

## **Winter Wellness and Year-Round Family Health**

What can you do to stay healthy this whole year 'round?

“It is all about Skill and Preparation.”

. . .you have got to start preparing in advance. Meaning, your likelihood of avoiding illness is all about how well your family does in training camp – which is ongoing, daily, life during every season of the year! It is a lifestyle. You simply can't eat fast food, (even eating out frequently at “sit-down” restaurants is not a wise choice), or processed foods that come from a can or a box and are loaded with preservatives, additives, dyes and ingredients that you cannot pronounce. You have got to build health inside of you by eating, Real, Live, Colorful foods, foods that come from plants and animals. You are what you eat, after all. Eat the healthiest stuff you can find!

In a perfect world, you would seek the guidance of a Naturopathic Professional in order to walk hand in hand with you to personalize these basic suggestions for each person in your family, based on blood-type, glandular type, iridology, common acute and chronic ailments, previous health history and more. This is your ACTION PLAN!

### **6 Perfect Preventative Measures**

#### *1. Vitamin C, 1,000-5,000mg daily*

It protects against stress, improves blood flow, lowers the risk of heart disease & stroke, regulates sugar, improves cancer treatments, improves asthma, reduces neurological disorders, improves arthritis and Much much more! In high doses it has the ability to knock out a cold, QUICK.

#### *2. Home-made Elderberry & Rose Hip syrup*

Used for their antioxidant activity, they have been known to improve vision, boost the immune system, and are especially great for fighting off coughs, colds, flu, bacterial and viral infections and tonsillitis. Bioflavonoids and other proteins in the juice destroy the ability of cold and flu viruses to infect a cell and reproduce.

#### *3. Seaweed – Blue-Green Algae or Chlorella or Spirulina or Kelp*

Not only are these superfoods full of protein, omegas 3, 6 and 9, amino acids, and vitamins and minerals (HENCE, the SUPERFOOD), they also have the ability to gently filter toxins, and even help escort heavy metals out of the body.

#### *4. Iron from bio-available sources*

About 70% of iron is found in hemoglobin and myoglobin. Hemoglobin is the primary transporter of oxygen from the lungs to the body's tissues, while myoglobin is in muscle cells, and makes acceptance, storage, transportation, and release of oxygen possible in those cells. Oxygen transport to cells is important in illness recovery.

### *5. Immune Boosting Essential Oils;*

Apply a few drops to the bottom of each foot nightly before bed. This can be kept in a 1ounce dropper bottle for a quick, pre-diluted mix. Simply add 20-30 drops of whatever oil you choose to use and fill the remaining space with any carrier oil.

*\*I recommend Be Young Essential Oils. Choose a Company you have researched and Trust.*

### *6. Raw Garlic, Ginger, Horseradish or Fire Cider*

Revered by herbalists for its ability to support the immune system and shorten the duration of cold and flu symptoms. These contain powerful immune-boosting, anti-inflammatory, anti-bacterial, anti-viral, decongestant, and spicy circulatory movers that make it easy to boost the immune system, stimulate digestion, that also warm the body.

## **6 Tips For Recovery**

### *1. Drink Homemade Bone Broth*

One quart a day for adults (16 and up) and a pint a day for kiddos (5-15) and between 2-8ounces daily for tiny tots (6months-4yrs). It is a source of bio-available nutrients in an easy-to-digest form. Its amino acid structure and high gelatin content makes it soothing and healing for the gut and enhances the absorption of nutrients from other foods as well.

### *2. Poop!*

Make sure your bowels are moving daily. Even better 2-4x a day. Try fresh Aloe Vera Juice, Smooth Move tea, Prune Juice, Slippery Elm, Magnesium, Crank the Healthy Fats, Fennel or Digestive oils, Probiotics, Enzymes, etc. And if necessary...give yourself an enema with warm filtered water. Do whatever it takes to get things moving out of your system!

### *3. Rest.*

Sleep as much as possible. This is the time that your body can fully recuperate and heal and fight the internal unwanted guest. If you are not resting, it will take you longer to get back to neutral.

### *4. Avoid Eating.*

When you are feeling ill and choose to eat, energy is being diverted to the digestive system to work on digesting your food, when it really needs to head on over to the immune system for optimal healing. Sipping on bone broth, herbal tea and filtered water will more than sustain you when you are feeling ill, and it does not require a lot of effort from the digestive system because the nutrition is often times absorbed immediately through the membrane tissue of the body.

### *5. Get some Fresh Air!*

I know you don't wanna, but get outside for a short snippet of cool, fresh air, open a few windows for a couple hours. Do what you can to clear some stagnant air from your lungs and replace it with a breath of fresh air.

### *6. Avoid Over the Counter and Prescribed if Possible*

They may eliminate some symptoms for you but the bog down your immune system, making it more difficult for your body to do its job. They just make true healing more complicated as they mask the symptoms your body is sending your way as a means of asking for help.

## **6 Easy Ways to Bring Balance**

### *1. Apple Cider Vinegar*

It has anti-bacterial, anti-septic, anti-viral, and ant-fungal properties. This means that any ailment experienced, that can be traced from bacteria, a virus or a fungus or due to low pH levels can also be treated with the help of apple cider vinegar, including allergies, acne, joint pain, sore throat, candida, sinus infections, ear infections, rashes, digestion, and stomach ulcers, among many others. As a daily supplement, apple cider vinegar is preventing and treating a host of body woes.

### *2. Immune Boosting Vitamins, Minerals & Herbs*

A, C, D, E, K, Iron, Selenium, Zinc, Echinacea, Goldenseal, Rose Hips, Elderberry, Manuka Honey, etc. Well, just how much do you want to do? These are the immune boosting Guru's they will Wipe out just about anything, given enough.

### *3. Epsom Salt Bath Soaks*

This is highly detoxifying and should only be used 1-2x weekly, for a maximum of 20 minutes. After soaking, make sure to rinse off quickly with a nice shower. Dry off and go right to bed. Essential oils may be added directly to the Epsom salt before filling tub with water.

### *4. Herbal Loose-Leaf Tea*

Steer yourself away from those bagged teas mama. Get yourself an infuser ball and some loose-leaf tea. Consider the following herbs for your daily blend; Rose Hips, Alfalfa, Stinging Nettle and Red Raspberry Leaves. You can expand your horizons choosing herbs that fit your current needs. Mountain Rose Herbs or Star West Botanicals.

### *5. Make & Eat Fermented's*

Sauerkraut, yogurt, kefir, kombucha, fermented veggies, kavas, etc. Don't be scared to try them! You can always spit them out if you don't like them! BUT – if you never try them, you will never know what you might have missed out on for your health!

### *6. Eat Healthy Fats!*

Did you know fats are needed in order to truly nourish your brain and nervous system? That is Right Fats do NOT make us Fat! Fake foods make us fat. Eat 'em up folks! The average person is in need of 6-8 servings daily! That is not taking into consideration if you are pregnant or breastfeeding! If you are, then consider upping your intake to support milk nutrition and baby's brain growth and development. Ever wonder why so many expectant mamas say they have "BABY BRAIN?" It's really the brain starving from lack of nourishment.