

Dr. Jay ...

Cold and Flu Season



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Well, it is the cold and flu season again, or is it. What if you had a cold or flu in the summer? Did you get it out of season? The truth is that these germs don't migrate with the geese and ducks for the winter. They are always present.

So why is it that we have more colds and flus during the winter months? Why the sudden inability to fight off these germs?

There are several different things that lead to cold and flu symptoms. Let's take a look at ways you can stay healthier during these winter months.

First, the weather is changing and even though you may not feel cold, dress appropriately. I am not asking you to be in parkas in October but I do recommend that you dress a little warmer than you normally would. Why, you may ask? Your nervous system controls and coordinates the function of every cell, tissue and organ in your body. That includes the immune system. So, if your nervous system has to put effort into keeping your core temperature where it wants it, then it will have to divert its attention from elsewhere in your body. With the nervous system preoccupied, the immune system will not function at full capacity. This leads to the proliferation of opportunistic germs that are always present. The next thing you know you have manufactured way too many germs and ta da, you have a cold or flu. It's not the cold that will make you sick, it's your body's response to the cold. Just like, it's not the fall but the sudden stop that can kill you.

Second, eat healthy. It is recommended that 5-9 servings of fruits and veggies are part of our daily diet. Why, because you need the nutrients (building materials) so that your body can have the necessary materials to constantly replace old and/or damaged cells with healthy cells in your body. I know it can be challenging to meet the fruit and veggie goals in our diet so I recommend a whole food supplement that I have been using for 16 years, Juice PLUS. You can do your own research on it at the following site www.juiceplus.com/+jr80225

Third, get proper rest/sleep. I know we all think we're indestructible but the human body needs rest to heal. Research says that we need 7 1/2 - 9 hours of sleep every night. Unfortunately, we cannot make up for lost sleep by trying to add extra hours when there is time. How many hours of uninterrupted sleep do you get per night?

Fourth, stress reduction. The holidays are supposed to be a joyous time of year but instead, for most people, it increases stress. Cooking, cleaning, shopping, crazy people all over the place.....With all this build up of stress and tension, your body short circuits. It's a miracle we are not all sick. Take some time for yourself, even if it is only for a couple of minutes, and chill out. Learn meditation; take a nice walk in the park or exercise. Exercise has been shown to reduce stress and increase immune function. And, probably most importantly, get checked by your Chiropractor.

Chiropractic, as discussed in last month's article, will help you reconnect so that your body may reduce stored stress and tension. Thus, re-setting your circuits. For more information and to learn about the light touch approach, called Network Spinal Analysis, check out our website www.rfamilychiropractic.com