



Preparing for the Cold and Flu Season

by Mitchell Zeifman, ND



As the days grow dimmer and the chill of autumn returns to the air, the time to prepare for the winter months is upon us. Along with getting your wardrobe ready for the colder weather, so too must your body be prepared for the onslaught of viruses

that infect the upper respiratory tract—colds and flus, for short. The cold weather makes us particularly vulnerable to these viruses because of the accompanying dryness of the air. This condition helps the virus to remain in the air longer and makes the mucous membranes of our respiratory passages more vulnerable to viral attack. Thus it is important to keep your living and work space properly humidified. Take it to the next level with a saline nasal spray or rinse to really hydrate dry nasal passages.

A healthy regimen for preparing for cold and flu season can take many forms, depending on your particular state of health or specific therapeutic goals. I generally recommend to my patients an early fall cleanse to support the digestive system after a summer of indulgence. To support the immune system one can use food or nutritional supplements high in vitamin C and bioflavonoids, zinc, and B vitamins. I often use specific herbal extracts that support and strengthen the immune system, especially in individuals who have a tendency to contract frequent infections or have colds that linger for weeks on end. For more information or for a specific health regimen to prepare you and your family for the cold season, contact one of our naturopathic doctors.

Did you know...

Honey is not just another sweetener. Honey has been used as a topical and oral medicine for over three thousand years. Unlike most other sweeteners, honey contains small amounts of a wide array of vitamins, minerals, amino acids, and antioxidants.



In terms of medicinal use, honey is probably best known for its use in wound and burn healing. Modern research has uncovered that honey has antimicrobial activity stemming from a number of components. Honey is gaining some mainstream acceptance because of its broad antimicrobial actions, even in the treatment of antibiotic resistant strains, like Methicillin Resistant Staphylococcus Aureus (MRSA). As in external wound healing, specific medicinal honey products can be used to treat gastric ulcers and associated H. Pylori infections. Honey is also very effective at soothing sore throats and coughs due to colds, either on its own or in combination with specific herbal teas or medicinal foods like lemon, onion, garlic or ginger.

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Eating Healthy...For Two!

by Odette Bulaong, ND

Whether you are a first or fourth-time mother, the pre and post-natal period is a vital time of growth for you and your infant. Since this means eating for two, the typical questions that arise are: *How much do I eat? And just what are the best foods to eat?*

Although pregnancy requires approximately 300 to 400 additional calories and lactation an extra 500 to 600 calories per day, it is essential to remember that not all calories are created equal! Simply stated, eating enough calorically speaking does not guarantee that you are eating enough nutritionally speaking. Here are some starting guidelines to help you select the best sources of macronutrients (proteins, carbohydrates and fats) that will help to give your little one their healthiest possible start to life:



The 5-10 servings rule still applies! Vegetables and fruits are important staples of any diet and in pregnancy and lactation this is no different. Include a variety of colourful sources throughout the week to ensure a wide complement of antioxidants, vitamins and minerals. And achieving the 5-10 servings is easier when you know 1 serving is equal to 1 cup of raw leafy greens, 1/2 cup of chopped, uncooked, non-leafy vegetables or fruit or 1 medium fruit!

Go lean...on protein! During pregnancy, a woman's daily protein requirement increases. Sources of high quality protein include lean poultry, wild fish, lean red meat, eggs, whey protein, and dairy. Vegetarian sources of protein such as soy and other legumes, nuts, seeds and grains can be healthful – so long as you consume a variety of sources daily.

Healthy fat is your friend! During pregnancy, the healthy development of your baby's brain depends on increased fat intake. The best sources of healthy fats include the omega-3 fatty acids found in fish and fish oil, flaxseed and canola oils, and monounsaturated fatty acids found in olive oil, coconut oil and macadamia nut oils.

Carbohydrates are not the enemy! Due to various diets over the years, there has been public confusion on the subject of carbohydrates – but they can be rich sources of vitamins, minerals, fibre and calories. The key is: whole grain is the only way to go. So read labels to guarantee you get 100% whole grain wheat, rye, spelt, quinoa, brown rice or other grain.

Hopefully the above tips make it a little easier for you to eat healthy during this vital time for you and your baby. A ND can provide more info on healthful eating and specific required amounts to meet your individual optimal health needs. In the next newsletter, I will review some of the micronutrients (vitamins and minerals) a woman needs during pregnancy and lactation in order to provide her baby with the building blocks for healthy mental and physical growth.