

AUTUMN NEWSLETTER

THE SECRET TO FEWER COLDS

It's back to school month and Fall has arrived. Unfortunately, it is also the season for colds and flus. It's not unusual to get an occasional cold every now and then as it can actually strengthen our immune system. Frequent colds are an indication that your body is weak making you more susceptible to infectious diseases.

IMPORTANCE OF GOOD NUTRITION TO KEEP HEALTHY

People with weak immune such as: children and elderly are more sensitive to such illnesses which can leave them vulnerable to other diseases.

We are all aware of the importance of good nutrition. When we eat healthy our bodies can function better, this trickles down to other aspects in our lives such as; better sleep patterns, handle stressful situations better, engage in physical activities, are happier in general etc.

When we do not eat properly our body sends us warning messages by developing the sniffles, scratchy throat, cough, headache, fatigue and so forth.



HOMEMADE CHICKEN VEGETABLE SOUP

1. Fill a large pot with water & bring to a boil.
2. Place half a breast of skinless chicken into pot. Cut into pieces. Add ½ tbsp of salt (optional).
3. Add some parsley leaves, basil leaves, celery leaves & 1 small whole onion.
4. Chop carrots, celery, green beans, broccoli, zucchini, mushrooms or any other vegetables you desire. Place in pot.
5. Cook on medium temperature for 1 hour.
6. Remove from stove, serve warm & enjoy.



By following these simple steps it is possible to lessen the frequency of viruses.

- **Stop & Re-evaluate your Health.**
- Begin eating healthier meals, **Eat More:**
 - **Fruits, Vegetables, Protein** such as lentils, beans, eggs, skinless chicken, fish. Bake, grill or boil your food.
 - **Avoid processed foods** like sugar, cakes, crackers, chips, cookies, cold cuts.
 - **Reduce** your intake of **Carbohydrates**. When we are stressed we tend to eat more of these types of **'comfort foods'**.
- **Reduce** your **Salt** intake
- **Limit** your **Alcohol** consumption
- **Exercise**
- Most importantly plan your meals as this will lessen the chance of binging.

Be a good role model

to your **children** as this teaches them the value of how to take care of yourself. Keep in mind that **'Children do as parents do & not as they are told'**.

They learn from experience.

FIGHT GERMS BY WASHING YOUR HANDS

Washing your hands the correct way will help eliminate germs that cause viruses.



WHEN TO WASH YOUR HANDS

According to the Center for Disease Control & Prevention we should wash our hands before and after the following:

- **Before**, during, and after preparing food.
- **Before** eating food.
- **Before** and after caring for someone who is sick.
- **Before** and after treating a cut or wound.
- **After** using the toilet.
- **After** changing diapers or cleaning up a child who has used the toilet.
- **After** blowing your nose, coughing, or sneezing.
- **After** touching an animal, animal feed, or animal waste.
- **After** handling pet food or pet treats.
- **After** touching garbage.

HOMEOPATHY TREATMENT

Homeopathy works by strengthening your immune system without suppressing your symptoms. It can alleviate symptoms of cold, flu, cough, earaches etc.

If any of these or other symptoms persist why not try homeopathy. Please contact me to book your appointment.

REMEDIES THAT MAY BE PRESCRIBED:

- **Aconite** for beginning symptoms of a cold.
- **Gelsemium** for flu like symptoms that appear slowly, have fever & chills running up & down the back.
- **Pulsatilla** for earaches that develop from a cold with thick green/yellow discharge.



HOME REMEDIES FOR SORE THROATS, COUGH, COLD, BRONCHITIS & ASTHMA:

Sore Throat:

- Salt water rinse. Boil 1 cup of water & add 1 tsp of salt. Let it cool to warm temperature, swish/gargle 4 times daily.

Cold:

- An effective remedy for common cold would be to have lime juice. Take a glass of lukewarm water & dilute the lime juice in it. Add 1 tsp of honey to enhance its efficacy.
- Ginger also works favorably in treating common cold. Cut small pieces of ginger & place in water. Boil this mixture. Once it simmers, strain the liquid & add ¼ tsp of sugar to it. Drink this warm.
- Warm baths or taking steam showers also proves effective as it relieves the nasal & chest congestion.

Cough:

- Prepare a tea. Add aniseed & holy basil to it. Drink this tea at least twice a day to get relief from cough.
- Gargle with warm spinach juice. This is helpful for a dry cough

Bronchitis:

- Steep ½ tsp licorice root tea in a cup of hot water. After about 10 minutes, strain the liquid & drink it, while still warm.

Mild Asthma Symptoms

- Take 1 glass of lime juice & add 1 tsp of ginger juice.
- Take 1 glass of water & add 2 tsp of fenugreek seeds. Boil this mixture, until only 1/3 of the solution remains. Let it cool & drink warm.