

# Wellness

## REVIEW

### Cold and Flu Getting the Better of You?

#### Sick again, despite your best efforts to stay well?

Is your throat scratchy and your head pounding despite your best efforts to stay well and support your immune system this winter? What's going on? Do you have a cold or the seasonal flu?

Both the common cold and the flu (or influenza to give it its full name) are caused by viral infections, and while having a cold is typically much milder than the flu, they are both generally accompanied by those all too familiar symptoms of a runny nose, sore throat, congestion and cough. What distinguishes the flu from the common cold, however, is the severity of the fever, fatigue, muscle aches and soreness. That said, both can make you feel rather sick and sorry for yourself.

A cold or flu can give a healthy immune system a bit of a work-out while it fights off the unwanted virus, however this process should be self-limiting and relatively short. An upper respiratory tract infection at best should be resolved in three to five days as your immune system bounces you quickly back to health - if not, you may need a helping hand on your way back to wellness.

#### Immune system backup

We all know of Vitamin C - a potent antioxidant that plays a key role in the mobilisation of your immune system defences. You may also be familiar with Zinc - another powerful immune system supporter, found in meat, eggs, seafood, nuts and seeds. Zinc helps infection-fighting white blood cells to be deployed at the first sign of an invader, such as a virus or bacteria.

These two nutrients form an essential immune system foundation to help reduce the incidence and severity of colds and infections. At this time of year, supplementing with these important nutrients can help maintain your infection-fighting capacity over the winter months. Your Practitioner can recommend high quality, clinically effective immune boosting nutrients at the correct dose to help you not only stay well this winter, but also recover effectively if you do become unwell.

#### Bring out the big guns

As well as continuing with the nutrients mentioned above, as winter approaches you may need to up the ante with some more potent cold and flu fighting natural medicines. Since ancient times, andrographis has been used by Ayurvedic systems of medicine to treat infections. Research has confirmed that it stimulates the body's natural immune response, and has been shown to significantly reduce the duration of a cold. It can be prescribed by your Practitioner acutely as soon as you get cold symptoms. You and your loved ones can also take this herb as a preventative to keep your immunity strong if you tend to get sick frequently.

#### Top Tip: Solutions for Nasal Congestion

Saline is a natural nasal decongestant, which makes it a fantastic ingredient for a nasal spray. Speak to your Practitioner about a saline solution with pathogen fighting essential oils to help ease symptoms of nasal congestion.

#### Does chicken soup really help?

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

- **Rest!** Your immune system is amazing at its job. Give it a chance to gather strength, and make sure you get a good night's sleep.
- **Convalescence.** People rarely do this enough, yet taking time out to get well can make a big difference in reducing symptom duration and helping you bounce back to good health.
- **Eat warm, nourishing foods.** Homemade chicken and vegetable soup can help break down mucus that often accompanies a cold or flu. If you don't have an appetite, the broth alone will provide minerals and vitamins to help give you strength.
- **Eat foods such as garlic, ginger, onion and chilli** to help fight off illness, warm you up and help reduce inflammation.
- **Last but not least, drink plenty of water** to keep yourself well hydrated – lots of fluids can be lost simply by having a runny nose or coughing.

#### Do not suffer through winter

Give your body a fighting chance against the common cold or seasonal flu this winter. By keeping your immune system strong with a solid nutritional foundation, you will be ready to fight bugs that cross your path. If you do find yourself sniffing, coughing and sneezing, talk to your Practitioner today about specific natural medicines to help reduce the severity of your symptoms and get you back on your feet sooner. Bounce back faster and enjoy winter!



**Talk to your Practitioner about colds and flu today.**