

HEALTH MATTERS

NATURAL PATHS TO HEALTHIER LIVING

THE GEORGETOWN NATUROPATHIC WELLNESS CENTRE Fall/Winter 2011



Jack Frost is Nipping at Fall's Heels!



The immune system is one of the most complex and fascinating systems of the human body. The immune system's prime function is to protect the body against infection and development of chronic diseases (i.e. cancer). Support and enhancement of the immune system is perhaps the most important step in achieving resistance to disease and reducing susceptibility to colds, flus and chronic diseases.

Recurrent or chronic infections - even very mild colds - only occur when the immune system is weakened. Winter is just around the corner and the fluctuations in temperature can leave us vulnerable to colds and flus. In our clinic, we definitely see many more complaints of the common cold, flus, bronchitis, ear infections, sore throats, sinus infections, etc. at this time of year. We would like to make people aware that there are some simple things that you can do to help prevent these colds and other infections from starting.

The first thing we must consider is lifestyle, diet and stress level. These are all factors that can contribute to a healthy immune system.

PREVENTION

The following tips will be effective in fighting both the influenza and the cold viruses.

Hygiene: This is very basic but probably the single best way to limit the spread of the flu virus. Washing hands thoroughly with soap and/or alcohol is very effective at inactivating influenza viruses. Covering the nose and mouth when sneezing or coughing reduces influenza transmission. As well, use common sense and stay home from work or school if sick with the flu.

Good personal health: This includes proper sleep, lots of fluids, getting outside for time in the sun, reduce stress, eating properly – lots of fruit and veggies and avoiding processed foods and sugar. No alcohol. No smoking.

Maximize your Immune System: Use the Homeopathic Flu Prevention Kit. As well, there are some specific supplements that can optimize the immune system. I have listed my favorites that will deal with the upcoming winter season, however, by no means is this an exhaustive list. (see opposite page)

Make Green Your Favourite Colour!

Eating ten servings of fruits and vegetables daily is ideal, however, it isn't always possible. Now, you can enjoy many of the phytonutrient benefits of a fruit and vegetable rich diet of vibrant colours and dark greens.....everyday!

Try our ***Greens First*** today!

Experts agree that adding fruits and vegetables to your diet may help:

- Boost energy
- Promote a healthy heart
- Improve digestion
- Boost the immune system
- Alkalize and balance PH
- Support normal blood sugar
- Fight aging
- Promote normal cholesterol
- Assist in weight management

Dr. Cathy's list to support the immune system this winter:

Adults:

1. **Homeopathic Flu Prevention Kit**
2. **Immucore:** medicinal mushrooms, zinc, Vit C and selenium are all antiviral
3. **Acidophilus:** to improve gut immunity. 70% of the immune system resides in the gut
4. **Vit D:** new research suggests that Vit D protects the mucosa, therefore viruses cannot gain hold and replicate
5. **A.C.E.S. + Zinc:** antiviral

Children:

1. **Homeopathic Flu Prevention Kit.**
2. **Chewable Vit C:** helps the white blood cells fight off all viruses and bacteria
3. **Liquid Astragalus Combo:** a potent antiviral
4. **Powder Acidophilus:** improves the immune system in the gut.
5. **Chewable or Powder Mult-Vitamin:** to ensure overall nutrition especially for those picky eaters
6. **Vit D:** research suggests with our long winters, we may be deficient in Vit D which can make us susceptible to seasonal viruses

If you develop the flu, follow the instructions in the Homeopathic Flu Kit. If symptoms persist, please call. We utilize homeopathic injectables specific for the influenza virus as well as high doses of Vitamin A which is an excellent antiviral agent.

How to Bust a Cold!

Start at first sign of cold symptoms

For Adults	For Kids
Oil of Oreganol caps Extra Vit C Zinc lozenges	Vita Kids Immune Extra Vit C Ferrum phos

Please visit us at the office for the specifics on dosage and duration of supplements for both Cold and Flu Prevention.

FLU OR JUST THE COMMON COLD?

Symptoms	Cold	Seasonal flu/H1N1
Fever	None or low	Almost always high, sudden
Chills	Rare	Almost always
Headache	Absent or mild	Common
Muscle Ache	Absent or mild	Common, often severe
Fatigue/weakness	Absent or mild	Often extreme, may linger
Cough	Sometimes with runny nose	Common, may be severe
Stuffy nose	Common	Common
Sore throat	Common	Common, not extreme
Sneezing	Common	Not often
Complications	Sinus congestion, earache, bronchitis, may trigger asthma in those prone	Pneumonia, bronchitis, exacerbation of heart, lung and other chronic health disorders

REMEMBER!! Understand the difference between symptoms of a cold virus and symptoms of a flu virus. These two viruses are handled differently at onset of symptoms.

Christmas Office Hours

The office will be **CLOSED**
at 4:00pm Thursday, December 22nd, 2011.
Regular office hours resume at 9:00am
Monday, January 9th, 2012.

HAVE A SAFE & HEALTHY HOLIDAY!

Yours in good health

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