THE BETTER HEALTH NEWS

COLD AND FLU SEASON

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BOOST YOUR Immune system

CHRONIC COUGH? Multiple colds? Maybe it's your Sinuses

TAKE A FREE HEALTH QUESTIONNAIRE

FEVER CAN BE A Friend The idea behind vaccines is to confer immunity to a specific virus. Since this is not an option, why not take steps to improve general immunity. We hear that half of Europe died during the Bubonic Plague in the 14th century. That means that the other half didn't die—better immunity.

We use language like, "I caught a cold," or "I caught the flu". It makes it sound like the virus has moves like LeBron James. It fakes left, spins right and slam dunks into you. But we know that even in a pandemic, not everyone gets sick.

So the goal is to enhance your immune system as much as possible. First do all the things your mother told you: wash your hands before eating, eat a good diet, and get plenty of rest. Stress really puts a strain on the immune system and can increase your chances of getting sick. Researchers from the University of Florida and the University of Iowa reported in the *Journal of Psychosomatic Medicine* (May, 2001), that those who have a lot of pain and stress are more likely to become sick than those who claimed to have little pain and stress. It is reasonable to expect that other stressful procedures may hamper immune function.

Diet is very important. Sugar and refined flour products stress the immune system. Similarly, hydrogenated oils and deep-fried foods should be avoided. Fresh, brightly colored produce will help to boost your immune system. Fresh produce is high in vitamin C. The bright color in plant foods is from carotenes and bioflavonoids. These are powerful antioxidants that will help to protect your cells. The carotenes are precursors to vitamin A.

Also, supplementation often helps with immunity: Vitamin C is antiviral and antioxidant. It protects your cells from chemical stress and from viruses. Vitamin A is a much neglected immune support nutrient. Research shows that chemical exposure, along with bacterial and viral exposure reduces vitamin A levels (get professional help before taking vitamin A, because too much of it can be toxic). Arabinogalactan can be purchased as a powder. They exist in high amounts in herbs that boost the immune system like: Echinacea Baptisia tinctoria. purpurea, Thuia occidentalis, Angelica acutiloba and Curcuma longa. In short, arabinogalactan is found in herbs that boost the immune system.

The idea is to improve your body's infrastructure. Fortify your immune system and the chances of getting sick decrease.

<mark>THE BETTER HEALTH NEWS</mark>

BOOST YOUR IMMUNE SYSTEM

You have already heard about washing your hands, getting plenty of rest, vitamin C and Echinacea, but there are some other things you can do that may

not be as familiar.





Probiotics: A double-blind, placebocontrolled study appearing in the journal Pediatrics (2009: 124(2): e172-9) looked at the effect supplementation in a group of children between the ages of three and five had on the immune system. The 110 subjects were given either а placebo. Lactobacillus acidophilus NCFM (a single probiotic), or a combination of probiotics. Taking the probiotics provided the test group with a 53% lower incidence of fever (for the single strain) and 73% reduction group taking the for the combination probiotic. Probiotics also reduced other cold and flu symptoms including coughing and runny nose. The group taking the supplement also missed fewer days from day care, 32% fewer days missed for those taking the single strain and 28% fewer days missed for the combination product. Antibiotic use was also less; 68% less in the single strain group and 84% less in the 6 months (fall/ winter) was an effective way to reduce fever and other cold symptoms, could lower and antibiotic use and reduce the number of school days missed.

supplementation for

• Eat breakfast: A study, involving 100 participants, was performed. It related illness to dietary habits. The subjects kept a diary for 10 weeks; in it they recorded any problems with memory and attention and any illness. Subjects who had more than one illness during the study were less likely to eat breakfast and more likely to drink alcohol. Those who developed more than one illness also tended to have negative, stressful events over the preceding year.

- Vitamin D: Seldom thought of as an immune vitamin, some scientists think that part of the reason for flu season is the short days—less sunlight and vitamin D.
- Watch your diet: Diet is very important. Sugar and refined flour products stress the immune system. Similarly, hydrogenated oils and deep-fried foods should be avoided. Fresh, brightly colored produce will help to boost your immune system. Fresh produce is

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high in vitamin C. The bright color in plant foods is from carotenes and bioflavonoids. These are powerful antioxidants that will help to protect your cells. The carotenes are precursors to vitamin A.

• Get your stress levels under control: Stress really puts a strain on the immune system and can increase your chances of getting sick. Researchers from the University of Florida and the University of lowa and reported in the *Journal of Psychosomatic Medicine* (May, 2001). According to the article, those who reported having a lot of pain and stress were more likely to become sick that those who claimed to have only a little pain and stress. It is reasonable to expect that other stressful procedures may hamper immune function.

The idea behind vaccines is to confer immunity to a specific virus. Why not take steps to improve general immunity. We know that even in a pandemic, not everyone gets sick. So you want to enhance your immune system as much as possible.

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CHRONIC COUGH? MULTIPLE COLDS? MAYBE IT IS YOUR SINUSES

About 34 million Americans suffer with sinus problems. Often a cold will plug up the ostea, preventing the sinuses from draining properly. The moist, warm, mucus-packed sinus becomes a breeding ground for bacteria. To the patient, it

seems to be a cold that just doesn't go away. Chronic sinusitis produces pressure between the eyes, on the sides of the nose, or in the front of the forehead. There is а stuffy feeling, and the victim frequently has headaches. or she He often has a runny nose. sore throat, and/or а cough from



the constant draining of mucus.

One thing that may tip you off to the possibility that your patient has a sinus problem is that he or she will have several "colds" in a row. The patient may tell you that they get sick a lot. What they are experiencing is a single infection that never really clears up. Another sign is a "tickle" in the back of the throat that causes a non-productive cough. Because of the repeat bouts of infection the patient may take antibiotics on a regular basis. This can create digestive problems or immune system problems. Repeated courses of antibiotic therapy can create dysbiosis (overgrowth of yeast

> other pathologic or microorganism in the intestine) and ultimately lead to other problems like headaches. fatigue, digestive problems and allergies. A study published in the journal Pediatrics (April 2001;107:619-625) also found that antibiotic therapy did no better than the placebo in preventing the recurrence of sinus symptoms.

Research published in Archives of Internal Medicine (2003;163:1832-1836.) and performed by scientists at Georgetown University Medical Center, shows a link between

fatigue, unexplained pain and chronic sinusitis. More than 20% of the subjects in the study met the criteria for a diagnosis of chronic fatigue syndrome. Most of the chronic fatigue syndrome patients had sinus symptoms. Many noted a sudden onset of their illness, something they have in common with patients suffering with sinusitis. Health is not valued till sickness comes.

Thomas Fuller

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FEVER CAN BE A FRIEND

For some reason we tend to view a fever as a problem that needs to be brought under control. Even if there is a fever, or temperature that is 99.5 degrees or higher, the fever is not the problem—it is a symptom. The fever is a positive response to the disease. It is a sign that the immune system is working. Fever increases the amount of a natural antiviral and anticancer substance in the blood, called interferon. Fever can also increases the white blood cells, and improves their ability destroy bacteria and infected cells. Fever also hinders the reproduction of many viruses and bacteria. A mild fever may be a good thing—the immune system is working.

The idea of trying to stop a mild fever with a drug is not a good one. The fever is actually your body fighting the illness. If a child is sick monitor him or her for dramatic increases in temperature and worsening of any other of his symptoms.

A temperature of 106° Fahrenheit can harm the heart and brain. If it gets that high, then you need to be concerned. During most infections, however, the temperature does not rise above 104° Fahrenheit. Aspirin reduces fever, pain, and inflammation, but pediatricians rarely recommend it. Taking aspirin during viral illness has been linked to Reye's syndrome. Reve's syndrome is a rare, potentially fatal childhood disease. In general, it strikes children under the age of 15 upon recovering from an upper respiratory illness, flu or chicken pox. Reve's syndrome is characterized by abnormal accumulations of fat in the liver and a severe increase of pressure in the brain. Typically the first symptom is uncontrollable vomiting and nausea. Other early symptoms include lethargy, drowsiness, disorientation and irritability. The swelling in the brain may cause seizures or coma, and the child may stop breathing. A child with Reve's syndrome needs immediate medical care. The earlier it is diagnosed, the better the chance for a successful recovery.