

Staying Healthy During Flu Season

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What we will talk about

- What is a virus – really
- How does a virus enter the body
- Winter Stress
- Benefits of a cold water plunge
- Vitamins and minerals to support your body
- Herbs and food to support your body
- Immune boosting shot c/o Dr. Eric Zielinsky



What is a virus - really

- Is a virus a virulent malevolent species floating through the air or hiding on something solid just waiting for you so it can infect you?
- Or is a virus an inert substance that needs a protein or a fat type molecule to become active?



How does a virus enter the body?

- How are virus's transmitted?
 - Air
 - Person to person: coughs, sneeze, dirty hands, etc...
 - Door handles, countertops, etc....
- An inert portion of virus connects with the body, activates and starts to replicate
- If the body is strong the virus will not get a foothold and it will fade away
- If the body is depleted for any reason the virus will attenuate until it is a full blown infection.
- Depletion can be from stress, diet, negative thoughts, inflammation, belief that it is winter therefore I will get sick, everybody around me is sick so I will just wait my turn.



Winter Stress

- Does winter stress the body? Yes. Is that stress good or bad? Lets look at a few examples.
 - Jumping naked into super cold water is very therapeutic for the body. There are definite health benefits that improve the immune system
 - In Denmark and other Scandinavian Countries they bundle up their babies and toddlers, put them in strollers and walk with them and then LEAVE them outside while the adults go inside. The theory is being proven that fresh air cold or warm is making them stronger.
 - In Russia the children run outside in winter with very little clothing to strengthen their bodies and minds.



Benefits of Cold Water Plunge

- Reduces post-workout muscle inflammation
- Improves your skin and hair
- Helps rev your metabolism and burns fat
- Boosts your happiness
- Helps your lymphatic system



Benefits of Cold Water Plunge

- Reduces post-workout muscle inflammation
 - Cold water can lower the temperature of damaged tissue and constrict the blood vessels. This helps reduce the swelling and inflammation, while numbing nerve endings for immediate pain relief. Taking a cold post-workout shower, you'll help relieve muscle soreness and inflammation and so much more.
- Improves your skin and hair
 - Water strips your skin and hair of their natural oils, hot water strips it faster
 - Cold water can help to reduce puffiness, at least for a short time
 - Ending your shower with a cold blast of water over your head will help seal your hair which will cause your hair to glow and appear shinier, less dull, stronger and healthier.



Benefits of Cold Water Plunge

- Helps rev your metabolism and burns fat
 - Cold water showers or ending your shower with cold water has been shown to increase the metabolism due to shivering and this also activated the immune system
 - A study from Virginia Commonwealth University found as little as seven minutes of swimming in 16 – degree water increased white blood cell count and the concentration of helper T cells.
 - Cold water shocks the system and kicks the cardiovascular system into high gear. It ramps up the metabolism.
 - New England Journal of Medicine research suggests that cold also activates brown fat, which can help burn more calories, boost the metabolism and help eliminate white fat. White fat is the type of body fat that accumulates around waistlines and thighs.
 - When your body is exposed to cold, it needs more heat to warm you. To warm you, it has to burn more energy. That means burning more fat more efficiently than normal.



Benefits of Cold Water Plunge

- Boosts your happiness
 - Feeling down or blue? Then jump into a cold shower. A 2007 study from Virginia Commonwealth University found that cold showers can actually help treat depression symptoms. And, when used routinely, they may be more beneficial than prescription drugs.
 - Cold water, seems to trigger a flood of mood-boosting neurotransmitters, which naturally make you feel happy.
 - Research published in the Journal of Circumpolar Health studied the effects of regular winter swimming on the mood of swimmers. It showed that after four months of routine cold water swimming, the participants felt more energetic, active and spritely than the control group.
 - Have a cold shower or bath to help yourself improve your mood!



Benefits of Cold Water Plunge

- Helps your lymphatic system
 - Your lymphatic system is a network of vessels that move waste, bacteria and microbes from your cells. It helps cleanse your body.
 - The movement of your lymphatic system depends on muscle contraction to pump the lymph fluid through the vessels. For people who rarely exercise the lymph fluids can stagnate and toxins accumulate in certain parts of the body. The result: colds, joint pain, infection and disease.
 - Taking a plunge in cold water or ending your shower with a cold blast causes your lymph vessels to contract, which forces your lymphatic system to pump lymph fluids throughout your body. Fluid is flushed, triggering the immune system's white blood cells to attack and destroy any unwanted waste.



Vitamins and minerals to support your body

- Vitamin C
- Vitamin A
- Vitamin D
- Zinc



Vitamin C

- There are specific pathways in the immune system and lungs that require Vitamin C
- RDA is 75 – 90 mg if non-smoker, add 15 mg if you are. This is only to prevent scurvy, this is not enough for abundant health.
- Most animals make their own and when compared to a human body weight they create 1000's of mg of C. Eg Gorilla creates 4000 mg/day. A gorilla is about half the weight of a typical human man.
- Every person's requirement for C can change daily depending on how much stress the body is under and the amount is based on bowel tolerance.
- When sick all bets are off, 50 000 mg or higher, per day, may be needed. Dr. Andrew Saul had influenza and took orally 130 000 mg, that is 130 g, his wife half his weight took 100 000 mg, 100 g. PER DAY!
- Biggest mistake, people don't take enough or they heat it. Take enough C to by symptom Free whatever the amount might be.



Vitamin A

- There are specific pathways in the immune system and lungs that require Vitamin A
- RDA is 700 – 900 µg/day
- Vitamin A is fat soluble and is an antioxidant
- There is more than just Vit A, they are called the retinols – there are so many variants of vitamin A
- The information in books is outdated. Vitamin A toxicity is a myth and there have only been 30 – 60 cases reported in the US annually and it is completely reversible.
- Vitamin A deficiency can cause issues with night vision in particular, eyesight in general, oxidative stress, premature ageing



Vitamin D

- There is so much information, that printed out it would probably fill and overflow dovercourt hall
- RDA is 15 – 20 $\mu\text{g}/\text{day}$
- Research shows that taking 1000 $\mu\text{g}/\text{day}$ does nothing for blood serum levels. Taking 5000 $\mu\text{g}/\text{day}$ starts to show up in the blood.
- Every Canadian and every American in the northern States are deficient. If you get 20 min of direct sunlight on bare skin most likely you are not deficient.
- Upper limits say that 10, 000 $\mu\text{g}/\text{day}$ is toxic, impossible because the body will create at least that much through the skin on a sunny summer day.
- 50 000 $\mu\text{g}/\text{day}$ is known to be the true upper limit and is toxic
- Deficiency can cause rickets and is also directly linked to multiple diseases



Zinc

- RDA is 15 – 20 $\mu\text{g}/\text{day}$
- Important role in the immune system
- Important for general health
- Zinc is considered to be antiviral so it is particularly helpful when the body has a viral infection like the common cold or cold sores.
- Zinc is the element needed for growth and development of children and for the continue development of adults.



Herbs and food to support your body

- Plant based diet
- Ginger
- Cinnamon
- Cloves



Plant Based Diet

- Rich in dark leafy greens
- Assortment of nuts and seeds
- Beans and legumes
- Rainbow of vegetables and especially root vegetables
- Rainbow of fruits
- Select cuts of meat, the highest quality you can afford. Ie. Grassfed beef, wild salmon, free range chicken, pork



Ginger

- Ginger was first cultivated and studied in Asia, then it was introduced to trading routes with Europe then the rest of the World.
- This is a timeless herb that offers countless healing abilities and was regarded by our ancestors as a “heal all.”
- Ginger is potent, powerful and pungent -- the perfect herb to help you stay vibrant during the darkest nights of winter. It is considered to be warming to the body and has specific healing abilities that are very helpful this time of year, including:
 - fighting infection and flu symptoms like sore throat, chills, and congestion
 - combating pain and inflammation
 - calming and healing the digestive system
- There are numerous ways to incorporate ginger into your everyday life. Try easy things like:
 - a decoction (strong tea made by boiling fresh root in water for an extended amount of time)
 - adding it to cooking broth, seasonings or in baking



Cinnamon

- Cinnamon is a pillar in Traditional Chinese Medicine and it was once valued as more precious than silver.
- Cinnamon is usually only thought of as a culinary herb, however it is very medicinal.
- Like ginger, cinnamon has the ability to get the blood flowing and warm you up quickly. This warming quality is at the forefront for the rest of cinnamon's healing qualities. It also:
 - fights pain and inflammation
 - promotes proper digestive flow
- Other amazing effects of using cinnamon are:
 - lower blood sugar
 - holistic oral care
- It is incredibly easy to integrate a healthy dose of cinnamon into your diet. Simple things like:
 - drinking more chai tea
 - mixing some into your honey jar
 - brushing your teeth with powdered cinnamon



Cloves

- Clove was originally grown on the Spice Islands of Indonesia but was popularized when China traded it with the western world.
- This powerful herb has rich volatile oils that:
 - boost immunity by fighting bacteria, fungus and viruses
 - loosen up tight muscles
 - numb pain when applied topically
 - open up the lungs and loosen up mucus
- Clove is a very versatile herb that can be helpful to you in 3 different preparations:
 - internally: brew a strong cup of chai tea
 - externally: make some massage oil
 - aromatically: diffuse clove essential oil or boil cloves in a pot to humidify your home



Immune boosting shot c/o Dr. Eric Zielinsky

- **Ingredients**

- 1 packet Lypo-Spheric Vitamin C
- 1 teaspoon raw honey
- 1 teaspoon unrefined coconut oil
- 1-2 drops Immune Boost Blend Essential Oils*
- ¼ teaspoon organic pumpkin pie spice
- tiny pinch pink Himalayan sea salt

- **Instructions**

1. Mix together in a glass bowl and enjoy twice daily at the onset of a cold, or once per day for prevention.
2. Wash down with pure, filtered water.
3. Be sure to not use for more than two weeks at a time.

- ***Immune Boost Blend:**

- 1. Equal parts Cinnamon, Clove, Eucalyptus, Rosemary Orange and Lemon Essential Oils

- **Notes**

- * This can be enjoyed straight or with a little bit of water to wash it down. Depends on your palate. :) It is not recommended to add this mixture to hot tea because this will kill the enzymes in the honey and can alter the composition of the essential oils and vitamin C. If you want to add to your tea, make sure it is cooled down to room temp.