

Watch out! Cold and Flu Prevention



Cold and flu season is here, for that reason some people will get their flu shots this year. This will help to give some protection against the flu but it is not 100% effective. To help improve the strength of the immune system to fight these illnesses I recommend you to look at the following natural remedies:

- 1. Salt and water gargle:** Mix $\frac{1}{2}$ tsp. of salt in a cup of water for gargling. This helps alleviate the sore throat.
- 2. Garlic.** 1 clove of garlic each day is very effective for improving your immune system and helping it fight viruses. Research shows that garlic can reduce the symptoms of a cold, speed up the time you take to recover and can reduce your chances of catching another virus. The garlic must be raw. Cooking destroys the active ingredient that makes garlic effective. Try incorporating raw garlic into your meals, or cut it up into a few small pieces and swallow it whole to avoid getting stinky breath
- 3. Oil of oregano:** Soak a large bunch of oregano in drinkable alcohol (cheap vodka or tequila) and let it sit for a week, then take a few drops and use it as a mouth gargle when you first begin to feel ill, it can be very effective in cutting a cold short as the extract from this herb is very strong and very potent.
- 4. Eat less sugar:** Did you know that eating too much sugary food or drinking sugary drinks can suppress your immune system? White blood cells which are responsible for fighting infection are actually turned off for a few hours after consuming sugar or alcohol. This makes your body very vulnerable to infection.
- 5. Regular sleep:** Researchers have shown that when people only get 4 hours of sleep their immune system only works at 50% effectiveness and that your white blood cells are produced best when you sleep between 7-8 hours.



With these simple tips it is so easy to really improve your immune system. You too can have a cold and flu free winter! Stay Healthy!

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