

It's officially winter time – and with that comes colds and flu for many people.

I have compiled a list of 12 things you can do, to help prevent the winter blues.

1. Always make the healthiest foods choices. Remembering to incorporate lots of “immune boosting” foods like garlic, natural yoghurt, fresh fruit – especially lemons, oranges and grapefruit and lots of fresh vegetables, especially the green leafy ones.
2. Dress appropriately - socks, hats/caps, long sleeved tops etc. Staying warm is far easier than actually warming up.
3. Do some exercise – even if its raining there's still exercise you can do inside the house or the shed – STOP MAKING EXCUSES.
4. Stay hydrated – inside and outside. Drink plenty of water and eat foods with essential fatty acids to keep yourself well hydrated on the inside. Topically, look no further than Coconut Oil, especially organic coconut oil, or Stride into Health's Antioixdant Skin Tonic
5. Again, drink water. Even though you may not feel thirsty, you still need to stay hydrated, especially in artificially heated environments.
6. Keep stress to a minimum. Studies have linked high stress levels to making a person more susceptible to catching colds and flu.
7. Consider supplements especially Organic Plant Minerals, Sodium Ascorbate, Olive Leaf and Colostrum. Other important supplements to consider are: a good multi vitamin supplement, Vitamin C with added Zinc, Lugols, and Pau d'arco – these are all helpful with immune support.
8. Get the right amount of sleep every night. The average person needs 6-8 hours of sleep per night. If you're not getting enough sleep, your body is extremely vulnerable to illness. Sleep is very much like fuel that recharges your batteries! You've got to do it to keep the machine running.
9. Wash your hands regularly. Keep the bacteria and viruses off your hands and out of your mouth and eyes. Keep a bottle of hand sanitizer close-by for those instances where you can't get to soap and water.
10. Don't smoke. Most of you already know this, but it bears repeating because smoking significantly weakens your immune system.
11. Eliminate all forms of sugar. This includes not only the obvious kinds (cake, cookies and sweets, in general), but bread, pasta, rice, flavored yogurts and commercial, store-bought fruit juices. Although all of these things are made with different types of sugars, your body still converts them to sugar, which will compromise your immune system.
12. Adopt an “attitude of gratitude”. Be grateful for your health, job, clients, fresh water. Being grateful makes you feel better and this in turn stimulates your immune system.

If despite your best efforts, you still feel like you're “coming down with something”, there are many things you can do to help your body recover more quickly:

- a. Eliminate all dairy products from your diet
- b. Eliminate all alcohol.
- c. Eliminate all grains (bread, rice, pasta, etc.).
- d. Try one very simple but effective strategy to eliminate mucus – The Sugar Cure
- e. Increase water consumption (even more than normal!).
- f. Eat less food as this will give your body a much needed rest from digestion and give it a chance to concentrate on fighting off potential invaders.
- g. Increase you intake of Lugol's iodine solution and other supplements like Olive leaf and Pau' d arco.