

THE SHOPPING MAGAZINE FOR NATURAL LIVING

COZY UP to Crock-Pot Stews, see p. 38

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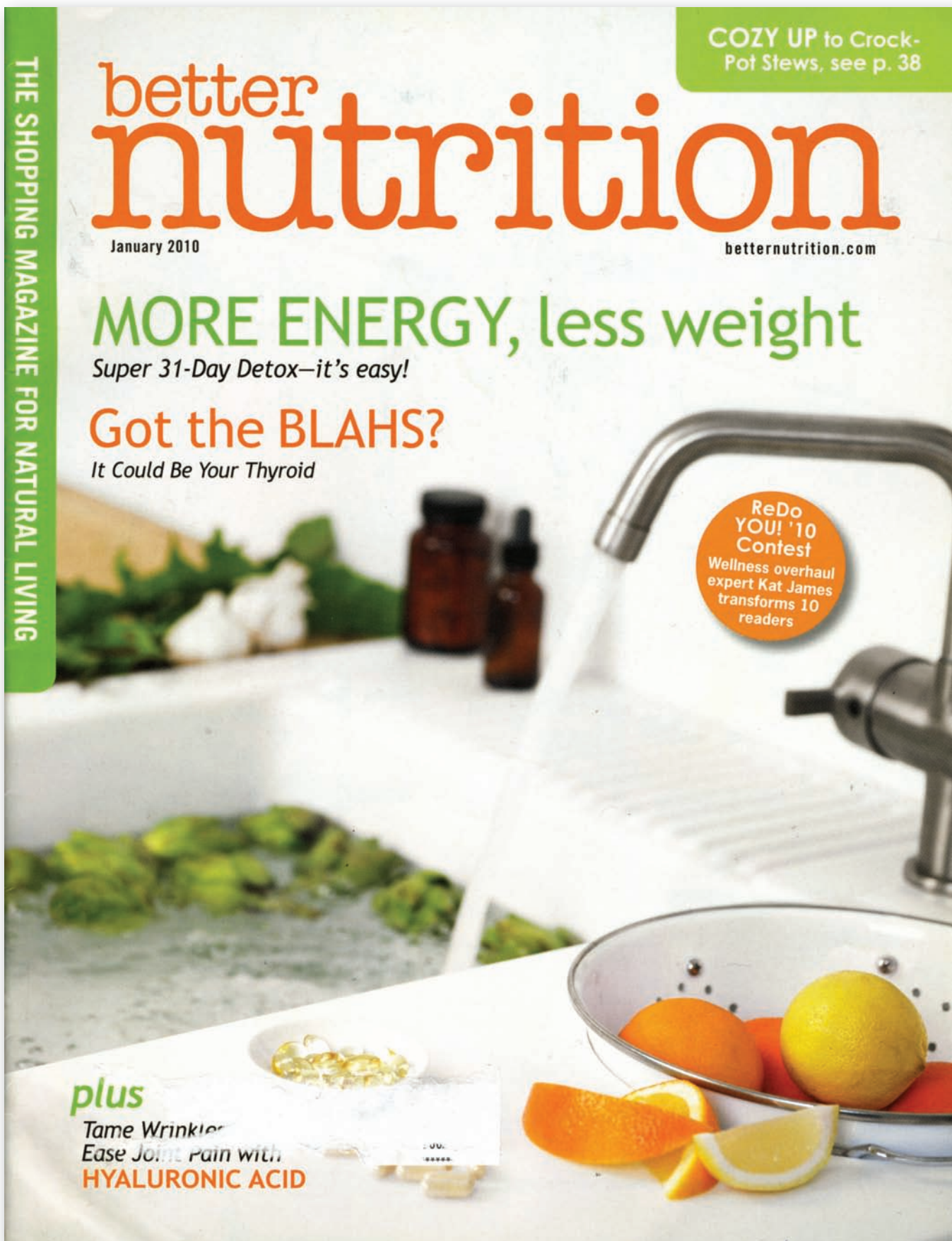
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HOW TO | SUPPLEMENTS

kick a cold and flight the flu

Sniffing, sneezing, can't get out of bed? Get back on track and feeling great in no time

By Ayn Nix

Cold and flu season is upon us, and there are dozens of over-the-counter medications out there that claim to ease symptoms. Although they may offer some short-term relief, they inevitably leave you feeling foggy and groggy. It's best to help your body heal, not just cover up symptoms, says Aimee E. Raupp, MS, LAc, author of *Chill Out & Get Healthy*. Here, she gives her top picks for natural cold and flu remedies that offer real relief.

Neti pot. Nasal irrigation has been used for centuries; it removes mucus, pollen, and other inhaled debris from your sinuses, soothes the lining of the nose, and improves its function, says Raupp. You can use the neti pot daily to improve nasal function, but definitely do it at the first sign of a cold, as excess, thick mucus that lingers in the sinuses is fertile ground for infections and bacteria. "Nasal irrigation is the only way that thick mucus can be washed out of the nose, and it's great for kicking a sinus infection," adds Raupp.

Garlic. Garlic has antiviral, antifungal, and antibacterial activity that can help ward off a minor infection. Raupp suggests eating a clove or two of fresh garlic per day, drinking garlic tea, or taking garlic in pill form. Olive leaf is another powerful antibacterial and antiviral herb to consider and can be taken at the first sign of illness.

Try: **Wakunaga Kyolic Formula 103** and **Barlean's Olive Leaf Extract**

Drink more fluids, including water. Stay hydrated and wash your cold away.



Teas are also good choices, especially if they contain immune-enhancing herbs.

Try: **Yogi Tea Immune Support**

Steam your cold away. At the first sign of a cold, steam your face with hot water and a few drops of essential oil. Raupp offers this advice: "Boil some water, remove from heat, add a few drops of eucalyptus essential oil, throw a towel over your head, and steam your face over the mixture." You can also steam in the shower.

Try: **NOW Foods Eucalyptus Oil Essential Oils** and **Aura Cacta Shower Tablets**

DID YOU KNOW?
Garlic can help ward off infection. To make garlic tea, place two cloves of garlic in a mug, crush with a spoon, add hot water, and drink.

Gargle with warm saltwater. If you have a sore throat, this will help to soothe and heal. Try 1 teaspoon of salt per 8 ounces of water.

Honey. Another remedy to try for a sore throat is 8 ounces of hot water with 1 teaspoon of honey. It's soothing and can help reduce coughing.

Try: **Himalaya Soliga Forest Honey**

Lemon and ginger. "Drink a cup of hot water with the juice from half a lemon and three slices of fresh ginger at the first sign of a cold," Raupp suggests. She recommends taking this remedy at least three times per day for the first two days of symptoms. "It will help detoxify your body of any lurking, sickness-causing bacteria," Raupp says. The

vitamin C in lemon is also helpful. If you have a sore throat, add 1 teaspoon of honey to this concoction. If you have a fever, pour a cup of boiling water over two chopped garlic cloves, four slices of fresh ginger, half a chopped onion, and a dash of cinnamon and ground clove.

"Drink up and get under the covers," says Raupp. "This remedy will cause you to sweat out your fever."

Try: **Gaia Herbs Quick Defense** and **American Health Ester-C capsules**

