

Weathering Winter Woes

What does winter mean to you? Do the darker nights fill you with dread and the colder days with shivers? Do you anticipate these symptoms with grim certainty every winter?

- Head full of cement
- Nose dripping like a leaky tap
- A sore throat a giraffe would be proud of
- Perpetual cough
- Rattling chest

Here's how to cope!

Truly, it doesn't have to be this way. You know those irritating people who breeze through the winter never catching a thing except the fulminating eye of their germ-ridden colleagues? That could be you this year!

Take Echinacea every day. Echinaforce[®], made from fresh organic Echinacea purpurea, has been shown to work by improving the immune response to any potential bug, making it less likely that you'll fall prey to any kind of infection, from colds to throat or chest infections. If you are one of these people who can bank on getting at least four colds every winter, start taking it in October and be amazed as you sail through until March with scarcely a sniffle to your name.

Add Vitamin C to your daily routine and improve the way your body builds white blood cells, which are the soldiers in the immune system's fight against invading germs. Vitamin C should be taken in small doses, two or three times daily as that ensures that it will give the most benefit to your immune system.

Get some fresh air each day, rather than huddling in centrally heated homes and offices, and cars heated up like small ovens.

And for combating the chesty coughing spasms

Bronchosan, a complex containing Ivy and Thyme, will reduce bronchial spasm and thin any mucus lying on the chest, making it easier to bring up and get rid of. The joy of this remedy is that it works really quickly. Even diabetics, who can't take regular cough bottles because they contain sugar, are safe with these herbs. Enjoy peaceful nights, undisturbed by racking coughs.

A.Vogel soothing cough syrup, a cough syrup made from fresh spruce buds long used for their beneficial effect on the respiratory tract during the winter months, should help soothe a tickly cough. The story goes that the Native Americans used to use these buds to survive, if stranded in the snow, by making spruce bud tea. As ever, they knew what they were doing as it turns out that spruce buds have antiseptic and antibacterial effects which can help the lungs to bring up muck that may be lying there.



At the first tell-tale tickle at the back of the throat, try Echinaforce® Sore throat spray, which contains two fresh herbs, Echinacea purpurea and Sage (*Salvia officinalis*). They provide effective levels of antibacterial and antiviral activity. Quick action, in many cases, can help alleviate if not remove the symptoms.

Sinus congestion and sinusitis

Sinusitis, an inflammatory and infectious disease of the sinuses, is more and more frequent. Often recurring and chronic, it may follow a cold or flu but may also happen by itself. Allergic reactions of the mucous membranes often contribute to the development of sinusitis. A humid and cold climate, significant temperature variations and high levels of pollution as well as milk products and food allergies add further to the development of sinusitis.

Sinna, an homeopathic combination containing amongst other *Luffa operculata*, *Lemna minor* and *kali bichromicum*, helps to fight the tumefaction of inflamed and infected mucous membranes. It targets the different aspects of sinusitis as well as its main contributing factors.

More tips for a wonderful winter

Keep breathing! Don't forsake the outdoors because it's no longer sunny – get out and breathe fresh (chilly...) air at least once every day. And that doesn't mean a couple of breaths as you dive from your house to your car... Have a five minute trot round the block every day, or venture out at lunchtime for a short walk, to get stale air out of your lungs.

Keep moving! As above... Don't vegetate because you'll actually be colder huddled by the fire in three layers of thermals than you would be if you had a brisk walk. Exercise also improves mood, with people who exercise regularly being less prone to depression. And that doesn't have to be major athletics or aerobic acrobatics, but just walking or other gentle activities.

