising and responding to them as a threat.

### Viruses Can Cause Colds and 'Flus

Contrary to popular belief, viruses cause colds and 'flus - not bacteria. Viruses are minute infectious agents which invade and hijack your cells. The immune system recognises viruses as invaders and attempts to destroy them before they can invade your cells. If the immune system is out of balance however, it may not have the ability to destroy viruses and viral infections can occur. Common symptoms of viral infections include sore throat, fever and fatigue.

### Herbs and Nutrients

If your immune system is struggling to defend you this winter, don't despair - Natural Medicines may help! Particular herbs and nutrients may help you to manage your cold and 'flu symptoms naturally, as well as improving underlying immune imbalances. The following herbs and nutrients may be beneficial for fighting colds and 'flus.

Symptoms	Useful Herbs and Nutrients
Fever and sore throat	Andrographis
Productive cough	Aster, Pinellia, Magnolia, Cynanchum
Dry irritating cough	Licorice, Marshmallow, Fritillary, Dwarf lilyturf
Sinus congestion	Anti-microbial essential oils such as Eucalyptus, Peppermint, Lavender and Thyme used in a sinus spray
Frequent colds and 'flus	Vitamin C, Vitamin D, Zinc, Probiotics

*Speak to us about which herbs and nutrients may be of benefit for you.*

### Diet and Lifestyle Suggestions

There are dietary and lifestyle changes that you can make to strengthen your immune system to prevent colds and 'flus, including:

- Eat a well balanced diet including fresh vegetables, fruits, nuts, seeds, fish, eggs, legumes and lean red meat.
- Reduce your intake of mucus forming foods such as dairy.
- Avoid foods low in nutrients that suppress the immune system, such as sugar, white flour products and alcohol.
- Drink at least 2 litres of filtered water every day.
- Exercise regularly.
- Ensure you are getting enough sleep.

### Do Not Suffer Through Another Winter

By making some simple changes to your diet and lifestyle and by taking the appropriate supplements, you can reduce your risk of catching colds and 'flus this winter. Speak to us about the best way to manage your colds and 'flus naturally and enjoy a symptom free winter!

