

Winter is coming... but don't hate it!

Why do we dread winter? Truthfully, if we're going to hate the cold, dreary weather then our entire lives are going to be pretty miserable, because it seems that the winter months are the longest. Maybe we hate it because we are often ailment-ridden during the winter months or because the long dark nights cut us off from the light and make us gloomy?

There's nothing we can do about the weather but we can take measures to strengthen our system against ill health and ill temper.

Cold and Flu

The dreaded "cooties" stalk us down the chill, dark months of winter and often fail to release us from their clutches, even in the softer springtime. Germs are always around but they do not inevitably spell disaster. A strong immune system will take them in stride, tossing them aside with a contemptuous sneer. Our white blood cells have the ability to detect and destroy bacteria and viruses before they start anything, so it is in our best interest to see that they have everything they need to function well.

- Rest – get plenty of sleep
- Fluids – water, herb teas, hot juices with cinnamon and ginger
- Laughter – your immune system works best when you are happy!
- Vitamin C – salads and fresh fruit might seem unappealing when it is cold but do not abandon fruit and vegetables. Make vegetable soups, stew fruit with warming spices and take extra vitamin C to help your body make white blood cells.
- Echinaforce® – helps the white blood cells in their task of spotting bugs and of engulfing and destroying them. Take a daily maintenance course to keep bugs at bay.

Coughs

The cough reflex is not necessarily something to dampen down – we cough when our lungs contain matter that our body would prefer to remove. A productive cough will propel phlegm upwards, towards the outer world, where it will do you less harm than if it is lying on your chest.

Less productive and more irritating are the coughs that derive from irritated tissues in the throat or that rack your chest without producing much.

- Soothe the throat – suck Echinacea or Santasapina bonbons, use Sore Throat Spray with Echinacea and Sage, and drink warm teas spiced with ginger and cinnamon and laced with lemon.
- Relax the bronchial tissues – use Bronchosan made of ivy and thyme, which help to reduce spasms of coughing, while making the mucus thinner and easier to shift from the chest.



Fatigue

We often accumulate more fatigue during the winter months. We are more exhausted because our body needs to fight the cold environment; we are exposed to less sunlight and our metabolism naturally slows down.

- Remain active to counter-act the decreased metabolism.
- Expose yourself to as much daylight as possible – go out at lunch time if the sun is set before you get out of the office.
- Nourish your glandular system. Taking Vital Energy helps to remove stress on the glandular system, increasing our energy levels by strengthening the adrenals. It also has a very calming effect on the nervous system and the pituitary, which helps to calm the mind, allowing better sleep and reducing internal tension.

Circulation

Are you chilly all winter? Chilblains on your shivering extremities? Even Raynaud's Disease in some cases? You need to get the blood supply zinging around the body or the supply of nutrients and oxygen will fall off and outlying areas, such as the feet, will become devitalised and sensitive, easily wounded and prone to skin problems.

- Gentle but regular exercise – even just five minutes around the block before breakfast, another five at lunch time and a brisk walk to the mailbox in the evening. Run up and down stairs a few times or do some home yoga. Anything to get your blood moving.
- Herbal teas made from things like Ginger, to pep up the blood.
- Shoes that fit! If they pinch your feet they can make poor circulation worse.
- Ginkgo biloba – the best herb for boosting circulation to the extremities: head, fingers, feet and other parts not often reached successfully... Don't take Ginkgo if you are on anticoagulants such as Aspirin or Warfarin.

