

THE MAGIC BULLET FOR COLD & FLU PREVENTION

StoneTree Naturopathic Clinic, Collingwood, ON

A recent study reported in the *British Journal of Sports Medicine* found that people who exercised the equivalent of a brisk walk for 20 minutes five times per week or more were *50% less likely* to get sick from a cold.

Those are impressive results, and they easily trump decades of our best scientific efforts to beat the common cold.

How is it that a walk around the block can be so beneficial? The answer lies in how our immune system works.

The immune system is a complex mix of body processes and structures, but one of the most important is the white blood cell. These cells roam the body on the alert for invaders like bacteria and viruses.

Why Exercise Makes A Difference

White blood cells travel predominantly in the blood and lymph, and there aren't that many of them on hand at a given time.

To effectively deal with invaders while spread so thinly over the whole body, our regular cells can send out distress signals in response to pathogens. It's the body's 911 call, and it brings white blood cells to the scene of the crime.

It works well, but before the good guys arrive, an invader can do a lot of damage, making you feel sick.

When you exercise, however, your body's emergency response works better. Your 911 calls get routed faster, and because traffic is moving well, the rescue teams arrive far sooner. The result? Fewer and less severe colds, all from a few brisk walks!

*To learn more about our cold & flu prevention 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*