

12 Effective Ways to Avoid Colds or Flu

Nancy Hearn, CNC

During the fall and winter seasons, when we carefully avoid those who are sneezing and sniffing, there is much we can do to prevent “catching” that bad cold or the latest flu bug. First, it is helpful to understand why we are more likely to get sick during these seasons.

The main reason is diet. During the colder months and holiday season, our diets are usually much heavier. Over-consumption of animal-based foods, especially dairy, can promote the over production of mucous in the respiratory tract. This supports the growth of bacteria and viruses. Sugar and alcohol intake also increases, and sugar almost immediately decreases immune function.

Our fast-paced lifestyles, especially during the holidays, are not conducive to a strong immune system either. Stress creates an extreme amount of toxic waste in the body. When we add stress to a heavier diet, the end result is an accumulation of toxic waste in the body and a sluggish immune system. **In fact, the most important factor that determines our health has to do with the efficiency at which the body can rid itself of toxic waste!**

In my opinion, the so-called “cold and flu season,” has little to do with external factors, such as viruses and bacteria. It has much more to do with the internal environment of our bodies, as well as our thoughts and feelings. In other words, we don’t inadvertently “catch” bugs; we make life-style choices that cause us to be more vulnerable to them. Thus, I recommend the following strategies (rather than flu shots, in my opinion) for staying healthy this season:

1. Eat an abundance of plant-based, whole foods, including vegetables, fruits, sprouted grains, beans, nuts, seeds, sprouts, and seaweeds.

2. Minimize your intake of animal-based foods (especially if you start to feel the least bit sick). This includes beef and poultry, milk, cheese and eggs. These foods have no fiber and thus take a very long time to digest. They also leave a significant amount

of acidic waste in the body.

3. If you eat a heavy meal or dessert, learn to compensate by eating very lightly the following 2–3 meals. Fresh, raw vegetable salads and juices are the best choices to cleanse the colon and replenish the body with nutrients.

4. Daily drink at least half your body weight in ounces of pure water (not distilled or reverse osmosis). Drinking alkaline, ionized water is the easiest and most effective way I know to rid your body of acid waste and boost immunity. For more info, visit www.kangen4wellness.com. Avoid alcohol, coffee, tea, and sodas, which are dehydrating and acidifying.

5. A highly effective and enjoyable way to help rid your body of toxic wastes during the colder months is the far-infrared sauna. Its dry, warming energy is highly compatible with the human body. It heats the tissues several inches deep, enhancing metabolic processes and killing germs and viruses.

6. Take a high-potency multivitamin and mineral supplement, as well as a broad-spectrum antioxidant, preferably from a whole-food, organic source. One of the most powerful natural antibiotics is garlic. Take it (fresh or in capsules) at the first sign of symptoms. Other preventive cold and flu



supplements include Echinacea, Astragalus, and Melaleuca oil, as well as liquid zeolites, probiotics, and systemic enzymes.

7. Exercise at least 15 minutes daily to flush the lymph. The fluidity and cleanliness of your lymph fluid is critical to immunity. The most effective exercise for immunity is jumping on a mini-trampoline, also called a rebounder. See www.4totalwellness.com for more info on rebound exercise.

8. Invest in a humidifier and/or air ionizer to minimize the effect of forced-air heat in your home and/or at work. This dry heat dries out the mucous membranes lining the respiratory tract, mouth, nose, and lungs.

9. Wash your hands frequently and avoid shaking hands with those who are already sick. Bacteria and viruses are often passed by touch.

10. At the first sign of illness or fatigue, slow down immediately and rest to prevent the illness from taking hold. Take a long, hot bath with a teaspoon of added eucalyptus or thyme oil. Towel dry and go right to bed for a deep rest. Get 6 to 9 hours of quality sleep, depending on your personal needs.

11. Be happy. Sounds trite, but happiness is a daily choice. Find ways to bring a smile on your face and to laugh out loud. Play games with your family or friends, watch Seinfeld episodes, or dance in front of the mirror.

12. Last, but not least, manage your stress. Practice relaxation techniques and deep breathing. Balance work and play. Pace yourself and simplify your life.

As for the holidays, I think we would all agree that what's important is love, joy and peace. These are innate qualities of being that we can each contribute to the world. We don't need to be doing all the stuff that inevitably causes us to be stressed out and vulnerable to illness. We can make choices that promote strong immune function in our bodies, as well as loving and peaceful relationships and joyful times together. ■

Nancy Hearn is a Certified Nutrition Consultant and Founder of Total Wellness Health and Nutrition Center in Livingston, Montana. For specific recommendations on products and services mentioned in this article, contact Nancy at 406-222-7304. Also see www.4totalwellness.com and www.kangen4wellness.com.

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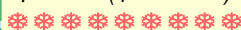
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