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The Leader

WINTER COLDS

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The cold and 'flu season is here and perhaps it is time to look at ways of combating them should you be afflicted.

The information given here is for mild symptoms only, as any complication such as bronchitis or ear infections, particularly in children, may need stronger intervention.

So let's look at prevention first, rather than having to deal with the onset of symptoms.

A healthy immune system is really the key to avoiding any illness. Vitamins A, C, and E act as antioxidants to keep the immune system running smoothly, with C being the one most people associate with fighting off colds. Lots of fruit and vegetables in your diet, and as always, keep up the water intake to help your whole body remain healthy. For children, rose hip syrup can be an easy way to increase their Vitamin C intake.

Garlic is an old favourite for preventing colds or fighting them off. Plenty of fresh garlic in your diet, or as a supplement in capsule form, may give you protection.

Garlic, horseradish and Vitamin C are available together in supplement form to help with mild upper respiratory tract problems such as runny nose. Many find Echinacea root, olive leaf extract, andrographis, and astragalus helpful.

However, it must be said that in all cases, if required, please seek extra advice and help from your health care professional.