



Well - who can complain about our weather? I went for a ride on Easter Sunday & it was glorious! We cycled along the waterfront & I felt rather like a tourist - the harbour was glass, the fountain was doing its thing & the cafes were spilling people all over the path. What an awesome way to celebrate Autumn.

As we head towards the end of daylight savings I know it gets harder to get up & out in the mornings. Dig deep & enjoy the last of the long days - get out & about as much as you can & build up that fitness before winter.

If you need a push then let me know - maybe there's a few of us who can get together & motivate each other???

IMMUNITY...

Now is a good time to be thinking about keeping your immune system healthy & ready to fight off those nasty winter bugs.

- ▶ Vitamin C - always a goodie to have on hand for boosting energy & fighting inflammation. Vit C really works best to fight acute immune activity, so short term intake rather than every day. The best supplemental form is the powdered form - you can better control the dose & absorption.

2 options @ nourishe - Meta Zinc with Vit C (100gms) \$21 or Bio Activ Vit C (200gms) \$29
Food sources include citrus, strawberries, green leafy veges, broccoli, capsicums, Rose Hips.

- ▶ Astragalus or Olive Leaf - my favourite immune boosters. Astragalus (used a lot in Chinese medicine) may enhance the immune system and fight bacteria & viruses. It also has antioxidant properties. Olive Leaf is a powerful antioxidant, & may inhibit viruses & bacteria.

- ▶ Andrographis - used in Ayurvedic (traditional Indian medicine) this herb supports liver function & may also help prevent the common cold.

nutri- medicine defence support @ nourishe - this is a really beneficial immune support for those who get colds or upper respiratory tract infections (yours truly!).

\$30 for 40tabs (1/day)

Source: Hyper Health Pro 2006

WINTER WELLNESS WORKSHOP

Wednesday 14th May from 6-8pm. Cost: \$10 per person

Topics include natural prevention & treatment of colds & flus, supporting your immune system, nutrition for Winter Health, stress/anxiety/depression & SAD.

Venue: TBA (either Petone or Lower Hutt) Registration: ESSENTIAL! *via email or phone please.*

FYI - from the Medical Journal of Australia:

Anxiety disorders are among the most common mental disorders. They are estimated to affect 7% of men and 12% of women in Australia each year. Anxiety disorders are also a major cause of disability: they account for around 2.7 million person-days out of role per month among Australian adults and 6.5% of disability in the total population. The treatments with the best evidence of effectiveness are kava (for generalised anxiety), exercise (for generalised anxiety), relaxation training (for generalised anxiety, panic disorder, dental phobia and test anxiety) and bibliotherapy (for specific phobias). There is more limited evidence to support the effectiveness of acupuncture, music, autogenic training and meditation for generalised anxiety; for inositol in the treatment of panic disorder and obsessive-compulsive disorder; and for alcohol avoidance by people with alcohol-use disorders to reduce a range of anxiety disorders

source: http://www.mja.com.au/public/issues/181_07_041004/jor10845_fm.html

**please call or email if you have any questions
or want to make an appointment**



SYMPTOMS	COLD	FLU
Fever	rare	characteristic, high, lasts 3-4 days
Headache	rare	prominent
General aches, pains	slight	usual; often severe
Fatigue, weakness	quite mild	can last up to 2-3 weeks
Extreme exhaustion	never	early and prominent
Stuffy nose	common	sometimes
Sneezing	usual	sometimes
Sore throat	common	sometimes
Cough	mild to moderate; hacking cough	common; can become severe