



# MAY 2008 WELLNESS UPDATE

As we head into the colder months (yes – that Southerly IS here already!) I'm seeing lots of the same symptoms in clinic. It seems that every year the ailments are more persistent, hanging around longer, & compromising your immune system so you become vulnerable to every bug that comes your way! I thought I'd mention a couple of simple tips along with products that I recommend. Please remember these are general & YOUR personal profile will determine the best solution for YOU!

## IMMUNITY...

I talked about immunity last update but I feel that now is the time to really focus on staying healthy. This chart is a simple way of identifying if you have a cold or a 'flu:

SYMPTOMS	COLD?	FLU?
Fever	rare	usual, 3-4 days
Headaches	rare	prominent
General Aches/Pains	slight	usual, often severe
Fatigue, Weakness	mild	lasting 2-3 wks
Extreme Exhaustion	never	early, prominent
Stuffy Nose	common	sometimes
Sneezing	usual	sometimes
Sore Throat	common	sometimes
Cough	mild-moderate, hacking cough	common, can become severe

source: metagenics NZ

**Vitamin C - @ doses of around 2gms per day, good old Vit C can help reduce the duration & severity of colds. A healthy diet will supply around 200mg of Vit C per day. DON'T take 2gms at once – spread it out over the day.**

**Zinc - @ 20-30mg per day, Zinc can help reduce the duration of a cold by enhancing the function of your immune cells. ALWAYS take several smaller doses throughout the day.**

Metazinc with Vit C from Metagenics contains 1000mg Vit C & 22.5mg Zinc per 1/2tsp.  
@ \$23 per 100gms (50doses) it's pretty good value for money.

**Anti Cold & Flu Tea** - I use a big coffee mug for my fresh herb teas!

- chopped or grated FRESH Ginger (about 1/2tsp per cup)
- cloves (2-3 per cup depending on your taste – I don't like cloves so I leave these out altogether!)
- chopped fresh garlic (1 clove per cup)
- honey (1 tsp per cup)
- fresh lemon (1 slice per cup, leave the skin on)
- cinnamon stick (1 per cup)

**METHOD:** Put ginger/cloves/garlic in a mug, pour over boiling water & steep for about 5 minutes. Strain (or not) & add honey & lemon slice. Stir everything with the cinnamon stick.

Alternatively make a bigger batch by boiling your water in a pot then adding the ginger/cloves/garlic & continuing to simmer for about 3 minutes. Strain into a pot then heat up as you want (adding your honey & lemon to suit & stirring each time with a cinnamon stick.

*Freshly chopped Rosemary & Thyme also make great infusions for treating respiratory congestion. Use the same methods as above. You can even add them to the above recipe*

# HEMAVIEW – introductory offer

So what's this HEMAVIEW all about then?

Hemaview is live blood analysis. You can take a look at what's ACTUALLY happening in your body – no waiting days or weeks for results!

\*\*Blood cells on screen within seconds of the sample being taken.

\*\*A wealth of information provided in under 30 minutes.

\*\*Can assist in screening for Inflammation, Oxidative Stress, Impaired Immune Function, Reduced Digestive Integrity & more.

## Introductory Offer: 23<sup>rd</sup> June - 31<sup>st</sup> July

30 minute Health Assessment = Hemaview screen + report & simple treatment plan

**only \$30** (usual value = \$45)

Bookings essential. Can be conducted as a separate appointment or tagged on to your regular massage/consult. Some conditions apply for new clients.

Questions? Want to book? Just email or call & we'll talk!

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## ecostore product clearance

Glass Cleaner – 500ml spray	usually \$7.50	now \$6.50
Citrus Cleaner – 500ml spray	usually \$7	now \$6
Citrus Cleaner – 500ml refill	usually \$6.50	now \$5.50
Toilet Cleaner – 500ml (refillable)	usually \$7	now \$6

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## nourishe range – product specials for May/June

**Ideal Face Oils (25ml)** usually \$15 now \$10  
*revive (Geranium, Carrot Seed & Cypress) or relax (Lavender & Cedarwood)*

**Face Creams** 30gms usually \$15 now \$10  
60gms usually \$24 now \$20

*unwind (Rosewood, Petitgrain & Sandalwood) or invigorate (Geranium, Peppermint & Sandalwood) or replenish (Palmarosa & Geranium)*

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So how about preventing the cold or 'flu in the first place?

Andrographis – effective in treating the symptoms of colds & @ 6g daily compares favourably to paracetamol in treating fevers & sore throats.

Olive Leaf – contains strong plant chemicals (polyphenols) that are highly anti-bacterial & anti-parasitic. Also used as an anti-viral.

& if you DO get a cold or 'flu?

Keep moving if you have a cold.

Bed rest if you have a 'flu.

Plenty of Chicken Broth with Garlic & Cayenne Pepper.

Thanks to those who came to the Workshop!  
Please phone or email if you have any questions.

