



WINTER WELLNESS - HOW TO LOOK AFTER YOURSELF

✓ **Manage Your Personal Stress**

Stress is often cited as a nasty precursor to deflating your immune system and leaving you more vulnerable to sneaky viruses. If you are feeling run down and over stretched it is time to look at your stress management toolkit and strengthen your immunity.

✓ **Exercise & Energise**

To keep your immune system healthy exercise is one of the best things that you can do. Bundle up and go for a big walk – This is even better than going to the gym. Breathe in lots of fresh air. The cooler weather is great to invigorate and stimulate the senses.

✓ **Drink Lots of Water**

One of the best things that you can do is to drink lots of fluids and the very best is water as it is vital to all bodily functions. An important part of flushing out the bacteria – is the actual flushing. So keep a bottle with you at all times and keep sipping it throughout the day.

✓ **Boost Your Vitamin C**

Vitamin C is at the top of the list among natural immune boosters for your body. The research on the immune boosting properties of the vitamin has been extensive. So taking a supplement during the winter is a good idea or eating lots of delicious seasonal satsuma's is another – A hot water and lemon is also a great way to start the day.

✓ **Eat Yourself Healthy**

You can really protect your immune system by eating healthy food. Certain foods like garlic, ginger, tomatoes and onions are all great for warding off colds. Plenty of fruit and fresh vegetables will provide you with antioxidants and a whole host of vitamins and minerals.

So let healthy food be your medicine.





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✓ **Take Echinacea - The Magical Remedy**

Taking the herbal remedy Echinacea can more than halve the risk of catching a common cold. It is made from nine species of herbaceous plants in the family Asteraceae which are commonly called purple coneflower. It is available in liquid, tablets and delicious herbal teas. Visit your local health shop for advice.

✓ **Reduce Sugar**

Eating or drinking 100 grams (8 tbsp) of refined sugar, the equivalent of one 12-ounce can of sugary fizzy drink soda, can reduce the ability of white blood cells to kill germs by 40%. The immune-suppressing effect of refined sugar starts less than thirty minutes after ingestion and may last for five hours!

✓ **Drink Alcohol in Moderation**

Excessive alcohol intake can harm the body's immune system in two ways. First, it produces an overall nutritional deficiency, depriving the body of valuable immune - boosting nutrients. Secondly alcohol, like sugar, consumed in excess can reduce the ability of white cells to kill germs - So best to enjoy in moderation.

✓ **Wash Your Hands**

Wash your hands often and well especially before eating as this is one the easiest ways to help prevent the spread of infections. Also, if you have a cold and you use a paper tissue throw it away after each use rather than keep using it as the germs will continue to transfer to your hands.

✓ **Sleep Well**

A good night's rest is one the best ways to boost your immune system. The quality of your sleep is very important too so that you feel energised at the start of each day. Cutting out caffeine and alcohol will help. Try a warm bath with lavender oil and a cup of camomile tea - it will work wonders.

