

# How to Stay Well this Winter



## Sleep & Recovery

We all know how good we feel after a decent sleep. Stress, even from exercise, enjoyable work and nights out needs to be balanced by recovery. If you need an alarm to wake, you are unlikely getting enough sleep! Consider blue-blocking glasses after sunset and turn devices off and lights down well before bed. Minimise wifi, especially overnight. Spend time talking with your family or friends; play table games. This doubly benefits for your immune system with added emotional connection.



## Supplements & Herbs

Many foods now sadly lack micronutrients (vitamins and minerals). Furthermore, chronic stress and multiple environmental toxins deplete those we do manage to get. Vitamin C, D, Zinc, iodine and selenium are anti-infective. Taking these may also boost energy. Herbs are traditional plant foods and are helpful for prevention and treatment of infections. Educate yourself about nutrition care or see an integrative practitioner or naturopath.



## Get Outside & Move

We make Vit D in the sun, but being in daylight and nature boosts immunity through other mechanisms too. Get out early morning to sync your body to the rhythm of the day and the season, and again at midday, keep core warm but uncover at least your limbs to get UV and IR infrared - the warm bit! Sunlight destroys some cold bugs. Getting out into the fresh air without a mask & breathing through your nose, improves your defences.

# What to do if You Do Get Sick

If you do come down with an infection, nurture yourself.

Chicken soup, bone broth, lemon, honey and ginger drinks can provide comfort and effect. Leave the laptop and smart phone alone and get rest. Let your body do its thing with elimination and temperature. Try to avoid paracetamol and anti-inflammatories such as ibuprofen, allowing your immune system to respond fully and strengthen you for the future.

## Other Treatments

Gargle with betadine solution (do not swallow).

Nasal irrigation with 1 tsp salt and 1/2 tsp of baking soda in 500mls of warm water. Apply this solution 3 times daily via a plastic squeeze bottle with a nozzle, 20 ml syringe, clean empty prescription nasal spray bottle or a sniffing action from a cupped hand.



## More Information

<https://nzdsos.com/2024/06/08/natural-treatments>

<https://nzdsos.com/2022/04/24/practical-health-protection-for-c-19/>

## If you need help

<https://health-helpline.co.nz>



## Supplements & Herbs

Supplements for treating viral infections are used at higher doses than for prevention and for short periods. Do not take these doses for more than 5 days.

- Vitamin C 500mg every hour till bowel tolerance
- Vitamin D 5000iu daily
- Vitamin K2 90 – 180 mcg daily
- Zinc 60 – 100mg daily
- Selenium 150 mcg daily
- Quercetin 500mg daily
- NAC 600 – 900 mg daily
- Herbs such as nigella, elderberry, andrographis and echinacea
- Curcumin extract

