

Dear Jacquie

Your queries about natural health answered by **Jacquie Lane** from the College of Naturopathic Medicine

Dear Jacquie

Every Christmas holiday I come down with a terrible cold which ruins my Christmas. What can I do to help prevent getting one this year?
TJ, Lewes

Many people find that when they take time off to relax they often come down with an infection or a cold. It sometimes happens when people go on holiday for example. This may be to do with how the body deals with stress and the fact that it can't switch off, just because we've told it to. Also the Christmas holiday period can be overly stressful for many people, so try to avoid stress this year.

Our immune system can protect our body from day to day infections, unless of course it is not functioning properly.

One way we can help our body's immunity is by eating the right foods, e.g. a brightly coloured rainbow selection of vegetables and fruits; getting sufficient protein



from fish, beans, turkey etc; getting enough rest (sleep); and enough fresh air and exercise.

Cutting out the sugar, alcohol and white refined carbohydrates such as biscuits, cakes and sweets can help our immune

system by ensuring we save room for the good stuff!

Look to eat foods that contain the following herbs and nutrients that may help to support the immune system: herbs such as Echinacea, Elderberry extract and garlic, minerals such as zinc, and vitamins such as vitamin A, C, and D, plus probiotics, as good gut health may also contribute to a healthy immune system. After all, approximately 70 per cent of our body's immunity is manufactured in our gut.

Frequent colds and flu are a sign that the body's immune system is not at its best. This could be a nutrition deficiency and/or stress induced.

Working on your diet and lifestyle is the first step to addressing these issues. If you don't take in the correct balance to meet your nutritional needs your body will not have the resources to fight the infections. A nutritional therapist will be able to devise a programme especially for you.

See your health professional for advice.

If you have a general health query that you would like to raise here you can email Jacquie at healthqueriesforWave@naturopathy-uk.com. Please note that Jacquie cannot enter into individual correspondence unless your query is chosen for publication.

CNM COLLEGE OF NATUROPATHIC MEDICINE



Jacquie Lane is a lecturer at the College of Naturopathic Medicine (CNM) and the Director of Studies at CNM in Brighton. Jacquie also runs her own nutrition clinic in Brighton and manages a biological testing lab specialising in digestive issues.

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