

## **Cold & Flu Season is Here... Fight Back Naturally!**

To fight against any invader or competitor you must first know who you're dealing with. The "Common Cold" and "Flu" are no different. Too often people chalk up being sick as just being sick regardless of the cause. If you are going to fight against a cold or flu then you need to know how they attack your body.

First of all, colds and flu comes from viruses. Once you have a cold or flu an antibiotic will not get rid of it for you. They only work on bacterial infections.

The best defense for beating colds and flu is prevention! Use these to help you fight back naturally. Remember to consult with your Health Care Professional before starting any new exercise, diet, or supplementation regiment.

**"The foundations of good health are good diet, good exercise and good sleep, but two out of three doesn't get you there."**

Dr. Anne Calhoun (Neurology  
Professor at the University of  
North Carolina

### **#1 ENERGIZE your body by getting PLENTY of REST!**

You begin and end each day in the bed. There is a reason for that. Lack of sleep has been proven through research to lower your immune system defense. It is during your sleep that your body actually heals and the immune system builds. You need to maintain a regular schedule of 6 to 8 hours of sleep each night for optimum rest.

**"The theme that emerges throughout this issue is that sleep serves as an indicator of health and quality of life."**

Editors: Dr. Phyllis Zee & Fred Turek of Northwestern University Feinberg School of Medicine

An issue in the Archives of Internal Medicine, devoted to studies of sleep and health revealed how a lack of sleep can lead to a weakened immune system, cause you to be twice as likely to develop depression, lead to an increase in allergy sufferers, impair memory, concentration, mood, sexuality, higher average body mass index, and give you less control over blood sugar levels. A chronic level of sleeplessness is linked to an increase in cytokine molecules that control immune system response which can result in inflammation and changes in the blood chemistry that may be behind a variety of diseases such

as heart disease, diabetes, and neurological diseases.

### **#2 FUEL your body by EATING WELL! (NUTRITIONAL FULL FOODS)**

If you spend most of your time at the grocery store in the middle aisles you are getting little to no nutritional value in your foods. Most of the foods in the center aisles are filled with preservatives and sodium so they will last longer on the shelf; not bring you more nutrition. For example... if the canned food item on the shelf has dust on it, you can be sure there is little nutritional value inside. Try to keep fast food to emergency purposes or traveling purposes. If you can cook a frozen burger patty and prepare it "with the works" in less than 2 minutes you can be sure it probably has little nutritional value.

**Medical Science and Research has proven that nutrition plays a major role in supporting the immune system.**

Instead, your diet will work better for you if you eat more fresh vegetables (dark green leafy vegetables are full antioxidants), fresh fruits, and foods that line the outside of the grocery store. These foods are the freshest and have the most nutrients. Also look for the all natural organic foods. These foods have less artificial flavorings, sweeteners, and preservatives

### **#3 FLUSH OUT THE TOXINS by putting in GOOD FLUIDS!**

Putting in **GOOD** fluids for some can be a very tricky subject. First of all nothing is better for you than pure water. Your body is estimated to be about 60 to 70 percent water. Your body needs water to regulate body temperature and to provide the means for nutrients to travel to all your organs. Water also helps to transport oxygen to your cells, removes waste, and protects your joints and organs.

Be careful to stay away from diuretics, like coffee and alcohol, which dehydrates your body even more. If you have been exercising and sweating more then it is also good to replenish your electrolytes with a sports drink. (Their downfall is that most of them also have a lot of sugar!) Hot green tea is another favorite to give your body a boost of antioxidants.

### **#3 PUT OUT THE FIRE and STOP SMOKING!**

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Smoking is bad for you. That is not new information. What you may not know is that research shows those who smoke also get colds more frequent. Even being around smoke profoundly zaps the immune system. Smoke dries out your nasal passages and paralyzes cilia. These are the delicate hairs that line the mucous membranes in your nose and lungs, and with their wavy movements, sweep cold and flu viruses out of the nasal passages. Experts contend that *one* cigarette can paralyze cilia for as long as 30 to 40 minutes.

### **#4 POWER UP with GOOD SUPPLEMENTATION and HERBS!**

There are many people, including some doctors, who do not believe in taking supplements. "They just don't help," is often what I hear. Most supplements are not designed to work like your bottle of aspirin. (To immediately take away your pain or symptom) Instead your supplements are meant to "SUPPLEMENT" your DIET. They are to help you put the essential nutrients into your body that you may not be getting from your foods.

A good Multi-Vitamin will help you keep up your daily intake of vitamins and minerals. No matter how well you eat. You are more than likely deficient in many of the essential vitamins and minerals your body needs on a daily basis.

Using Vitamin C is a great way to boost your immune system. Studies do show that taking Vit. C can boost immune system response time and actually helps to increase the levels of certain virus-fighting cytokines that are found in the blood within 5 hours of taking it.

Asian Ginseng (Panax ginseng) has been around for many years and is an herb that has shown to increase the levels of T lymphocytes and natural killer cells, two key components of the immune system's ability to combat viral infections. It also has been shown to raise the level of helper T lymphocytes. Not only has it shown to help with viruses but it is used by many cancer patients and those with weaker immune systems. [A note of caution: Asian Ginseng should not be used for long-term use or for pregnant or lactating women. It also may reduce the effectiveness of anticoagulant medications such as warfarin (Coumadin)]

Echinacea (Echinacea purpurea, Echinacea angustifolia, Echinacea pallida) has long been a favorite by many people because it is used to stimulate the immune system. It is believed to work by increasing the production of and activity of white blood cells, including those known as natural killer cells. It also increases the levels of interferon, an important part of the body's response to viral infections. [A note of caution: A person with autoimmune illnesses such as lupus or other progressive systemic diseases such as tuberculosis, multiple sclerosis, or HIV/AIDS should not take echinacea – as it stimulates the immune system response.]

#### **#5 BUILD UP your IMMUNE SYSTEM through EXERCISE!**

Simply by exercising your heart and your body you are building strength to help you fight off viruses. If you have little energy and are weak you are much more susceptible to getting sick. A good regiment of 30 minutes light to moderate cardiovascular exercise helps you get more oxygen to the body and more nutrients to your organs! Get walking!

#### **#6 WASH UP and WASH AWAY those germs!**

Most cold and flu viruses are spread by direct contact. An example of direct contact is someone who has the flu sneezes onto their hand, and then touches the telephone, the keyboard, a kitchen glass. The germs can live for hours only to be picked up by the next person who touches the same object. By washing your hands you help to prevent the spreading of the virus. So wash your hands often and sanitize your surroundings by cleaning them and sanitizing daily.

#### **#7 GET your NERVOUS SYSTEM RECHARGED!**

Chiropractic care is an excellent way to boost your immune system. Most people are not aware that when your spine is out of alignment it creates stress on the joints of your spine which can irritate the delicate little nerves that carry messages to and from the brain. This interruption of communication can decrease the effectiveness of your immune system. Another fact is that you do not have to have pain to have spinal misalignments. (Do you always have pain when you have a cavity in your teeth? Of course not! By the time you have pain the cavity is usually pretty severe.)

A study done by Dr. Pero, Chief of Cancer Prevention Research at New York's Preventative Medicine Institute and Professor of Medicine in Environmental

**“...the chiropractic patients had a 200% greater immune competence...”**

Dr. Pero, Chief of Cancer Prevention Research at New York's Preventative Medicine Institute and Professor of Medicine in Environmental Health at New York University

Health at New York University found that "... Chiropractic may optimize whatever genetic abilities you have so that you can fully resist serious disease... The chiropractic patients had a 200% greater immune competence than people who did not receive chiropractic care and a 400% greater immune competence than people with cancer or other serious diseases..."

Your nervous system controls your entire body and every organ in it. It also controls your immune system and its ability to function well. A fully functioning nervous system with no stress on the spine creates a sound healing environment and increased immune system function.

Decide today to take a proactive approach to fighting off flu and cold viruses and you will help to ward off any unwanted sickness before it ever begins. Your best defense is prevention through a strong immune system. If you take care of your body it will help to take care of you when you need it most!

**(Disclaimer:** Always consult with your health care provider before starting any new exercise, diet, or supplementation program. Be sure to stop any activities if you have pain or other signs and symptoms appear. This information is not intended to provide medical advice or replace information that is provided by your health care professional. These statements have not been reviewed or approved by the Food and Drug Administration.)

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