

# Tina Dunne



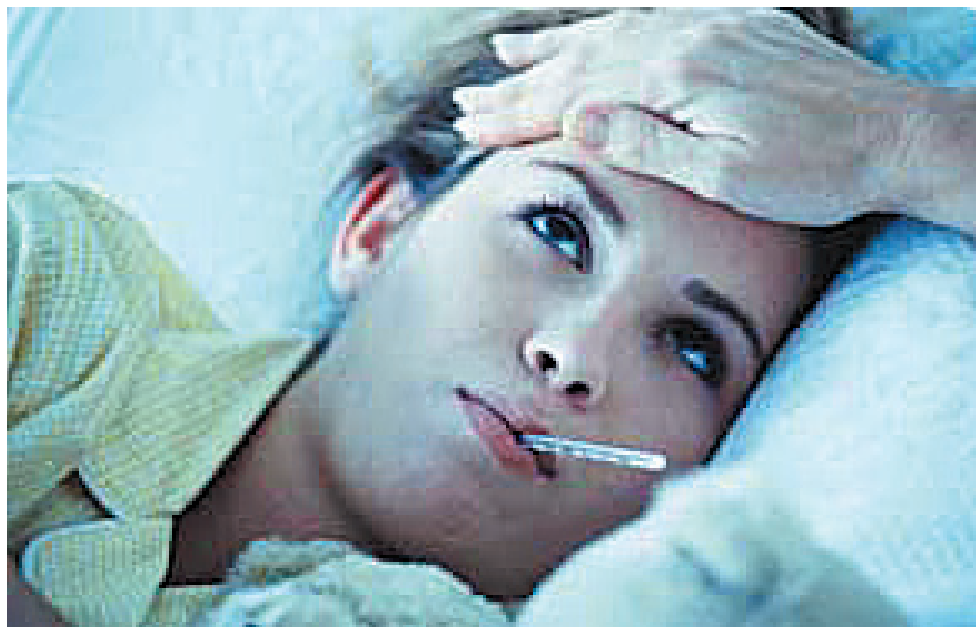
## Optimise to Minimise - Avoid colds this winter

**T**HERE ARE nine million colds in Ireland each year. One hundred different, but related, viruses cause colds. Symptoms include runny nose, sneezing, coughing and a sore throat. For every person who has the symptoms of a cold, there are another two to three who are carrying the virus at the back of their throat. It does not always develop into a cold. Influenza is also caused by several related viruses and its symptoms are similar but more severe including fever, aching muscles, sore throat, headache and weakness. This is now the cold and flu season so my advice is to optimise your nutrition and lifestyle to minimise getting a cold or flu this autumn and winter.

It is estimated that if you live to be 75 years old you will have experienced at least 200 colds. That equates to three years of runny noses and hacking throats according to Professor Eccles, director of the common cold centre at Cardiff University.

Adults average two to five colds a year, whilst children usually have between seven and ten colds in a year. This is because adults have built up immunity to certain strains of cold viruses because they have already experienced them. Even really healthy people can get a cold, but using common sense will help protect you.

Stay warm and avoid the cold. Use tissues and cough into them and cover your nose and mouth to help minimise the spread of germs. Wash your hands frequently and dispose used tissues. Stay home and take to your bed if you have a cold. Turning up for work because you are "so invaluable" is silly. Your energy is low; your concentration levels strained, the virus is spreading rapidly and infecting those around you. Bed rest, plenty of warm fluids and chicken soup will help you recover quickly and then you can return to your life commitments. Getting



over a cold and boosting your immune system thereafter are essential to help ensure a full recovery. Otherwise, you are at risk of slipping in and out of the cold trap all winter.

### Nutrition and lifestyle tips to help you avoid getting a cold this winter

#### Rest yourself.

Ensure that you get plenty of rest each night. Tiredness and stress are two major contributing factors to getting a cold.

*Wear warm clothing and put a hat on when walking*

#### Be aware of the colour Turquoise.

Use it in clothing and jewelry. This colour will help boost your immune system and keep the lymphatic system primed for action

*Maximize intake of fruit and vegetables such as carrots, dark leafy green vegetables.* As these are rich sources of Vitamin A and C- powerful antioxidants that will help boost the immune system

Eat garlic and onion daily

Eat a daily serving of freshly ground seeds

*Avoid alcohol*

Chicken soup will be easy to digest and

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will help to break up mucus in the nose and throat

#### Take a Ginseng supplement

A Canadian study has shown that taking ginseng supplements can lessen the likelihood of getting a cold. The study followed 323 people over four winter months. Only ten per cent of those who took daily ginseng capsules suffered two or more colds. It is thought that the ingredients in Ginseng boost the immune system by stimulating proteins that act as antibodies.

**Until next week - live a lot and have a laugh!**

### DATE FOR THE DIARY

P.S. I am looking forward to meeting with you at the

**Talbot Hotel on Thursday 19th October Eat whatever makes you happy**

There will be two sessions that evening:  
6.30pm- 8.00pm  
8.00pm-9.30pm.

Admission €10

Includes sample and goodness gifts for everyone.

**Tickets available at the door on the evening.**

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