



October Newsletter

Cold and Flu Protection



There is no better time than now to offset cold and flu season by taking the necessary precautions to boost your immune system by adding oregano or oreganol P73 to you and your family's daily regimen.

Oregano oil is highly regarded for its ability to boost immunity during cold and flu season. It can help relieve skin conditions like acne, athlete's foot, cold sores, and dandruff. In fact the antibacterial and anti-fungal properties of this kitchen favorite (oregano) was used many years ago as a remedy for head colds.



Some Relief Tips Using Oregano:

- When used as a steam inhalation, oil of oregano can help relieve coughs and other upper respiratory cold and flu systems. By adding a few drops to hot water and then breathe in the steam to help clear the sinuses and bronchial passages. If you're allergic to basil, mint, hyssop, marjoram, or sage avoid this oil. Pregnant women should also avoid it, since it has traditionally been used to help expel the placenta following birth.
- To relieve a sore throat related to colds, coughs, or flu, make a throat spray with a few drops of oregano oil in a half cup of distilled water in a spray bottle, or use as a gargle.

FOUR MORE WAYS TO STAVE OFF SICKNESS

1. Eat more protein: Fruits and vegetables are full of immune-boosting antioxidants, but did you know that protein is equally important for supporting seasonal wellness? Diets that are low in protein can deplete the immune system of crucial germ-fighting nutrients. When you eat less protein, you're usually eating more carbs. More carbs equals more sugar, which weakens our immune system. Dietary protein boosts amino acids that enhance immune cells, particularly glutamine and arginine. Whey Protein is especially good because it enhances beta-glucans and immunoglobulins the two building blocks that protect immunity.

2. Oil up: Washing your hands is critical to cold and flu prevention, but if there is no running water in sight. Rather than reaching for chemical hand sanitizers, keep essential oil on hand such as lavender, lemon, and peppermint as they contain effective antibacterial properties for safe sanitizing on the go.

3. Pop some probiotics: Did you know that more than 60 percent of your immune system's receptors lie in your gut? Your intestinal tract is your body's first line of defense during cold and flu season. Some of the most beneficial strains of good bacteria are lactobacillus plantarum, lactobacillus rhamnosus, and bifidobacterium bifidum. When choosing a product, look for one that contains these healthy strains to keep your immune system in fighting form.

4. Schedule spa time: If you need a reason to validate a trip to the spa, this is it. Regular massage increases the body's dopamine and serotonin levels, as well as increase the activity of natural killer cells and lymphocytes are key components for a healthy immune system.

That's all for now, until next time!

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— a Lifestyle