



Simple self care tips to boost your immunity

As Autumn begins and COVID continues to bumble on you might consider looking at a self care routine to avoid getting sick this winter season. Or you might be the person who tends to catch bugs each year and vows to *'take care'* next year to avoid feeling awful again..

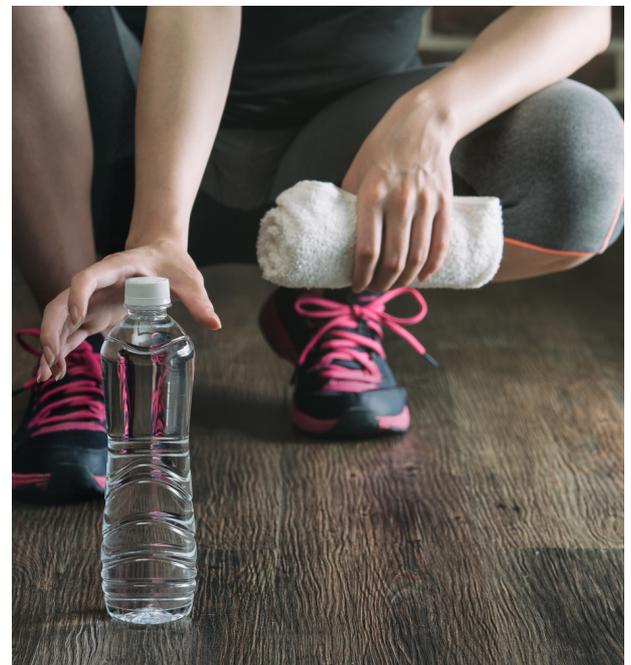
Acupuncture views cold and flu as an **'external pathogen factor (EPF)'**, these nastie's gain entry through the nose, mouth or eyes. **But**, we also consider wind (indoors & out) as a vehicle for a virus to enter your system. Your body actually has a type of energy called **'Wei Qi'** really known as our **'defensive Qi'**.

If your Wei Qi is in good shape it can boot a cold or flu out before it creates ill health. Some of us might be more vulnerable than others to bugs at certain points in our life if our immunity is low and we might not be following some of the tips in this guide.

Can acupuncture stop a cold or flu once it starts? No, but treatment is aimed at shortening the cold/ flu and allow your natural healing to get the upper hand.

Boost Your Immunity

- **Move:** keep active, the more we stick to an exercise routine the better our immunity will be. If you do come down with cold or flu do take time to slow down to feel better. If you push your self when your immunity is low it may take longer to recover.
- **Wrap up around your neck & shoulders:** Wind is known as 'evil' and is said to track or deliver '1000 diseases'. Not good eh... so wear a scarf around your neck when go out. You are aiming to protect the back of your neck and upper shoulder from any wind. This suggestion applies to inside as well. If you work in an air conditioned building don't sit under the fan.
- **Sleep!** prolonged lack of sleep raids your immune system. In simple terms, poor sleep suppresses immune system functions therefore allowing viruses to enter the body and having no ability to fight them off.
- **Hydrate:** Do what ever it takes to remember to drink water. Purchase a beautiful water bottle, leave the pint glass on the counter, set a reminder on the phone, tablet or lap top or even try an app on your mobile to gently remind yourself.
- Caffeinated beverages don't count. Herbal tea & bone broths do count! Yeah win.
- If water isn't exciting, try popping in a lime, lemon, mint, rosemary sprig.
- Really bored...try some of the fabulous non alcoholic options now out on the market to add some excitement to still or sparkling water.



Prioritise sleep, prolonged lack of raids your immune system.

Boost Your Immunity

- **Dry Your Hair!** My grandmother always warned me about running around with wet hair, turns out she was correct! Dry your hair in the colder months. A cold damp neck is only inviting trouble (even when your inside a warm house).
- **Wear slippers or socks around the house:** This is important advice not only for fertility patients but everyone! This may sound odd but in terms external cold (like a cold floor) can allow cold to enter through an acupuncture point on the bottom of the foot (Kidney 1 Bubbling Spring). If your a 'warm person' it's still a good idea to wear slippers, not only will they help boost immunity wearing a pair can reduce lower back pain.
- **Watch your energy reserves:** If you feel tired but have alot of social commitments, it might be time to reconsider how your spending your time. Tiredness might be a warning to rest. When it's time to say 'NO', don't feel guilty. Better to get to the next social occasion with good energy.
- **Reduce the sugar!** I know you hear this time & time again but that's because there's some truth to it. Relying on sugar is hiding underlying energy issues. It also reduces your immunity through depleting your good gut bacteria. A good gut is integral to amazing immunity. It's all about the knock on effect.
- **Wash your hands:** We have all heard this now a million times. But worth saying. When your out and about avoid touching your eyes, nose and mouth. You would be surprised how many times we touch our face sub consciously in any given day. Can't get to the sink? pop in a travel size hand santiser in your hand bag or pocket.



**Relying on sugar is
hiding underlying
energy issues. It also
reduces immunity.**

Boost Your Immunity

- **Stress:** Emotional distress over a period of time can cause a depletion of our immunity levels. Many of you reading this who have gone through a period of stress will understand this concept.
- Make a conscious effort to try to not let the stress get to you. Reduce news consumption, remove notifications on your mobile and look at negative self talk patterns. Consider tools such as mindfulness techniques, meditation, body check in's, expressing your self through art and anything that calms the mind.
- **Keep warm:** It's now time to put away the summer clothes (UK). Wear the right clothing to keep warm no matter if your on a 5 mile walk or run into the grocery store.
- **Sore throat?** Try Elderberry lozenges or warm water, locally sourced honey & a squeeze of lemon.
- **Supplements to boost immunity:**
 - **Vitamin B Complex**, a combination of B vitamins that strengthen mitochondria.
 - **Vitamin C** helps boost your qi (energy) and helps destroy any bad bugs.
 - **Vitamin D** turns on immune responses throughout our body.
 - **Vitamin E Complex** a powerful anti-oxidant to stop chemical reactions in the body that can damage cells.
 - **A good probiotic** to help regulate immune-response reactions such as asthma and viral infections.
 - **Zinc** to develop and improve the cells that make up your immune system.
- Visit your local health food store, the sales associates will often provide you with good advice on what is best for you and often offer a free service to suggest specific vitamins.



Emotional distress over a period of time can cause a depletion of our immunity levels.

Boost Your Immunity

- **You are what you eat**
- Eat foods that are warm in temperature. Soups, stews, roasted dishes, sautéed and stir fried.
- Drink warm liquids, forget the cold drinks.
- If your not well and have no appetite try to have some bone or vegetable broth. Broths have been taken medicinally for thousands of years in China.

- **What to drink depending on what kind of cold you have:**
- If the phlegm in your nose is yellow to green this is a **'heat' pattern**. Have hot water, lemon and a bit of honey (if your throat is sore). **Don't have any whiskey or ginger** in the water as both are very heating.

- If the phlegm is clear or white this is a **'cold' pattern**. Have hot water, a fresh piece of ginger and a bit of honey. If you don't mind whiskey, you can add 1 TBSP to your hot water to help clear cold.

- Add fresh sprigs of rosemary and thyme to your hot water. They both have antiviral and antibacterial properties.

- Lemon is used because it's packed with Vit C which boosts immune response.

More tips on what to eat and not...

- If you have a cold or flu coming on it's best to reduce foods that produce mucus. These are dairy products, heavier meats such as beef or lamb, greasy foods and breads.
- The best foods are vegetables and lightly cooked fruits with simple whole grains.
- If the cold is in your upper chest and you have a dry throat, apples and pears can moisten and cool the lungs.



Add fresh sprigs of rosemary & thyme to your hot water. They both have antiviral and antibacterial properties.

Maria's Chicken Soup Recipe

- 1 Chicken carcass
- (perfect after those roast dinners)
- 3 litres of filtered water
- 1 onion; quartered
- 3 sticks of celery halved
- 2 parsnips cut in quarters
- 2 bay leaves
- 6 whole black peppercorns
- 1 cup of sliced carrots
- 2 cups of shredded chicken (from roast)
- 1 cup of wild rice or fine egg noodles 1 lemon
- Salt & pepper for taste
- Juice of whole lemon
- Additional if desired:
- 2 cups of shredded white cabbage or kale

Directions:

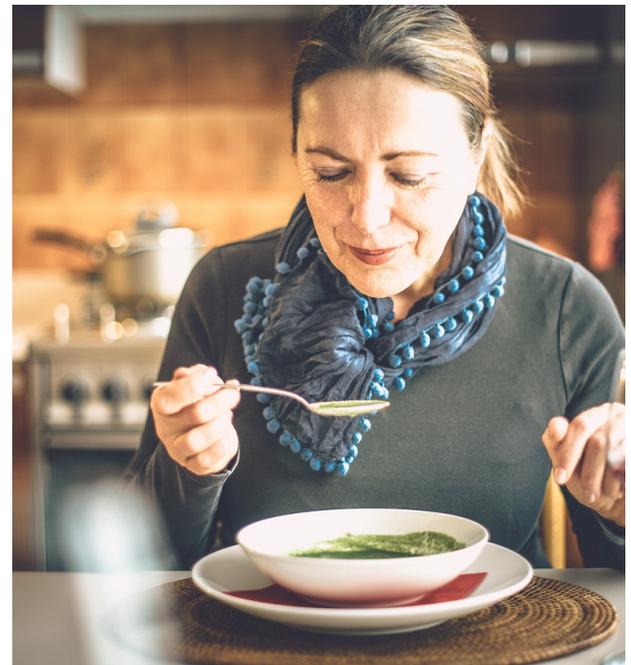
- Bring chicken carcass, water, onion, parsnips, bay leaves & peppercorns to a boil in a large stockpot.
- Turn to low and simmer for 2 hours with lid off.
- Cool, strain solids. Return broth to pot.
- Bring to boil. Add carrots, rice/ noodles, shredded chicken. Simmer for 10 minutes. Season with salt & pepper.
- Squeeze juice of lemon just prior to serving & shredded kale/ cabbage.

Change up this recipe:

Adapt recipe for asian flavour adding bokchoy, choy sum, mushrooms, chillis, udon noodles etc. Top with a bit of soy sauce & fresh bean sprouts.

Why is soup such a good choice for more than just lunch?

- Warm temperature foods are more suitable in colder seasons, kinda makes sense?!
- It fills you quickly
- Soup is easily absorbed, which helps strengthen your digestive system. This aides in better energy through out the day and better focus as well as providing the environment for good gut bacteria.



Soups are amazing for you! Easy and versatile.