

HEALTHY THROUGH THE WINTER

Keep Your Immune System Strong

Ward off the “Winter Blues” and Potential Infections

With a Simple, yet Effective Protocol

SPECIAL IN EFFECT UNTIL QUANTITIES LAST

REMEMBER: You want to tend to your body as if it was a beautiful, prosperous garden; if you provide a healthy terrain encompassing body, mind, emotions and spirit, pathogens will have no place to “grow”.

It is just the beginning of the fall/winter season and already I hear of many people battling persistent colds and flu like symptoms. Luckily, there are many things you can do to protect yourself naturally – all of them simple and affordable, and even better, in the long run, supporting your wellbeing for years to come.

If you feel, you need a bit of extra help this year, I have a homeopathic treatment protocol available, consisting of four individual remedies that can be used as a preventative measure as well as for acute cases. In addition, I carry other immune enhancing remedies such as mushroom powders and Elderberry syrup. Herbs and complementary medicine can be of tremendous support as a preventative measure but also for the times when the “bugs” managed to get hold of us.



Examples of lifestyle choices helping to keep your immune system functioning at top performance level.

- Ensure adequate rest and sleep
- Eat a diet of high nutritional value (no junk foods, avoiding allergens and toxins)
- Reduce/eliminate all refined sugar (refined sugar suppresses your immune system instantly and long-term – it really is an addictive substance that messes with our brain and overall health!)
- Eat (local) honey; honey has antibacterial properties and can be a good source of antioxidants
- Follow a regular exercise regime
- Spend time outside even if it is for short periods
- Minimize/eliminate stress factors as much as possible
- Dress according to the weather
- Be conscious of bringing joy into your life – whatever this may be for you

- If available, make use of an infrared sauna frequently (one of my favorites)
- ...



Call me at 780.532.2464 if you have any questions or would like to make an appointment. Let me know if you are interested in seeing posts on specific topics or herbs as well.

As always, green blessings, Gudrun

