

The Ripple Effect Diet

... feel how good health looks on you!

Natural Cold Prevention and Treatment

Did you know the average adult has about 3 colds per year and kids get about 8 colds per year?

You don't have to be one of them if you follow my **Top Tips for Preventing Colds and How to Best Treat One If You Get One:**

Tip #1: Eliminate All Sugar

Studies have shown that 1 teaspoon of sugar can **suppress the immune system** for up to 4 hours!

Not only does sugar have ZERO nutritional value, it actually **DEPLETES** your body of valuable nutrients that are already in it! This is bad enough under healthy conditions, but when your body is working hard to fight off viruses and pathogens; it needs all the nutrition you've got!

Sugar is nothing more than a **stress** to the body, only pushing you further away from health and well-being.

Tip #2: Stay Hydrated

Viruses thrive in dry conditions with low humidity. The cold winter months combined with dry, heated indoor environments provide the perfect habitat for them to thrive! Therefore it is very important to stay properly hydrated so your body does not become a popular hang-out spot for germs!

You've heard me mention the importance of keeping adequately hydrated and **making sure that your water is properly filtered and alkalized**. When your fighting a cold or illness this is even MORE important!

(For more information on water, please see one of my articles: <http://www.therippleeffectdiet.com/files/articles/Article-Top-Tips-for-Staying-Healthy-and-Hydrated.pdf> or <http://www.therippleeffectdiet.com/files/articles/Article-TheFactsAboutTapWater-WhatYouCan'tSeeCanHurtYou.pdf>. Additionally, you can find the **home filtration**

water system I recommend and use myself on my Recommended Products Page: <http://www.therippleeffectdiet.com/links.html>.)

Another great way to insure proper hydration is to consume warming, sugar-free, non-cream based **soups and broths**. These are wonderful winter foods that help get more water into the body and create internal heat to kill viruses.

But be sure to **stay away from fake, gimmicky sports drinks** and "vitamin waters" or high-sugar juices and sodas, and instead stick to the only thing your body was designed to drink: pure, properly-filtered spring water.

Tip #3: Consume Probiotics

Our bodies contain thousands of strains of beneficial bacteria that are vital to our health and proper function. Yet our digestive tracts and immune systems can also be the hosts to parasites, yeasts and viruses which can wreak havoc on our good health and proper function. It is impossible to be alive and *only* have beneficial bacteria in our bodies, yet for many people, the proper ratio of beneficial to pathogenic bacteria is imbalanced on the side of bad bacteria. This paves the way for illness, infection and potentially disease.

"Probiotics" is a term used to describe the friendly or "good" bacteria. To keep your immune system happy, regularly feed the **beneficial bacteria** the ammunition it needs to keep the bad guys at bay. Foods like organic, plain, sugar and fruit-free yogurt, kefir, cultured vegetables and Young Green Coconut Kefir are all wonderful sources of these immune-boosting components. For more information on probiotics, please see my article:

<http://www.therippleeffectdiet.com/files/articles/Article-PROBIOTICS.pdf>.

Tip #4: Eat Garlic

Garlic naturally boosts the immune system due to its **anti-fungal, anti-bacterial** and **anti-oxidant** properties. Garlic has been used for centuries in Traditional Chinese Medicine for both the prevention and treatment of colds. It is best to consume it **raw**, which will retain all of delicate compounds that can be destroyed by heat, light and oxygen.

Tip #5: Wash Hands Regularly

The cold virus can live for several minutes on common surfaces and in the air we breathe, making us susceptible when we touch infected surfaces and then touch ourselves or breath the infected air.

During cold season, and certainly if you are around someone who is sick, be sure to **regularly wash your hands regularly** with warm, soapy water and keep them away from your eyes, nose, ears and mouth in general.

Tip #6: Disinfect Common Areas

As I mentioned in Tip #5, the sneaky, invisible cold virus is potentially in any area or on any surface. Door handles, computer keyboards, telephones and countertops are often *crawling* with these nasty critters!

A good idea to protect yourself is to **wipe down commonly used areas and items** before you touch them. Soap and hot water or disinfectant sprays or wipes work fine. I leave a small bottle of water-free hand sanitizer in my car and purse for added convenience!

Tip #7: Exercise, but in Moderation

Exercise is vital for good health. You've heard me say before: **Our bodies were designed to move...**every system, organ and cell works better when we do. Yet it's important to remember the old saying: Too much of a good thing is not better, it's just too much!

Think of it like this, exercise is a way of *using* your energy and using nutrition from your body to do so. As I always tell my clients, **the more you exercise, the more important it is to eat well.**

When you're sick, your body needs the majority of its available energy and nutrition to repair itself and to heal. Don't let exercise be yet another form of stress to your body by depleting your nutrient stores *and* potentially contributing to dehydration. Bottom line: Be smart when you're sick, and know when to say when.

Tip #8: Ensure Adequate Sleep

In addition to water and exercise, sleep is also a vital component to good health as well as proper immune function.

During sleep the body rejuvenates itself, **heals, rebuilds and repairs**. While your muscles are resting, your subconscious mind and organs are able to use the available body energy to carry on their vital functions. Thus if we don't get adequate sleep, these processes fail to occur, setting us up for ill health, decreased function and often disease.

When we are sick, it is important to *allow* ourselves to rest and take it easy, because the body needs a tremendous amount of energy to fight the viruses and germs so we can be well again.

If you are not feeling well yet continue to run around as your usual multi-tasking-super-self, no energy is “left over” for your immune system to get you well, *and* you will **prolong** and even complicate your misery in the long run!

Tip #9: Consume Specialty Teas

There are lots of natural, herbal teas available today that contain specific botanical blends proven over many decades and often centuries, to be effective at alleviating cold, sore throat and flu symptoms. Remember, **organic** is *always* best.

One of my favorite herbal tea brands is Traditional Medicinals. Also, **Mountain Rose Herbs** is a wonderful resource of high-quality, fresh and natural herbs and health products. You can find information on them on my Recommended Products Page: <http://www.therippleeffectdiet.com/links.html> or by cutting and pasting the link: <http://www.mountainroseherbs.com/cgi-bin/Main.pl?AID=097652&BID=30>.

One last important tip on consuming medicinal teas: be sure not to flavor your tea with sugar or any artificial sweetener or you'll only compound the stress to your body!

Instead of using sugar which will set your blood sugar in a tailspin, I recommend the nature-made, calorie-free, sugar-free herbal sweetener: **Stevia**. Stevia has been safely consumed for centuries in Latin America. It is wonderfully sweet and delicious (and if you use the brand I do, it has NO AFTERTASTE!)

Add a few drops of Stevia to your herbal tea combined with some fresh organic cinnamon or pumpkin spice for a healthy, calorie-free treat...yummy!

Tip #10: Stay Warm

Remember this one rule of thumb: the cold virus, as all viruses, thrives in cold, dry conditions. Therefore, it only makes sense to not provide a comfy place for the virus to live! You can do this by **not letting yourself catch a chill** or become **dehydrated!**

Normal body temperature is 98.6 degrees. One reason colds commonly occur in the winter months is because as the thermostat goes down, body temperature

often drops with it, hence increasing the probability of catching a cold. So stay cozy warm and comfy this winter and avoid all drafts.

Conclusion

I hope you find my Tips for Natural Cold Prevention and Treatment to be helpful.

The winter season doesn't mean you have to get sick and feel miserable! Keep my easy lifestyle tips in mind as soon as the leaves start to fall, and you'll slide your way through winter as "cool" as the icicles hanging from your rooftop!

If you'd like to hear an **audio clip on Natural Cold Prevention and Treatment** please visit my website: <http://www.therippleeffectdiet.com/media.html>.

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