

Staying Well This Winter

Don't let the winter bugs get the better of your kids this winter.

Once our children reach school age, their immune systems are starting to become a little more robust, yet they are still prone to getting on average 5-6 colds per year. Catching a cold is almost inevitable so we want to maximise our kid's immune response so that frequency & duration of infections are reduced.

Steps to Building a Healthy Immune System

Healthy Diet—As fussy as kids can be it's really essential to get as many nutrients into their diet as possible. Offering lots of fresh seasonal fruits and vegies, meats, natural yoghurt, cheese, milk, fish & whole grains are some of the key building blocks of a healthy diet. Just as important as what we eat, is what we don't eat. It has been shown that sugar can reduce the effectiveness of the immune response by 50%, so juice is far from ideal to give to the kids when they are not feeling well. The constant intake of sugary foods such as cereal, muesli bars & flavoured yoghurts is dampening down their natural immune strength.

Exercise—Active kids are healthy kids. Even in the cooler months letting them run outside to get fresh air gets their blood & lungs pumping. It improves the circulatory and lymphatic systems to be working their best. They will also get their daily dose of vitamin D from the sun, which is crucial for immune function.

Extra Support—Sometimes despite our best efforts our kids can still get sick or just need that extra support. A healthy immune system starts in the gut. As 80% of immune system activity is produced in the gut with the help of good bacteria, so we need to support this population of good bacteria with **Probiotics**. We use and recommend Inner Health Plus and Bioceuticals Ultra 45. **Vitamin A** is essential for healthy mucus membranes and immune response & the superior source for this is cod liver oil. A daily dose of Metagenics Cod Liv A & D is a tasty way to support immune, respiratory system and to promote strong healthy bones. **Zinc** is also important during colds as it stops viral replication and supports the immune system. For kids we recommend a liquid zinc such as Bioceuticals Zinc Drops or Ethical Nutrients Zinc Drink. Finally we can't forget good old **Vitamin C** for an inexpensive and easy way to boost the immune system on a daily basis.

Immune Boosting Smoothie

1 apple, 1 lemon (peeled & seeded), 1/2 cup water, 1/2 cup natural yoghurt, 2 teaspoons Manuka honey, 1 piece ginger. Blend together

Garlic Lemonade—kick those germs to the curb!

Finely mince 3 cloves of fresh garlic & place into a jar. Fill the jar with boiling water & cover for 30 minutes. Strain garlic and add to the liquid the juice of one lemon. Sweeten with a little honey, stevia or xylitol. A little cinnamon or ginger would be a nice warming and blood moving addition to this drink if you so desire.



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