

## Boosting Your Immune System

StoneTree Naturopathic Clinic, Collingwood, ON

Every year we field hundreds of questions about seasonal illnesses - inquiries ranging from immune boosting to flu prevention, from high doses vitamin C to seasonal flu shots.

This year, with H1N1 on everyone's mind, the questions started much earlier.

It's not easy to separate fact from fiction, but what we do know for sure is this: *prevention is the best medicine*. You really *can* improve your body's ability to keep you healthy this season.

### **Rest and De-stress**

When you feel those subtle warning signs that you're running on empty, try to make fewer appointments and get some rest. It may not be easy to slow down, but it'll pay dividends in how much healthier you stay through the winter.

### **Avoid Sugar**

Sugar isn't a health food. Studies have shown that sugar can suppress the function of your immune cells for up to 24 hours. Focus on whole, real food, including whole grains, fruits and vegetables and lean protein sources.

### **Shift to Healthy Fluids**

Red Bull and pop are not health tonics. Water is critical for healthy function, but if your only source of water is in your coffee, it's time to change things up. Switch to straight water, hot herbal teas, or all natural juices.

### **Get Outside and Move Your Body**

Staying indoors in winter deals us the double-whammy of decreased activity level and reduced air quality. You need to get your body outside more than ever.

If you're not active, don't let the idea of getting started overwhelm you – start small, and focus on doing something every day, no matter how small. Walk for just a few minutes if that's all you can manage. Creating the habit is the most important step - quantity can follow later.

To learn more about immune boosting, 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](mailto:feelbetter@stonetreeclinic.com)  
[www.StoneTreeClinic.com](http://www.StoneTreeClinic.com)