

Family Health

Keep your whole family healthy through the winter and the rest of the year, naturally!

When the cold winter months rapidly come upon us our immune systems have a lot of extra work to do. All the extra bugs lurking around are ravenously hungry for warm human bodies with poor immunity. Children readily pick up and carry viruses and other pathogens. They then take the germs home to the rest of the family. We get sick with these bugs when our immune system lets us down.

There is no need to think this is “to be expected”. There is a lot you can do to prevent this being your story, and instead have a healthy, happy and productive winter season.

Any more than one viral infection for an adult through one year indicates an inefficient immune system.

Many things can drive lowered immunity in an otherwise healthy person:

- Poor diet
- Poor digestive system
- Lack of exercise
- Food and environmental intolerances
- Stress, unhappiness
- Lack of sleep
- Hormonal imbalances
- Environmental toxins e.g. cigarette smoke

Keep your whole family healthy by following these guidelines:

- Eat a healthy diet rich in fresh fruits and vegetables (2 servings of fruit and 5+ servings of vegetables per day), nuts and seeds, good quality protein
- Avoid processed foods and choose organic where ever possible
- Drink 6-8 glasses of water per day – herbal teas and soups do count
- Make sure you and your children all have healthy digestive systems - your immune system depends on it! (And if not, naturopaths are specialists in digestive health because we understand that the key to good health begins with a healthy gut!)
- Exercise for at least ½ an hour a day, every day, doing something you enjoy!
- Get plenty of sleep and look to resolve any sleep issues
- Avoid stress
- Avoid toxins in your environment, including toxic people
- Get plenty of sunshine. This can be hard work in the winter months but it is essential to have bright UV rich light on your skin to produce vitamin D3, one of the most important components of your immune system. If you feel you may be low in Vitamin D talk to your health care professional about testing your levels and the possible need for supplementation.
- Fortify your immune system with herbs and nutrients for extra insurance
- Live every day with gratitude, love and laughter.

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