

# The Wellness Express™

Jump on the train to good health

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## It's Cold and Flu Season!

Presented by:

### What to Do if You Don't Want to Get Sick

One of the number of reasons for winter illness is lack of hydration. Outdoor air is drier in cold weather and heated homes are also dry. Staying hydrated in the winter keeps mucous membranes soft and moist, preventing tiny cracks that allow viruses and bacteria to enter. How much water should you drink? Here's the math: Divide your weight in pounds by two. Minimally that is what you should be drinking. If you exercise, take your weight and multiply by 2/3 to get the number of ounces.



### Exercise

Physical exercise is also something to consider as an immunity booster. A 30

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to 60 minute walk most days per week is considered adequate on the exercise front. Interestingly enough, over exercising can be as detrimental to your immunity as not enough exercise.

### Diet

Consume a diet rich in vegetables and fruit. (Mayo Clinic suggests 7 to 9 servings of fruits and veggies a day!)



Antioxidants reduce the risk of stroke and enhance immune defense lowering the risk of infection. Phytonutrients contained in fruit and vegetables are linked to increased immunity and faster healing. Add three servings of whole grains to your vegetables and fruit every day and you should stay healthy! Nutrient-packed food choices include broccoli, red onion, blueberries, grapes, oats, barley and tea. Research shows probiotics aid with immunity. 70% of your immune system is in your gut, so

### Exercise of the Week

Glute Stretch (Figure 4)

Difficulty: Easy to moderate

*(Consult your chiropractor before doing this or any other exercise.)*

Start: Seated on a chair.

Exercise: Place one ankle on opposite knee. Then, bend forward until you feel a good stretch in hip. Also relax lower back in this position. Hold for 30-60 seconds, and then return to starting position. Switch sides, and repeat 2X per side.



a happy gut makes for a healthy you! Good bacteria found in probiotics keep your gastro-intestinal tract low in disease-causing germs. Yogurt with live active cultures and kefir are good food sources of probiotics. Over-the-counter supplements also are available.

## Supplements

Many supplements claim to reduce colds and viruses. The best supplement option is a highly absorbable multivitamin/mineral once per day with 100% of the recommended daily values of vitamins A, B6, B12, C and D, and minerals chromium, copper, folic acid, selenium, calcium and zinc.

Those who take Echinacea were about 30% less likely to get a cold. Echinacea however should not be used by anyone with an allergy to ragweed, mums, marigolds, or daisies.

The use of green tea capsules twice a day for 3 months in a study conducted in 2007 indicated that the subjects on the green tea supplements were 32% less symptomatic with 23% less illnesses lasting 2 or more days. On blood work these subjects had enhanced immune function and had no noteworthy side effects.

## Already Sick?

**Get adjusted.** Some studies suggest that your white blood cells go higher after an adjustment and this will help your body fight infection better.

## Drink lots of fluids

Water, clear broth or warm lemon water are all good choices. Fluids



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consumed replace fluids lost during mucus production or fever. Avoid alcohol and caffeine, which can cause dehydration. Avoid sugared beverages such as soft drinks, fruit juice, as sugar depresses immune function.

## Salt

A saltwater gargle comprised of 1/2 teaspoon salt dissolved in an 8-ounce glass of warm water will help with a sore throat while saline nasal drops or a Neti pot will help with nasal congestion.

## Rest

Stay home from work or school if you have a fever or a bad cough or are drowsy after taking medications.

## Chicken Soup

Chicken soup seems to help relieve cold and flu symptoms by reducing the inflammation of mucous linings while



assisting with the movement of mucus through the nose relieving nasal congestion and limiting the time viruses are in contact with the nasal lining.

## Drink or Take Green Tea capsules

Support your immune system so you can get well faster.

## Warm, Moist Air

Keep your room warm and use a humidifier or vaporizer to help moisten the air.

## Quote to Inspire

*“You don’t realize how healthy you are until it is taken away from you”*

*Petra Ecclestone*

## TRIVIA QUESTION:

What can you do to help prevent catching colds or the flu?

- A) Exercise
- B) eat fruits and vegetables rich in antioxidants
- C) take a daily multivitamin with minerals
- D) all of the above

## ANSWER:

- D) all of the above



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