

Cold's and Flu

Boost Your Immunity

In the midst of cold and flu season how do you keep yourself well and fight off those nasty cold and flu viruses and bacteria more easily?

This month's newsletter focus is what you can do to prevent cold & flu infections, and what you can do if you come down with one.

Your body's immune system has a better chance of fighting and preventing infections if you keep your basic nutritional levels at an optimal level. Studies have shown that adults and children who regularly take multivitamin/mineral supplements suffer from less infections and fight them off more quickly when they become sick.

The three most important supplements I often recommend to clients who want to stay 'well' are;

The 'Wellness Supplements':

Metagenics Multigenic. 1/day

Metagenic Meta EPA/DHA 2/day

Metagenics Phyto pro 2/day

Checklist To Prevent Cold's and Flu's

Long term use of a good quality multivitamin and mineral supplement (Metagenics Multigenic)

Long term use of a good quality omega 3 (fish oil) supplement & Acidophilus (product Metagenics Meta EPA/DHA & Ultraflora)

Drink plenty of water & high intake fresh fruit, salads and vegetables.

Test your zinc level

Check if you need a detox programmed; healthy digestive/bowel system = healthy immune system

Test your 'bowel toxicity' with a simple urine test

Test your 'general toxicity' level with a VLA test at the clinic

Stress management; 'negative' stress = lower immunity

Pre and Probiotics: Products Metagenics Ultraflora and Metagenics Gastro AG powder

Colostrum naturally occurring in Tracey's Lee Whey Protein powder and also Metagenics Ultraprobioplex

Immune herbs; Echinacea, Astragalus, Siberian ginseng & Withania: Ask Tracey to make up your individualized immune mix or you can take them in tablet form (brands Medih herbs and Metagenics)



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Test your body's ZINC levels

Optimal intake of the mineral zinc in our diet and supplementation is important for a healthy immune function. If you are low in zinc you will be more vulnerable to infections and it is more difficult for your body to fight off acute infections.

Up to 65% of people do not receive the RDA of zinc in their diet.

A simple test using a product called zinc tally can instantly give your zinc status. You place 10mls of liquid zinc tally into your mouth wait for up to 10 seconds.

You should have a strong taste immediately on placing the liquid zinc tally into your mouth. This indicates that your zinc levels are good.

If it takes time to develop a taste or it tastes mild, then you are low in zinc and need a zinc supplement.

High 'Negative' Stress = Lower Immunity

We all lead stressful lives but it is our tolerance and positive mental approach to our stress that will keep our immune system healthy and strong.

Negative and long-term stress will have a direct effect of suppressing immune function. The more stressed you are the more vulnerable you are to infections.

If you are under stress, it is important to work out your stress management plan in order to keep yourself healthy.

In addition to your wellness supplementation, extra magnesium, vitamin C and herbal medicine can help improve your body's response to your stress. So that even if you under the same amount of stress, your tolerance to the stress is higher, your body produces less "stress" hormones and hence there is less sup-

pression of your immune function.

The most commonly prescribed herbal medicine to improve your stress tolerance are adrenal tonic herbs also called adaptogenic's. These include the following herbs; Withania, Siberian Ginseng, Astragalus, Rhemannia. In some people anti-stress herbs (called nervines) are also helpful such as passionflower, valerian, chamomile, skullcap, vervain motherwort, zizyphus. It is best to have and your herb mix prescribed by a qualified herbalist to individualize them to your situation and symptoms. Plus a qualified practitioner will know which quality brands to use.

Regular exercise is extremely important to help reduce stress levels. Simply do the exercise that you enjoy most days of the week



Keep your immune system strong and healthy by changing your 'negative' stress and worry into a more positive mental outlook. Remember to smile!

TEST Your STRESS Levels: Are you Stressed or Depressed?

A few simple tests Tracey Lee often recommend's to her stressed clients, are the following;

A DAAS questionnaire; a simple questionnaire designed to check if your 'stress' symptoms are in more in one of three categories. They are 1. stress or 2. depression or 3. anxiety? This simple test can indicate which one you are suffering from. If you would like to view the test simply go to my website

www.alternative-natural-remedies.com and download the questionnaire or pick up one at your next consult.

Salvia 'Stress' hormonal test; Tracey Lee can recommend a test through ARL pathology for Adrenal hormonal test, a salvia sample is tested for your levels of 'stress' hormones.

Are You "Stressed or Depressed"?

Download questionnaire from Tracey's website to find out. This can indicate what form of natural treatment you may need to help improve your tolerance to your busy and stressful life.

Are Your Allergies making you ill?

Food and environmental allergies and/ or food intolerances can cause many different types of symptoms and health problems. One common problem is that they can lower your overall immune function leaving you more vulnerable to infections. If you know you are allergic or intolerant to certain foods it is best to avoid or reduce your intake especially during periods like winter where there

is a higher risk of catching cold's and flu. You may need to increase your intake of Vitamin C and take a herbal immune tonic to help prevent infections.

If you are unsure of what you are allergic or intolerant to, a blood test can be the best way to check over 90 different common foods for allergic response. Tracey Lee can refer you for these tests.



Fresh vegetable juices to boost your immunity and help your body detox. Fresh carrot, celery and apple or fresh wheat grass juice.

Old 'Wives' Tale? Do You Need To Detox to Boost Your Immunity?

The traditional or 'old' naturopathic philosophy of 'treat the digestion and many other health problems will improve'. This traditional view is only recently being investigated scientifically. We now know that there are certain truths behind this 'old wives' tale' that can have an impact on the strength of your immune system and your ability to fight off and prevent infections.

Did you know that 70% of immune function of the body is located in the 'gut' (digestive system)? If there are imbalances in the 'good' and 'bad' bacteria of the gut your general health (including immune function) will be affected.

You may not have any digestive symptoms and you may have a 'normal' bowel function. But neither of these will indicate that your toxicity level is low or that your digestive flora is in balance.

We all are all exposed to 'toxins' in our environment no matter how clean and healthy our lifestyle. Different people can eliminate these toxins better (or more slowly) than others. It is important to test how well your body is eliminating these toxins and whether they are playing a role in suppressing your immune function.

With a simple urine test performed at the clinic Tracey Lee can check your general 'toxicity' level which can indicate how 'well' your digestive flora is.

It is no use only taking acidophilus, if your bowel toxicity level is high. In this situation it is important to first 'weed' or 'kill' the 'bad' gut flora (as you would the garden) with specific herbal medicine. After the 'weeding', then 'use acidophilus to help re-establish a healthy gut function.

Most people need to do a detox program at some stage due to the fact that we are all exposed to 'toxins' in our daily life.

To detox correctly I recommend a three stage approach which takes 6 to 12 weeks to complete. During which you have regular urine indican test every 1-2 weeks to check it is working correctly.

If you are detoxing correctly there should be NO so called 'healing crisis'

feeling ill whilst completing a detox program. The symptoms of 'a healing crisis' are really an indication that toxins and free radicals are being released too quickly and are damaging your body.

There are many 'shorter' detox programs on the market today but most only provide temporary benefits and often the symptoms of toxicity are likely to return. In some cases they can induce a so called 'healing crisis' which is not advisable.

Next time you are in the clinic pick up the 'free Detox Booklet' for more information.

Note you can not do a detox program if you are pregnant or breastfeeding. But is highly recommended FOR BOTH PARENTS before pregnancy.



Boost your immunity with a complete Detox Program which requires three stages; first WEED the weeds (remove the bad bugs from the digestive system) then SEED & FEED the 'good' plants (probiotics to grow good bugs and repair the lining of the digestive system) and then thirdly SPEED is to improve your liver's ability to detoxify.

Have A VLA test for general immunity checkup

Tracey's new VLA test (see last month's newsletter) uses cutting edge technology to check your overall health including factors that can have an impact on your immune function.

The VLA test can check your body's general toxicity levels. This reading is often high from imbalances in digestive function and/or if you are under a high degree of stress.

The VLA test gives an accurate reading of your muscle mass/weight and how close to ideal you are. If you ever have a

severe infection your strong muscles releases a substance that will help your body fight the infection. In the elderly this is one reason why infections can be more serious and life threatening. As we age we lose muscle mass and hence our 'backup' for an immune booster if we have to fight off a serious infection.

In any major illness, the better your fitness before the illness the more likely you will recover quickly. So keep fit, keep your muscle mass up or above your ideal level.

To Boost Your Immunity a Full Detox Programmed is often recommended

A so called "Healing Crisis" is really only a 'crisis' and indicates that toxins and free radicals are being released too quickly and are damaging your body. You should feel WELL on a detox program NOT SICK

Checklist for Colds and Flu: What do you do when you are sick?

Checklist: At First Sign of Colds

Continue your multivit/min and fish oil supplement

Rest and drink plenty of water

Fresh vegetable juices carrot, celery apple or fresh Wheat grass juice

Diet: avoid 'mucous producing foods' dairy, white flour and sugar and fatty foods.

Vitamin C supplement at least 4000mg a day, beta-carotene and zinc. Products; Eagle Beta AC or Metagenics C-ultrascorb

Immune herbs; Echinacea, Garlic, Andrographis, Elder flowers, eyebright. Products; Metagenics Andro NK tablets, Mediherts Echinacea Premium or Garlic tablets or Tracey's Liquid Immune Mix

Pre and Probiotics: Products Metagenics Ultraflora and Metagenics Gastro AG powder

Colostrum naturally occurring in Tracey's Lee Whey Protein powder, also Metagenics Ultraprobioplex

Children: Acerola C chewable tablets, Tissue salts Ferr phos and Kali mur, Children's Echinacea

Checklist During An Viral Infection/Flu

Rest and drink plenty of water

Diet light food especially soups and fresh vegetable & chicken broth.

Fresh vegetable juices carrot, celery apple or fresh Wheat grass juice

Diet: avoid 'mucous producing foods' dairy, white flour and sugar and fatty foods.

Vitamin C supplements to 'bowel tolerant', Zinc and Beta-carotene. Products; Eagle Beta AC or Metagenics C-ultrascorb

Immune herbs for viral infections; Echinacea, Andrographis, Picrorrhiza, cat's claw, St john's wort, olive leaf. Products; Metagenics Andro NK tablets, Mediherts Echinacea Premium or Garlic tablets or Tracey's Liquid Immune Mix

Pre and Probiotics: Products Metagenics Ultraflora and Metagenics Gastro AG powder

Homoeopathic medicine: often one of the following; Gels or Bapsia or Bryonia or Rhus tox (needs to be individualized to your particular symptoms).

Children: Acerola C chewable tablets, Tissue salts Ferr phos and Kali mur, Children's Echinacea, individualized homoeopathic medicine.

What's on.....

You can download any past newsletters or subscribe to this newsletter at Tracey Lee's website at www.alternative-natural-remedies.com

Sydney Clinic

Next clinic day is:
Friday 11th August
at 90 Pitt St
Please call clinic for an
appointment 65823424

WELLNESS CLASSES

6 week classes
One hour per week
Gain an understanding of why
Tracey recommends certain
lifestyle and dietary advice
FREE to clients
For more information phone clinic
on 65823424

Newcastle Clinic

Tracey will be visiting
Newcastle this month.
If you would like an
appointment please contact
clinic on 65823424