

Words of Wellness

January 2012

WINTER WELLNESS

By Lisa Doucette, Joy Hanson, Lori Purvis and Mary Turnbull - District 14 Wellness Facilitators, & Eileen McNeil, NBTA.

9 ways to boost your immunity:

1. Think positively
2. Exercise regularly
3. Wash your hands
4. Snack on yogurt
5. Eat your broccoli
6. Give herbs and algae a try
7. Boost your vitamin D
8. Get vitamin B12 from foods
9. Get vaccinated



Natural sore throat remedies

Before you go running to a doctor, try these simple but effective natural home remedies to battle a sore throat

For fast and effective sore-throat relief, nothing beats an old-fashioned **saltwater gargle**. Dissolve a half-teaspoon salt in a glass of warm water.

Alternatively, **gargle with a baking-soda solution**. Dissolve one-half teaspoon of baking soda in a glass of warm water.

Run a cool-mist **vaporizer or humidifier** in your bedroom.

Quit smoking.

Bolster your immune system during cold and flu season with vitamins, herbs and good nutrition.

Honey has long been used as a sore-throat remedy.

Hot lemonade with honey can also relieve pain.

Horehound reduces the swelling of inflamed throat tissue. To make the tea, steep 2 teaspoons chopped herb in 1 cup boiling water for 10 minutes; strain and drink.

Slippery elm contains mucilage that coats the throat and eases the soreness. Steep 1 teaspoon of the inner bark in 2 cups boiling water, strain and drink.

Like slippery elm bark, **marshmallow root** (*Althea officinalis*) contains throat-coating mucilage. To make the tea, steep 2 teaspoons dried herb in 1 cup boiling water for 10 minutes; strain and drink. Drink three to five cups a day to help a sore throat. Take vitamin C three times a day.

Echinacea.

Garlic, as another aid to fight off infection.

Zinc lozenge.



Did you know... that it's important to eat a little different to sustain energy during exercise in the winter? Kelly Anne Erdman, a registered dietitian and consultant to Winter Olympics athletes at the Canada Sports Centre in Calgary, says that while we need a combination of carbohydrate, protein and fat at every meal, we need to eat foods that are slightly higher in fat and protein about two to three hours before being active in the winter.

Eating a little more will slow down the rate food leaves the stomach, sustaining your energy longer in the cold. You also need a snack containing carbohydrate and protein within the first 30 minutes post-exercise to fuel your muscles and help them recover. Otherwise, the next day when you hit the slopes, you won't have as much energy. And don't forget to hydrate just because it's cold. Winter athletes are notorious for avoiding fluids on the slopes to avoid the hassle of bathroom breaks in full attire, but staying properly hydrated helps maintain endurance and power output.

Will chicken soup shorten the duration of my cold?

YES! A hot bowl of chicken soup may encourage nature to take its course a bit faster. Researchers have found that chicken soup reduces the movement of neutrophils-white blood cells that fight off cold viruses but also cause cold symptoms - by about 75%. Canned soups work, too!

Hearty Chicken Soup

Ingredients:

- 1.5kg chicken pieces, skin on
- 1 large onion, quartered
- 2 parsnips, peeled
- 2 carrots, peeled
- 1 stalk of celery
- 1 tsp. each of basil, oregano, thyme, parsley
- 1 bay leaf
- Pepper to taste
- 1 large handful of dry broad noodles or your favourite pasta

Method:

To make broth place chicken, vegetables and seasoning in a stock pot and fill with enough water to cover generously. Over high heat bring to a boil, then lower heat and simmer for an hour. Remove chicken and vegetables, set aside. Reserve broth.

To make soup:

Cut meat from the chicken parts. Discard skin and bones. Cut meat into bite sized pieces and dice vegetables. Strain broth, if desired, and pour into a large pot. Add chopped ingredients, bring to a boil then add noodles. Simmer 15-20 minutes and serve.



Knock! Knock!
Who's there?
Guitar!
Guitar who?
Guitar coats, it's cold outside!

Knock! Knock!
Who's there?
Eddy!
Eddy who?
Eddy idea how I can cure this cold!