

## **Back to School...is your Immune System Ready???**



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### **Schools Open!**

This time of the year I am reminded of the Office Max commercial with the Dad skipping down the isles with his kids dragging behind him with drooping faces.

You may be experiencing many different emotions right now. Either you are jumping for joy to send your little ones back to school after a very, very long summer, or you are a bundle of mixed emotions if you are sending your eldest/youngest off to college.

Now many of you may be relieved to get back to your normal routine. But are you ready for what awaits you...that's right cold season. We have some new and additional threats to staying healthy.

### **So how can you keep your family healthy this season?**

**1.) Eat a Healthy Diet**, full of antioxidants and immune supporting nutrients. Avoid fast food. Commit to at least 5 servings of fresh fruits and veggies.

**2.) Be sure to take your supplements**– Make sure you are taking a comprehensive multi as well as Vitamin C & D and Probiotics. Don't forget to have some Echinacea in the cabinet just in case you get a little tickle in your throat.

**3.) Get plenty of rest**– If you are not getting adequate rest you are depleting your immune system. School aged children need 9 hours and Moms and Dads need 7 1/2 to 8 hours a night. \

**4.) Talk to your Doctor about immunization.** Do you fall into any of these categories.

Pregnant Women, people who live with or care for children under 6 months old, health care and emergency medical services personnel, children 6 months to 4 years and children 5-18 who have chronic medical conditions.

**5.) Wash your Hands Frequently**– You DO NOT need antibacterial soap– experts are saying that this may be contributing to the increase of resistant bacteria that antibiotics do not work against! Simply use plain ordinary soap with warm water and make sure you wash your hands, arms and wrist for at least 30 to 60 seconds. (Sing the ABC's or Happy Birthday twice!)

**6.) Keep those counters, bathroom sinks and other hard surfaces you come in contact with Germ Free.** Look for a good germicide that has been tested and shown to be effective in neutralizing Influenza Type A Viruses as well as a host of other microorganisms.

**7.) Reduce Stress!** Stress puts a lot of strain on your body and your immune system. So try to RELAX! Take some time out for yourself or if you can't do that take your B's– that is B Vitamins.

Welcome Back to School  
ENJOY!

If you would like some help with any of these steps please feel free to contact me and I can get you on your way to health and happiness.

**Barbara Formica**

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