

The College of Naturopathic Medicine (CNM) offers advice on how to prevent sniffles spoiling the party season.

“Many people find that when they take time off to relax they often come down with an infection or a cold,” says Jacquie Lane, a lecturer at CNM.



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 plan ahead to avoid stress this year and be realistic about how much partying you can fit in without making yourself over-tired and vulnerable to infection.

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; having enough rest and sleep; and getting 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, Jacquie advises. Herbs such as Echinacea, Elderberry extract and garlic, minerals such as zinc, and vitamins such as vitamin A, C, and D may be helpful, plus probiotics, as good gut health may also contribute to a healthy immune system. After all, approximately 70% 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.

If you don't take in the correct balance of foods to meet your nutritional needs your body will not have the resources to fight the infections, so working on your diet

and lifestyle are key. A naturopathic nutritional therapist will be able to devise a detailed dietary and lifestyle programme designed specifically for you, and based on natural, holistic therapies.

See your health professional for advice.

Become a Nutritional Therapist!

If you'd like to find out more about studying for a career in Naturopathic Nutritional Therapy at CNM in Birmingham, please call 01342 410 505 to book your free place at CNM's next free-to-attend open evening in Birmingham on 22nd November.

Diplomas in Naturopathic Nutrition can be studied at CNM colleges in Birmingham, Manchester, Edinburgh, Bristol, Brighton, and London, as well as at CNM in Ireland. At CNM in London you can also study for diplomas in Acupuncture, Herbal Medicine, Naturopathy and Homeopathy.



CHANGE CAREER

Become a Naturopathic
**Nutritional
Therapist**



Studying part-time
in Birmingham

call **01342 410505** to book
your place at our next
Birmingham Open Evening

**FREE
ENTRY**

**Nutrition, Naturopathy, Acupuncture,
Herbal Medicine, Homeopathy**
Colleges Nationwide

www.naturopathy-uk.com