

Ten Natural Ways to Prevent the Flu This Winter

1. Drink 2-3 L of water with lemon a day.

Viruses thrive in dry environments, so it is important to moisten the mucous membranes of the respiratory tract with fluids. Water helps rid the body of toxins and lemon helps to alkalinize the body which is important for optimal immune system function.

Avoid fruit juices and pop (high in sugar)

2. Eat plenty of vegetables and fruit with each meal to alkalinize the body.

A high consumption of fruits and vegetables in the diet puts the body into an alkaline state. A diet high in red meat, sugar, salt, and preserved foods puts the body in an acidic state. The body and the immune system function best in an alkaline environment

At least half your plate should be vegetables!

3. Avoid sugar

The negative effects of sugar start within 30 minutes, last for 5 hours, and typically include a 50% reduction in the ability of white blood cells (body's immune system cells) to destroy and engulf foreign particles (bacteria and viruses).

This includes candy, pop, cookies, cakes, packaged foods.

4. Drink a Greens Drink once or twice a day.

The antioxidants and phytochemicals in plants act as their natural immune system and help strengthen our ability to fight colds and flu. Greens are concentrated forms of vegetables that you can buy to mix with water. Having these drinks along with a healthy diet and plenty of vegetables gives your immune system a kick start in promoting healthy immunity.

5. Take Vitamin C (Ester-C) every day.

Numerous studies show that Vitamin C improves immune function by increasing lymphocyte (white blood cell- immune cell) production. 2000 mg/day has been shown to prevent colds and flu, and to reduce both the severity and duration of colds.

6. Take Vitamin D every day (2000IU)

Many North Americans are deficient in Vitamin D. This vitamin is important for you energy, moods, and immune system during the dark, cold winter months.

7. Get plenty of rest

“Although sleep needs vary, people who sleep about 8 hours a night, on average, tend to live longer.”

William Dement, M.D., Ph.D

When we are sleeping, the immune cells (interleukin-2 and tumor necrosis factor) are secreted. Lack of sleep causes a deficiency of these immune cells, and greater susceptibility to colds and flu.

8. Get moderate exercise.

Mild to moderate exercise 3 to 5 times a week (<60 min. duration) has a positive effect on the immune system. However, intense, prolonged, repeated bouts of exercise (>90 min. duration) causes impaired immunity for 3-72 hours after exercise (ex marathon). So, after a marathon or intense workout, it is best to drink plenty of greens drinks and take vitamin C.

9. Lower your stress levels.

Several studies in the 1970s showed that negative emotions suppress immune function. More recently, numerous studies have shown that laughter and other positive emotional states, can, in fact, enhance immune system!

You need to laugh often, view life with a positive eye, and put yourself in a relaxed state of mind on a regular basis!

10. Wash your hands frequently.

11. Get your naturopathic immune booster shot!

I am offering vitamins B and C shots to help boost energy and immune function. There is also a homeopathic flu prevention shot that I am offering called *Pascoleucyn*. This formula contains dilutions of immune boosting herbs such as echinacea. Numerous studies in Germany have shown this flu shot to be effective in preventing colds and flu for the season.