Paris Holistic Health

November 2012 Newsletter

Strengthen Your Immunity

It is that time of year when many people around us are sneezing, coughing, and sharing their germs. Before we know it, we find ourselves with a headache, scratchy throat, or other symptoms of being sick.

Yet it doesn't have to be this way. Even though we may be exposed to the germs, we don't all get sick. The key to staying well during the cold and flu season is a strong immune system. The way to have a strong immune system is to minimize the amount of stress in our life. Stress takes many forms like inadequate nutrition, artificial ingredients in food, lack of exercise, inadequate rest, demanding people, pollution, and excessive use of drugs and alcohol to name just a few.

So what do we need to do to strengthen our immune system? Here are five things to bolster your body's immune system.

Nutrition
The foods we eat can be a big contributor to our level of stress since many foods in the standard American diet are full of additives, preservatives, dyes, and allergens. Consider eating organic, whole foods with a wide variety of fruits, vegetables, and whole grains. These foods are packed with vitamins, minerals and phytochemicals essential for a healthy immune system.

Exercise
Most of us do not get up and move enough throughout the day. Exercise is not only good for our cardiovascular system, but it helps to reduce our stress level, lowers inflammatory

chemicals in our body, and increases our body's production of antioxidants. Find some form of movement that you really enjoy. Human nature teaches us that our level of enjoyment in an activity contributes to our willingness to engage in that activity on a regular basis.

Rest

We all need to get adequate rest each day to allow time for our bodies to grow and regenerate. On average, most people need about eight hours of sleep each day. However, there are some people who feel fine with seven hours while others feel better with nine hours. Whatever your magic sleep number is, don't forget that your body needs more rest when you are run down, stressed out or are ill.

Stress Reduction

There are many things that can help reduce stress. Consider meditation, breathing exercises, massage, or just spend time with friends. A really good option is yoga which is a meditative exercise that focuses on breathing. Massage helps to relax the body and can work out the knots in tense muscles. Most importantly, develop a social network composed of people who are positive and accepting. These are the people you can rely on when you need a little stress reduction.

Herbal Support

Herbs can be used preventatively to strengthen the immune system before we get sick. They can also be used after we get sick to boost our immune response and speed our healing. Some of the best herbs for the immune system are echinacea, garlic, astragalus, shiitake mushroom, and ginseng.

I hope that you have gained some insights on strengthening your immune system. If you want to learn more about health and herbs, Paris Holistic Health is here to help. Call today, 443-243-4728, to schedule a complimentary discovery session. Get to know the herbalist and decide if holistic health is an approach that will work for you. Best of all, this first meeting is absolutely FREE!

CLASS ANNOUNCEMENT

1 December 2012, 4:00 pm - Keep Colds and Flu at Bay – Learn to Make Fire Cider
Creative Sanctuary of Havre de Grace, 114 Washington Street, Havre de Grace
410-502-2759
http://www.meetup.com/Creative-Sanctuary-of-Havre-de-Grace/events/90247382/

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