

Welcome to the EY News August Edition Newsletter

Now is the traditional Season for **Viral infections** – Cold's, Coughs, Flu etc ...

Practical tips for dealing with them include :

1. **Don't get cold** - stay warm. Many viruses do not like warm body temperatures, and the immune system is activated with the increased body temperature.
2. **Drink plenty of fluids** whilst rugged up – don't let yourself get dehydrated !
3. **Cut out sugary drinks** – high sugar intake increases the excretion of Zinc (the most important mineral for proper immune function) from the body.
4. Ensure you are getting **Vitamin C rich foods** in your diet every day – black currants; guavas; kiwi fruit; citrus fruit; paw paw & strawberries. Parsely; kale; capsicum; cauliflower; cabbage and broccoli. Supplementation is useful –Bernard Jensen's 'Black Cherry Concentrate' or Wonder Foods 'Tangy C' powder are great.
5. **Herbal support** with 'Olive Leaf' extract or 'Echinacea'.
6. **Don't get blocked up** – you risk a secondary bacterial infection. Use a steam inhalation to clear the airways ie. a mixture of garlic (antimicrobial); ginger (anti-inflammatory) and a 2-3 drops of eucalyptus oil (vasodilatory) OR 6 drops of Oil Gardens 'Breathe Easier' in ~1 litre of steaming hot water). 1-2 daily.
7. For **coughs and sore throats**, slowly sip a mix of garlic; ginger; lemon juice and honey (make sure it tastes nice; and use Medihoney 'Active Plus Honey'. This honey has demonstrated therapeutic qualities).
8. **Gentle exercise** – walking or rebounder/mini-trampoling, to improve circulation and assist lymphatic flow .
9. Most importantly, make sure you get a **good nights sleep**. There is no substitute.



