

HOW TO BEAT YOUR NEXT COLD OR FLU BEFORE IT STARTS

StoneTree Naturopathic Clinic, Collingwood, ON

At this time of year there is lots of talk about avoiding colds and flu. To help you stay out of bed and feeling great, your best defense is also your best offense: your immune system.

Your immune system has two main parts. The *innate* system, that vigilantly scans our bodies for invaders, and the *adaptive* system, the part that learns by creating antibodies so that we can more easily beat a bug the second time around.

Here's how to help your remarkable immune system stay vigilant and healthy on both fronts.

Exercise

Exercise increases blood flow to your entire body, and that moves your immune system, too. A recent study showed that people who exercise daily had **half** the rate of cold and flu as those who don't. Exercise also reduces stress, which hampers your immune function.

Tip: take it outside. Breathing recycled air all day increases risk of exposure, and viruses don't fare well in Canadian winters!

Avoid white sugar

White sugar can suppress the immune system, making it sluggish to respond to an infectious agent. Reduce your intake by eating real, whole foods.

Tip: read labels! Many processed foods pack a surprising sugar punch.

Vitamins & Minerals

Antioxidants like vitamin C, A and E, and minerals like zinc are critical for immune function. The best way to get them: whole foods like fruits, vegetables, nuts and seeds.

Tip: Sunshine is scarce in the winter—using a daily Vitamin D supplement of 1000-2000IU can help, too!

Herbal Medicine

Echinacea is the king of immune boosting herbs. It actually increases your white blood cell count.

Tip: don't take it everyday—eventually the body will stop responding.

To learn more about our seasonal immune boosting program, book a complimentary 15-minute visit with a naturopathic doctor in our Collingwood, ON clinic by calling 705-444-5331, or emailing us at feelbetter@stonetreeclinic.com
www.StoneTreeClinic.com