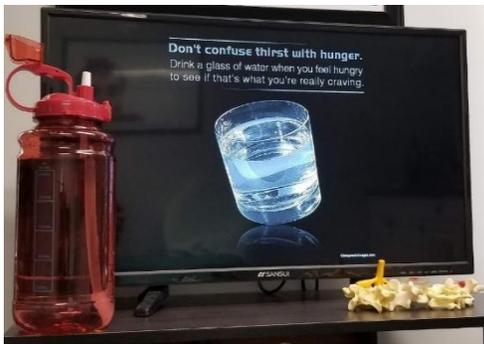


## Cold and Flu season is here – with these 10 healthy tips, you'll have no fear!!!

It is officially cold and flu season. For many families that means multiple trips to the doctor's office and pharmacy, boxes upon boxes of tissues, and missed work, school, or activity days. What fun is that? None! By adding these 10 tips into your family's lifestyle you'll have less sickness, less down time, more enjoyment out of life, and abundant health. Let's get started.



**Let's begin with a math lesson: Addition by Subtraction!** When sick, or feeling unwell, one food that must be avoided are sugars. This goes for simple carbohydrates as well, as the body breaks them down very rapidly into sugar. Ask almost any healthcare practitioner and they will agree that sugar is TOXIC to your immune system. It slows down the activity of white blood-cells which are needed to fight off infection. To add to your immune system's performance subtract needless sugar from your diet. Some foods to avoid are candy, cookies, sodas and juices, sport/energy drinks, protein/energy bars, pasta, white potatoes, chips, ketchup and other condiments.



**High quality H2O.** Staying hydrated is extremely important to a healthy immune system as well as your overall health. Did you know your body is 60% water!?! Many other organs are mostly water as well – the brain and heart are more than 70% H2O. When we are sick it's easy to lose water especially if you have diarrhea. Water also supports the removal of built up toxins and cellular waste products which may help your immune system to work more efficiently. There is a study from the Korey Stringer Institute of the University of Connecticut which showed “Maintaining appropriate hydration during exercise will assist in attenuating the rise of

cortisol and epinephrine [stress hormones] in the blood stream, which has been found to suppress the immune system.” While the study subjects participated in exercise, it stands to reason that water would help lessen the impact of those same hormones in stressed people; but we'll make our way to the stress discussion after a few other tips. <https://ksi.uconn.edu/wp-content/uploads/sites/1222/2015/04/Immune-Function-and-Hydration.pdf>

**The Sunshine Vitamin – Vitamin D.** It is called the sunshine vitamin because it is made when sun's Ultraviolet-B (UVB) waves hit our skin. Chances are you are not making enough vitamin D if you live in the northern part of the country. It can also be found in food sources such as cold water fish such as Tuna or Salmon (wild caught is best), and hard cheeses (not that cheese-food stuff). By the way vitamin D and Calcium go hand in hand for abundant health, so look for that combination. Research has shown the far reaching impact of vitamin D deficiency and how it has been “associated with increased autoimmunity as well as an increased susceptibility to infection.” <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3166406/>



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**A whopping 70%-80% of your immune system lives in your gut, or digestive tract!** That is simply amazing. Research shows us that “the gut microbiota that resides in the gastrointestinal tract provides essential health benefits to its host, particularly by regulating immune homeostasis.” Immune homeostasis is essentially having a balanced and healthy immune system. Research suggests that adding a probiotic into your daily health habits you'll help to keep your intestinal tract healthy. And we know what lives in your intestines. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3337124/>



**Stressing out should be good.** When we think of the word stress, we think of the bad stress such as having a political discussion, or money issues, or having a rough day at work. But in reality there are two types of stress, the first type discussed is called “distress”. Eustress has been shown to increase our body’s natural bad stress hormone which, if chronic, will suppress our immune system. The second type is called “eustress” (pronounced u-stress). Eustress is good stress and can actually benefit the body which has been shown by the famous endocrinologist Hans Selye and Psychologist Richard Lazarus. Some great examples of eustressful activities include playing with your pet, exercise, reading, meditation or praying. There are many more so do what makes you happy and be more eustressed out! <https://ubicomp-mental-health.github.io/papers/li-eustress.pdf>



**Wash your hands.** This is almost a no brainer but it should be reiterated over, and over, and over, and over again. Especially with our children. Just in general keeping your hands clean helps get rid of most of the germs, and dirt, and other yucky and gross things that may have collected from a long day of work or play. And don’t forget about those fingernails too. There can be a lot of nastiness living under there to cleaning them out will help reduce contact with the not so good stuff. In 1847, a Viennese medical doctor named Dr. Ignaz Semmelweis showed that puerperal fever (childbed fever) was contagious and its incidence could be reduced when medical care-givers washed their hands. Your best bet is plain old soap and H2O. <https://www.slideshare.net/MeritechClean/the-history-of-hand-hygiene>

**Sleep, glorious sleep!** Most of us feel like we never get enough sleep...and we probably don’t. The National Sleep Foundation says adults need between 7-9 hours of sleep and school-age children need 9-11 hours of sleep. Sleep also keeps the healthy. In fact the Mayo clinic says “people who don’t get quality sleep or enough sleep are more likely to get sick after being exposed to a virus, such as a common cold virus. Lack of sleep can also affect how fast you recover if you do get sick. So put that phone down and go to sleep already! <https://www.mayoclinic.org/diseases-conditions/insomnia/expert-answers/lack-of-sleep/faq-20057757>



**Movement is life!** Exercise has been shown to provide our body with many positive benefits. It helps to reduce (dis)stress hormones in our body which suppress our immune system. It also promotes healthy blood flow to remove cellular waste and bring important oxygen and nutrients to our cells to help keep us healthy. Exercise does not always have to mean sweating it out in the gym for hours on end, but it can. It could also be as simple as walking the dog, ice skating, tai chi, playing tag with your kids. The possibilities are endless. So get out there and get moving.



**The second best way to stay healthy this cold and flu season is to get adjusted!** That’s right. Chiropractic adjustments are not always about pain control. There is so much more to it than that. Keeping the one and only spine and nervous system healthy is critical for overall health. The abbreviated version is the spine protects the nervous system and when the spine does not work correctly it reduces communication between the brain and the body. We call this vertebral subluxation. Because your nervous system talks to your immune system, a vertebral subluxation may alter the



appropriate immune response. One chiropractic study showed only 21% of kids under chiropractic care had ear infections, where as 80% of kids not under care had ear infections. [van Breda, van Breda J. A comparative study of the health status of children raised under the health care models of chiropractic and allopathic medicine. J Chiropr Res. 1989;5\(summer\):101-103.](https://pubmed.ncbi.nlm.nih.gov/101103/)

**Prevention is key!** The #1 best way to keep you and your family healthy and happy is by incorporating **ALL** of the above **ALL** year long. Stay ahead of the issues and you’ll enjoy life to the fullest! Please understand this in not a complete and comprehensive list of healthy tips. Even though these tips apply to almost everybody, every person is different. Please be advised these tips should not be taken as specific medical advice for you! You need to consult a qualified healthcare practitioner to see how you may benefit from these tips.