

avoid the flu this winter

It is coming to that time of year again when the onset of winter brings cooler temperatures, less outdoor activities and close contact with friends and family inside buildings. This is the perfect environment for the incubation and spreading of cold and flu viruses.

Colds and influenza's are, in fact, two different illnesses. The common cold is an inflammation of the mucous membranes which can be caused by a number of viruses. Influenza (commonly called the flu) is an acute viral infection of the respiratory tract.

Both conditions are spread through coughing and sneezing. The virus can stay alive on the skin for hours and can easily be transmitted if infected hands touch the nose, eyes and mouth. By neglecting our immune system, not maintaining proper hygiene and ignoring early symptoms we allow ourselves to become run down.

Symptoms of a cold include: Nose and throat irritation, watery eyes, headaches, fever, chills and muscle aches.

Symptoms of the flu include: High fevers, abdominal pain, enlarged lymph glands (in the neck and armpits), hoarse cough and aching back, arms and legs.

There is no cure as such; however, there are preventative measures that you can take this winter to avoid the flu or cold. Also, plenty of bed rest and fluids will help with your recovery.

Keep your immune system strong. The Quick Loss Program gives you a balanced program filled with plenty of nutrients. If you consume all your fruits and vegetables on your program this will provide plenty of vitamin c. Foods on your Quick Loss program that are particularly high in vitamin C include raw red chilli, red capsicum, green chillies, raw broccoli, raw watercress, parsley, Chinese broccoli, and green capsicum. (all contain over 90 milligrams per 100 grams of vitamin C).

Consider taking Echinacea. Echinacea will help reduce severity of symptoms and duration of colds if taken at onset. If you choose to take Echinacea on a daily basis rather than at the first signs of feeling sick, you need to make sure you give your body a rest by not taking Echinacea for one month every two months.

Increase your garlic intake. Garlic contains sulphur compounds that not only make it very effective against colds but also provide an antibiotic-like agent for your immune system.

Olive leaf extract is also a safe and effective natural antibiotic. Astragalus is another effective herb to stimulate the immune system.

References: http://www.blackmores.com.au/conditions/conditions_detail.asp?cond=1093
http://www.blackmores.com.au/news/news_detail.asp?art=649

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