



## THE COLD/FLU SEASON HAS ARRIVED

Winter is suddenly here and it's time to prepare to protect you and your family. This time of year many of us find we are susceptible to viral infections. These are transmitted via direct contact with infected surfaces, such as door handles or money.

It is beneficial to have one cold a year (for adults, children often have as many as five) as it exercises your immune system and helps with detoxification. However many people suffer recurrent colds or never fully recover (you seem to improve and then develop symptoms again, or the cold moves to your chest and you develop bronchitis and a debilitating cough).

### How do you know if you have a cold or the flu?

FEATURES	COLD	FLU
<b>Causative agent</b>	Over 100 viral strains	Three strains of influenza virus which mutate readily
<b>Site of infection</b>	Upper respiratory tract	Entire respiratory tract
<b>Symptom onset</b>	Gradually over 1-3 days	Sudden - within a few hours
<b>Fever</b>	Occasional low grade fever (less than 38.3 degrees temperature)	<b>Characteristic</b> High fever lasting 2-4 days (greater than 38.3 degrees temperature)
<b>Headaches</b>	Frequent and mild	<b>Characteristic</b> Severe headaches
<b>General aches</b>	Mild or none	<b>Characteristic</b> Often severe aches affecting the whole body
<b>Cough, chest congestion</b>	Mild to moderate with a hacking cough	Common and may be severe
<b>Sore throat</b>	Common	Occasional
<b>Runny nose</b>	Very common with sneezing	Occasional
<b>Fatigue</b>	Mild or none	Usual and may last 2-3 weeks
<b>Extreme exhaustion</b>	Never	Frequent in the early stages of the illness
<b>Season</b>	All year	Mostly Autumn and Winter

### How do I protect myself?

- Dress warmly when outside, even if only for a short period. Make sure your children wear their coats and gloves.
- Do not over-heat your work or home environment. Moving between warm and cold environments puts a great strain on your immune system.
- Wash your hands before touching your face if you have been out in public.
- Ensure you are well rested - sleep at least 7-8 hours every night.
- Drink lots of warm fluids e.g. ginger tea, peppermint tea.
- Eat wholesome foods rich in antioxidants i.e. anything colourful and fresh.
- Avoid sugar, as an excess will reduce your immune function.
- Take vitamin A, C, E and Zinc supplement daily.
- Reduce tea, alcohol and caffeinated drinks as they cause dehydration.



## What to do if you are unwell

- REST – this is your body's way of ensuring you take a break and it allows your body to focus on fighting the infection.
- Cough into your arm not your hands.
- Use tissues which you dispose of directly into a bin.
- Drink warm fluids frequently to encourage sweating.
- Rug up warmly to help keep your body temperature higher than usual as this: facilitates sweating; increases urine output; increases the activity and production of white blood cells; and, makes it harder for viruses to replicate.
- Seek professional advice on remedies to speed recovery, or if your symptoms continue.

Remember that one cold a year is beneficial, but more than one cold a year or a cold which does not resolve quickly means you need assistance to strengthen your immune system and work to improve your wellbeing.

Naturopathic remedies can effectively boost your immune system preventing illness, and can also lessen the severity of your illness so you can return to your usual vitality.

## Recipes to assist in recovery from COLDS and FLU

### Garlic & Ginger Drink

Simmer the following in a saucepan (covered) for five minutes:

- 1 cm- fresh ginger (chopped)*
- 1.5 cups of water*
- 2 cloves garlic (crushed)*
- ½ cinnamon stick*
- Pinch cayenne pepper*

Take off heat and add: *1 clove of crushed garlic*. Replace lid and allow to stand for five minutes. Strain, then add *juice of 1 lemon and honey* to taste. Drink warm, rug up and go to bed.

### Honey & Onion Drink

Chop the following ingredients and place in a bowl:

- 1 onion*
- Fresh thyme*
- 2 garlic cloves*

Cover the above with *2 tablespoons of honey*. Allow to stand for 2 hours. Then strain and sip the juice 1 teaspoon at a time.

### Mustard Footbath

Fill a hand basin or bucket with hot water. Add *1 tablespoon of mustard powder or crushed seeds*. Soak your feet in the water for 15-20 minutes. Stay well rugged up.

### Thyme Tea

Add *1 tsp of thyme* to a cup of boiling water. Let it stand covered for 5-10 mins, then drink.

**Remember - you have the power to control your own health and wellbeing, so you can feel revitalised and more like yourself.**