

AVOID THE COUGH & COLD SEASON

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Remember that top quality nutrition is important to prevent or treat a cold/flu. To help reduce the severity of a cold or to reduce the chance of catching one, look for foods to boost your immunity levels.



As the temperature gets cooler and the first windy/rainy days roll in, we become more prone to colds and flu - make sure you rug up against the wind and chill and keep warm!

ARE YOU READY FOR THE "FLU" SEASON?

Acupuncture for prevention

Acupuncture can prevent bronchitis, sore throats, colds and flu's by building up the immune system. A few needles are inserted into key points along the body's energy pathways. These points are known for strengthening the circulation of blood and energy and for consolidating the outer defence layers of skin and muscle, so germs cannot enter through them. Seasonal treatments just four times a year also serve to tonify the inner organ systems and can correct minor annoyances before they become major problems. The ultra-thin needles don't hurt and are inserted just under the skin. The practitioner may twist or 'stimulate' them once or twice and they are removed within 10 -20 minutes.

Known causes of colds and flu

There are two basic theories — the chill theory and the viral theory. The chill theory is based on the fact that there are a much higher incidence of colds and flu in winter and that these ailments are related to exposure to cold weather. The viral theory on the other hand suggests that colds are caught more frequently in winter due to us being confined indoors breathing recycled air. Both these theories may hold some truth; the flu, colds and coughs are often caused by viruses, but exposure to the cold may lower the body's resistance to these viruses.

Massage for the immune system

Apart from providing an invigorating warmth to the muscles and assisting in the prevention and healing of musculo-skeletal injuries, massage therapy has been shown through numerous studies to raise the white blood cell count (the immune system). This is of enormous benefit in both the prevention of colds and flu's and for assisting the recovery from a respiratory illness, whether bacterial or viral, in particular, for aching muscles and to loosen the congestion in the chest.

Massage can benefit the body in the following ways:

- Loosens tight muscles, relieving aches and pains
- Increases flexibility, and diminishes chronic pain
- Enhances skin tone
- Strengthens the immune system
- Calms the nervous system
- Reduces mental stress, improves concentration
- Promotes restful sleep

Increase your recovery time!

If you've already happened to catch a cold, acupuncture can help with the symptoms in a safe, non-toxic way that doesn't bombard your body with harmful antibiotics. Acupuncture does not interfere with western medical treatment. On the contrary, it provides a welcome compliment to it in most cases and as it treats the whole person, recovery time for illness is shortened.

FOODS TO HELP A COLD OR FLU

GARLIC

Naturally occurring chemicals (allin, allicin and ajoene) in garlic regulate mucus flow and reduce congestion.

ECHINACEA

Studies show Echinacea prevents the formation of an enzyme which destroys a natural barrier between healthy tissue and damaging organisms. Echinacea is considered an effective therapeutic agent in many infectious conditions including upper respiratory infections, the common cold and sinusitis.

VITAMIN C

The big immunity booster. If taken at the first signs of a cold, it may keep the cold from developing or produce a faster recovery.

Food sources rich in Vitamin C:

- Red cabbage
- Strawberries, oranges
- Potatoes
- Tangerines
- Red capsicum

Vitamin C can be found in pharmacies or on your supermarket shelf.

ZINC

When taken at the first signs of a cold, zinc can weaken the cold virus, minimise the duration and severity of a cold. Zinc promotes a strong immune system by processing the fatty acids that encourage healing.

Foods rich in zinc:

- Barley
- Lamb, beef, chicken
- Turkey
- Oysters, crab

Zinc supplements are available from your pharmacy or vitamin shop.