

STAY HEALTHY THIS SEASON

It is hard to believe but you can avoid (or lessen) the sniffles, cough and congestion this cold and flu season. Fight off cold and flu germs by taking simple, immune boosting measures to keep your health in tiptop shape.



START YOUR DAY WITH YOGURT - MAKE THIS YUMMY DAIRY TREAT A MAINSTAY OF YOUR BREAKFAST. RESEARCHERS SUSPECT THAT YOGURT STIMULATES THE IMMUNE SYSTEM, ENCOURAGING THE PRODUCTION OF VIRUS-FIGHTING WHITE BLOOD CELLS.

EAT FOODS RICH IN VITAMIN C - THE VITAMIN CAN SHORTEN THE DURATION OF A COLD SLIGHTLY—BY 8 PERCENT IN ADULTS AND 13.6 PERCENT IN CHILDREN BUT TO GET THE BENEFITS, RESEARCHERS SAY, YOU NEED TO EAT AT LEAST ONE C-RICH FOOD EVERY MEAL TO REPLENISH YOUR STORES OF THE VITAMIN, WHICH EXITS THE BODY IN URINE.

DO NOT SKIP ON SLEEP - BEING WELL RESTED INCREASES THE BODY'S NATURAL PROTECTION AGAINST VIRUSES.

CLEAN UP THE CLUTTER - CLEAR ALL THE MAGAZINES AND BOOKS OUT OF YOUR BEDROOM—THEY ARE MAGNETS FOR DUST AND MOLD. BE SURE TO DUST BOOKS REGULARLY.

GET MOVING - ADD AN AFTER-DINNER WALK TO YOUR ROUTINE. ACTIVE PEOPLE SUFFER FEWER COLDS THAN THEIR SEDENTARY PEERS, EXERCISE HELPS SEND ANTIBODIES AND WHITE BLOOD CELLS THROUGH THE BODY FASTER, WHICH COULD FIGHT INFECTIONS IN AN EARLIER STAGE.

GO BAREFOOT - TAKE OFF YOUR SHOES THE MINUTE YOU COME INDOORS. REMOVING YOUR SHOES MAKES IT LESS LIKELY THAT YOU'LL TRACK POLLEN AND MOLD FROM THE OUTSIDE WORLD THROUGH YOUR HOME.

WASH YOUR HANDS - SOAP UP FOR AT LEAST 20 SECONDS—THE TIME IS NEEDED TO WASH AWAY COLD-CAUSING VIRUSES THAT CAN LINGER ON SKIN. COLDS AND FLU ARE LIKELY TO SPREAD VIA PERSON- TO-PERSON CONTACT. WITH CLEAN HANDS, YOU'RE AT LESS RISK OF CATCHING AN INFECTION.

HAVE YOUR TIME IN SUN - RESEARCH SHOWS THAT VITAMIN D, WHICH YOUR BODY MAKES WHEN IT'S EXPOSED TO THE SUN, CAN REDUCE THE RISK OF RESPIRATORY ILLNESS. JUST A BIT OF SUNLIGHT FOR 10 TO 15 MINUTE BLOCKS TWICE A WEEK SHOULD BE ENOUGH, ACCORDING TO THE NATIONAL INSTITUTES OF HEALTH. BEYOND THESE BLOCKS OF TIME, HOWEVER, DON'T FORGET SUNSCREEN.



TAKE IT EASY - LOWER THE AMOUNT OF STRESS YOU FEEL IN YOUR LIFE BY WRITING IN A JOURNAL OR MEDITATING. PEOPLE WHO PRACTICE MEDITATION SHOW SIGNS OF A STRENGTHENED IMMUNE SYSTEM. PEOPLE WHO ARE UNDER STRESS SUFFER MORE RESPIRATORY INFECTIONS.

DO NOT TOUCH EVERYWHERE - WHO KNOWS HOW MANY GERMY HANDS HAVE TOUCHED A BATHROOM DOORKNOB, AN ATM, ELEVATOR BUTTONS OR HOLDING AN ESCALATOR HANDRAIL. THESE HIGH-CONTACT SURFACES TEND TO BE LOADED WITH GERMS AND COULD MAKE YOU SICK.

STEER CLEAR OF COUGHERS - KEEP A MINIMUM OF SIX FEET BETWEEN YOU AND ANYONE WHO'S COUGHING OR SNEEZING. IF SOMEONE NEXT TO YOU IN LINE COUGHS OR SNEEZES, TURN AWAY AT LEAST FIVE SECONDS TO ALLOW THE SPRAY OF GERMS TO SETTLE OR FLOAT PAST YOU.

KEEP YOUR HANDS OFF YOUR FACE - ADULTS TOUCH THEIR EYES, NOSES OR MOUTHS--PRIME ENTRY POINTS FOR VIRUSES AND BACTERIA--AN AVERAGE OF 16 TIMES AN HOUR. SIMPLY BEING MINDFUL CAN HELP YOU DO IT LESS.

FEEL BETTER FAST - A sore throat can be the first sign of cold, a side-effect of strained vocal chords, or an indication of something more serious (like strep throat). Regardless of the cause, your immediate concern when soreness strikes is how to get relief, fast. You may be tempted to run to your doctor, but some of the best treatments are home.

DO SALTWATER GARGLE	HAVE LOZENGES	HAVE HOT SOUP	SIP GREEN TEA	TAKE ENOUGH REST
				

The views expressed in this newsletter are suggestions and opinions and are not binding.

