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KEY POINTS TO KEEP YOU AND YOUR FAMILY HEALTHY DURING THE COLD AND FLU SEASON:

Plenty of rest – adequate sleep promotes GH (growth hormone) which is refurbished during the wee hours of the morning. Also between 11 pm and 3 am, the body does its “reset” to make sure all systems are working and ready for the upcoming day ahead

Good hygiene – hand washing is key. Keeping your environment clean and dust-free will also help. When the heat is turned on, dust flows into the air. Check for balanced humidity – either too moist or too dry will impair the action of nasal cilia (the little hairs that trap toxins)

Protein – protein supports the immune system, maintains adequate blood sugar (energy for the brain and muscles) and allows carbs and fats to do their respective jobs. Illness and stress deplete the body of protein. A good rule of thumb – at least 60 grams throughout the day. Better yet, about 1 gram per kilogram bodyweight

Water – clean, filtered water supports all biochemical reactions in the body, flushes the body of toxins. Water is depleted during illness and stress

Bs and C – key vitamins in a healthy diet. Check for methylated forms of B-complex if support is needed and about 500 mg C is plenty unless ill (then increase to about 1000-2000mg for up to a week). Bs are found in whole grains, seeds/nuts, meat, dairy, leafy veggies and C in citrus, melons, baked potatoes, tomatoes

Zinc – important mineral for immune protection. Look for gut-friendly option (glycinate is one). Food sources include meat, shellfish, legumes, seeds/nuts

WHEN COMING DOWN WITH A COLD OR FLU, CONSIDER THE FOLLOWING:

Hot Epsom Salts bath – a great detoxifier. I use Cypress and Wintergreen essential oils to help with lymph drainage and muscle aches

Alkalol nasal rinse – I have a home-based formula to use with this amazing sinus rinse—[contact me](#) for the recipe!

Echinacea or Chamomile teas – Echinacea is wonderful for killing bugs, but for those with auto-immune or rheumatoid illness, best not to use. Chamomile is another broad-spectrum anti-viral/antiseptic/antibiotic that works for most except possibly the ragweed sensitive

Garlic and onions – cooked in soups, stews, sauces or in pill form