

Feature Topic: How can I avoid the Flu and Winter Colds?

The season for flu and colds is here and we often seem to find ourselves surrounded by sniffing, coughing and sneezing. This is the time of year when we especially need to focus on ways to support and increase our resistance to viral and bacterial infections. Here are a few guidelines that will help.

First: Don't do anything to weaken your immune function.

First – avoid sugar and other refined carbohydrates because these will greatly slow down the activity of your immune system. The white blood cells are the frontline soldiers of the immune system - attacking and destroying the viruses and bacteria that can make you sick. When you eat too many carbs such as sugar (or white flour baked goods that quickly break down into sugar) the sugar, which is chemically similar to vitamin C, competes with the vitamin C in getting into the white blood cells. The white cells require vitamin C to function, but if the sugar gets into the cell first, the white cell activity is slowed and the body's ability to attack disease-causing organisms drops to a crawl. If your blood sugar level goes above 120 the white cell activity will drag until the sugar level is lowered. A single can of soda pop can decrease white cell activity for a time.

During this time you are more open to infection.

Second: Minimize free radical activity with antioxidants. The way viruses get into the cells is by shooting a burst of free radicals to weaken the cell wall. Antioxidants act as free radical scavengers, sweeping up the oxidative damage. We recommend Vitanox (2 tablets a day) from Standard Process.

Third: Boost your immune system continually. We recommend Vitamin D (5000 to 6000 IU a day), Congaplex (3 per day) and Sesame Oil (3 per day). These are preventive dosages. If you feel you are getting sick, double the dose of both the Congaplex and Sesame Oil, taken at regular intervals during the day for two to four days.

Fourth: Get plenty of rest - 8 to 10 hours a night. Supplement nighttime sleep with a nap during the day, when possible – especially if you run short on recommended nighttime rest. Fifth: Keep your system alkaline. Viruses and bacteria thrive in an acidic environment. Sugar and starch (breads, crackers, grains) are acid forming foods - another reason to avoid these. Animal protein in excessive amounts can also create an acid burden. Many vegetables are alkalizing. Raw salads, parsley and garlic can help to strengthen immunity and fight off infection. A quick health boosting drink can be made by blending a generous handful of parsley with pineapple juice and ice. Minerals are also alkalizing. We recommend Calcium Lactate (6 a day), (the most absorbable form of calcium), Organic Minerals (6 a day), and SP Greenfood (4 a day). Any of these will help to decrease the effects of the acid forming foods and will shift you to a healthy level of alkalinity. The pH level of your saliva should be about 7.2 to 7.4 (slightly alkaline). You can test this yourself with pH paper.

Sixth: Avoid getting chilled or overtaxing yourself – either physically or emotionally. Take time to unwind and relax and to do some things that you really enjoy!

Following these guidelines will help you to avoid and treat the flu or colds, but incorporating any of them into your daily activities will help “flu proof” you this year.