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...serving up a healthy dose of information

Tips to Prevent the Cold and Flu

It's that time of the year when the sniffles, sore throats, fevers, coughs, congestion and body aches become more prominent. With the increased time spent indoors, our bodies must endure the challenges of the season. Here are some helpful tips for staying healthy throughout the colder months.

- **Keep stress low.** Lowering stress enhances your immune system's ability to function optimally.
- **Consider using a humidifier.** Did you know that when you use those heaters they can dry out your mucous membranes, making you more susceptible to illness?
- **Sleep.** Allow time for your body/mind to repair.
- **Reduce the amount of dairy and gluten** (wheat, oats, barley, rye and spelt) that you are eating. These are the most common food sensitivities, and they can slow down your immune system.
- **Organic meats are OK, in moderation.**
- **Eat healthy carbohydrates** like those in whole grains and vegetables.
- **Avoid smoking, drinking alcohol and coffee.**
- **Significantly reduce or avoid your consumption of sugar** (cookies, candies, pies, honey, maple syrup, fruit juices, dried fruit, soda). These reduce immune function.
- **Exercise.** Aerobic is best 3-4 times per week for a minimum of 30 minutes. It is important to keep your body's circulation efficient. This includes your blood and lymphatics for delivery of nutrients, white blood cells and removal of waste.
- **Wash your hands and face often.**
- **Rub castor oil on your abdomen.** Castor oil is an amazing way to stimulate your immune system.
- **Do contrast hydrotherapy daily.** Finish your showers with 30 seconds of cool water. This helps deliver blood to crucial organ tissue.
- **Go to a sauna a minimum of 1-2 times a month.**
- **Take at least 2000 IU of Vitamin D daily.** If you haven't yet, it's important to get your levels tested.
- **Take probiotics (acidophilus, etc.) regularly.** Over 80% of your immune cells are found in your gut.
- **Consider if vaccination is an effective method for you.** Some choose not to get the vaccine (due to concern for side effects of the vaccine itself or they've found it to be ineffective in the past). I recommend you consider this after you have fully educated yourself on the subject.

Tips to Prevent the Cold and Flu, cont'd

If a cold or flu does occur we have many tools, from powerful supplements such as UNDA numbers, to nutritional supplements, herbs, and immune boosting intravenous therapies (See our [IV therapy video](#)).

Let us help you get through the cold and flu season safely, while continuing to support your natural path to lifelong health!



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Reducing Stress During the Holidays

If your holiday season is anything like mine, then the constant vigilance of balancing family, social, and work schedules can spin you off into a dimension of excess stress and anxiety that you never knew existed. Don't get me wrong – like most folks, I generally enjoy the holidays. But we all know they can be stressful. Instead of struggling through these last few months, prepare yourself this year and enjoy a healthy, low-stress holiday season with the following tips.



Tips for reducing stress:

- **Exercise.** Moderate daily exercise (30 minutes a day) has been shown to decrease stress hormones. But avoid high intensity exercise since stress hormone levels begin to rise with prolonged or intense exercise.
- **Breathe deeply, and try evening breathing exercises** such as yogic breathing or the buteyko method. Breathing from your diaphragm oxygenates your blood, which helps you relax almost instantly.
- **Put your stress on paper.** Writing provides perspective and allows you to identify the stressors you can change and those you can't. Change what you can and avoid fretting over what you can't.
- **Listen to music.** A number of recent studies have shown that music can do everything from slow heart rate to increase endorphins. Good bets: Bach's "Air on the G-String," Beethoven's "Pastorale" symphony, Chopin's "Nocturne in G", or Handel's "Water Music".
- **Goof-off!** It temporarily removes you from potentially stressful situations.
- **Enjoy a cup of herbal tea or hot toddy after dinner** (instead of a cup of coffee), to help you *relax* in preparation for sleep -- spearmint, passionflower, lemon balm, chamomile and valerian are a few herbs traditionally used to help promote relaxation.
- **Create a calm sleep environment** by ensuring your bedroom is dark, quiet and comfortable.



Reducing Stress During the Holidays, cont'd

Following these tips can reduce your stress this holiday season, but sometimes our bodies need extra help. If you are *continuously* stressed, have a chronic illness or catch every cold and flu, you may have a nutritional deficiency, adrenal insufficiency or another underlying cause that is preventing you from achieving optimal health.

Naturopathic physicians are trained in both conventional and natural medicines; and through comprehensive evaluations and testing, they can help you unveil your obstacles to healing. If you think you'd benefit from specific, individualized treatment recommendations, look for a naturopathic physician in your area to assist you on your path for a healthy holiday season and New Year.

Dr. Brian Orr, Seward, AK

Keeping the Weight Off During the Fall and Winter

With the return of fall we have much to look forward to; turning leaves, crisp evenings, Halloween, Thanksgiving, and all that December has to offer. Overeating, however, is all too easy; treats and large volumes of food often tempt us as we celebrate with friends and family.

Here are a few strategies to help you maintain your health (and figure) through the rest of the year:

Drink 8-12 ounces of water 20 minutes before your holiday meal, or party buffet. This will fill you up and curb your appetite.

Keep moving (note how each article mentions this? 😊). As the weather turns it is important to continue to exercise at least 30 minutes most days, even if it's just a walk around the neighborhood. This increases your metabolism and circulation, giving your immune system a boost and helping you to keep off those pounds that seem to come on this time of year.

Any time you eat sugar, balance that with some protein. Nuts and string cheese are easy snacks to keep close at hand. By balancing sugar with protein, you slow down your body's response to the sugar, keeping you from that all-to-familiar "crash" and giving your body a chance to use that sugar for energy rather than storing it as fat. This also reduces the immune-lowering effect from the sugar.

And if you succumb to a cold or flu, consider these delicious and immune-boosting recipes:

".....a good broth will resurrect the dead." South American Proverb

A rich homemade broth is the basis for an extremely tasty and healing soup. It delivers many minerals to help your body recover. Filling the house with its soothing aroma, **bone marrow broth** is easy to make and can be frozen for up to 6 months. Store-bought broths are usually pricey and teeming with sodium, making your homemade version an inexpensive

Keeping the Weight Off During the Fall and Winter, cont'd

Nourishing Bone Marrow Broth

- About 4 pounds beef bones
- 2-3 quarts cold filtered water
- 1/4 cup vinegar

Optional (these add depth to the broth):

- 3 onions, coarsely chopped
- 3 carrots, coarsely chopped
- 3 celery stalks, coarsely chopped
- Several sprigs of fresh thyme, tied together
- 1 teaspoon dried green peppercorns, crushed
- 1 bunch of parsley

Place the bones in a very large pot with vinegar and cover with water. The water should cover the bones; but should come no higher than within one inch of the rim of the pot, as the volume expands slightly during cooking. Let stand for one hour. This gives the vinegar a chance to pull calcium from the bones. Then add the vegetables and all herbs but the parsley.

Bring to a boil. A large amount of scum will come to the top, and it is important to remove this with a spoon. After you have skimmed, reduce heat and add the thyme and crushed peppercorns. Simmer stock for at least 12 and as long as 72 hours. Just before finishing, add the parsley and simmer another 10 minutes. Note: you can also make this in a crock pot.

You will now have a pot of strange-looking brown liquid containing globs of gelatinous and fatty material. Don't worry- after straining and removing bones with a slotted spoon, you will have a delicious and nourishing clear broth that is fantastic both as a standalone and as a base for almost any soup. Let cool in the refrigerator and remove the congealed fat that rises to the top. Transfer to smaller containers and to the freezer for long-term storage.

For a nourishing **garlic soup recipe** that can incorporate your bone marrow broth, go to www.interactivehealthclinic.com/recipes_garlicsoup.

Adapted from Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats, by Sally Fallon and Mary Enig, New Trends Publishing, inc.

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