

Health Kick

BY REBECCA KIDMAN

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TO STAY FLU-FREE OVER THE CHILLIER MONTHS
REQUIRES SOME PLANNING FOR WINTER BRIDAL PARTIES.

As winter sets in, the change in weather weakens the immune system; keep bodies healthy and prepared. It is much easier to prevent the flu rather than fight it off. To do this, strengthening the immune system is essential and requires some basic considerations.

A balanced diet, good hygiene, exercise and fresh air will make the body stronger and more able to fight off illness. If a cold or flu still manages to strike, the immune system will be more able to get rid of the nuisance, quicker and easier.

The diet should include plenty of wholegrains, fresh fruit and vegetables, lots of citrus fruit (leave on the pith it is very high in vitamin C), blackcurrants, strawberries, cherries, alfalfa, cabbage, cauliflower, green leafy vegetables, brussels sprouts and peas. Rosehip and Elderflower herbal teas are also high in Vitamin C.

Stress uses up our Vitamin C very quickly, so in the winter months and during the lead up to the wedding, a vitamin C supplement that also contains bioflavonoids is recommended.

As always, water is a must, drinking it at room temperature puts the least stress on the body therefore uses the least energy, conserving that energy for other bodily processes. Aim for two litres of water per day, herbal teas can be added in, but not coffee, normal tea or soft drinks.

Good hygiene is another important way of avoiding illness, washing hands regularly throughout the day reduces the risk of receiving cold and flu germs.

Exercise is a must throughout the winter months, it helps to stay energised, feel more positive and also helps to control a healthy weight.

Also try to get outside and into the sun for around 20 minutes per day, exposing some skin. The sunlight metabolises the vitamin D which has a positive affect on mood.

NATURAL HEALTH

Take time for yourself, this could be a walk, meditation, reading, listening to music or stretching. Try to take a few minutes each day to rejuvenate your mind and body, this will also help support your immune system. Get plenty of rest, a good night's sleep is essential for good general health.

Herbs that help with immune system support are:

ANDROGRAPHIS AIDS IN PREVENTION OF COLDS

ASTRAGALUS BOOSTS IMMUNE SYSTEM AND PREVENTION OF COLDS

GINSENG CAN SUPPORT THE BODY DURING THE CHANGE OF SEASONS

OLIVE LEAF EXTRACT SUPPORTS THE IMMUNE SYSTEM

If a cold or flu takes hold, these herbs can assist:

ECHINACEA HELPS FIGHT BACTERIA, FUNGI AND VIRUSES

ELDERBERRY REDUCES FLU SYMPTOMS

GARLIC HELPS FIGHT BACTERIAL AND VIRAL INFECTIONS

FEVERFEW FIGHTS FEVER

LICORICE HELPS TO STOP COUGHING

HYSSOP IS HELPFUL FOR UPPER RESPIRATORY TRACT INFECTIONS, BRONCHIAL CONGESTION, COUGHS, FEVERISH CHILLS, STRENGTHENS AND IT ALSO ENERGISES

ELAGAMPANE HELPS CLEAR PHLEGM FROM LUNGS

THYME HELPS CLEAR PHLEGM AND COMBATS CHEST INFECTIONS

It would be advisable to pay a visit to your local natural health practitioner for personal advice on boosting your immune system. In fact, include the whole bridal party so everybody's chances of feeling on top of the world on the big day are maximised.

“GET PLENTY OF REST, A GOOD NIGHT'S SLEEP IS ESSENTIAL FOR GOOD GENERAL HEALTH.”

PLEASE NOTE: IT IS IMPORTANT TO CHECK WITH YOUR HEALTHCARE PROFESSIONAL BEFORE UNDERTAKING ANY CHANGES TO YOUR DIET OR LIFESTYLE.

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