

Health Mentor Programme -

Winter

MENTOR SESSION 4

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IN THIS MENTOR SESSION:

- No need to fear winter, help is on the way
- You may be helping illnesses along!
- So what really helps?

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Are you dreading this winter?

So, this time every year you get the flu or several bouts of the common cold?

Is it really possible to stay healthy during winter?
Is it possible to reduce the length of agony when you already have flu?

The answer to both questions is, of course, yes - it is possible, but there are a few things you will have to give careful attention to.



Remove which is not helping!

Dairy:

No matter what people, magazines or textbooks say, dairy is not a health-promoting food!

This has been seen over and over again especially in children with upper respiratory tract disease who often end up using up to 7 courses of antibiotics in one winter and still do not get better.

Only after removing bovine dairy from their diet and placing them on the right supplements do these sick children become better. Bovine dairy is an allergen and it irritates the mucosal membranes of the respiratory tract. We would strongly advise anyone who wants to avoid colds and flu to avoid dairy as well.^{1,2}

Sugar:

The other bad component of a 'flu-promoting diet' is sugar. Sugar is an immune

suppressant and falls in the same category as dairy as a 'best-to-avoid' food during winter (or the whole year for that matter...!).

Substitutes:

For dairy: Rice milk, soya milk, palm and potato milk, oat milk.

Goat's milk is fine for smaller children; the older kids may not like the taste. Goat's milk yoghurt and cheeses are an acceptable substitute for bovine dairy for a person of any age.

For calcium: Eat enough raw fruits, raw vegetables and raw nuts to supplement calcium levels in your body in a healthy and effective way.

For sugar: Use Stevia (a natural sweetener). Non-diabetics can also use honey.

Basic disease prevention measures.

1.) Drink adequate amounts of water.

Dehydrated mucous membranes in the throat are more susceptible to infections. (Refer to the mentor sessions on water).

2.) Wash your hands regularly and do not touch your face with your hands.

Studies have shown that people who wash their hands regularly in winter get less flu! The flu virus travels in sputum and NOT through the air. Thus being in the same room with a sick person is not a risk unless they sneeze on you and droplets of sputum reach your face.

The most common way of flu transfer is shaking an infected person's hand and then touching your own face, thus transferring the viruses.

3.) Exercise regularly (frequency rather than intensity).

Be careful of very strenuous exercise as it has been proven to lower one's immunity.

4.) Maintain a healthy sleep pattern (6-8 hours per night). This is generally good for immunity.

5.) Learn to manage any stress in your life! Stressed people are more vulnerable to sickness.

Make sure to spend enough time with your loved ones and take some time out when you know you need it.



Let food be your medicine



Food - your medicine!

This remains true over and over again.

Maintain a diet that focuses on raw fruits and vegetables, wholegrains, raw seeds and nuts and plenty of fluids (especially water).

A great way to boost your body's ability to prevent and fight infections is to use blends of fruits and vegetables on a daily basis. This is a pleasant way of consuming essential phytochemicals, vitamins and minerals. (If you don't want to blend fruit every day, use dehydrated vegetable and fruit juices in powder form. Be sure of the quality of the product, though)

Complimentary approach to colds and flu

Read these important facts first;

- 90% of Upper Respiratory Tract infections (URTI's) in the USA are caused by viruses.
- 73% of these URTI's are treated by prescribed antibiotics that will not kill the viruses (official USA statistic). Antibiotics usually kill bacteria.

Now what?

Well this is where we have to start looking at natural treatments with scientific backing that have virus-killing abilities:

Natural born killers...

Vitamin C:

Vitamin C has received much attention the last 30-40 years and it remains a very important basic daily support to your body.

When you're ill with a cold or flu, vitamin C becomes an even more powerful ally in assisting your body to destroy unwelcome intruders.
^{3,4,5}

Lipospheric:

The newest breakthrough in vitamin C research is a product called 'lipospheric vitamin C'. This phospholipid/vitamin C combination has amazing absorption and can be used daily.



Bovine colostrum:

Although from bovine origin Colostrum is a) not a problem for people who are lactose intolerant, b) great to protect against colds and flu and c) it also assists the functioning of the healthy intestinal bacteria (if your intestine is healthy then everything else falls into line much easier!)

It has the potential to help reconstitute the immune system while enhancing cell growth and tissue repair. Colostrum is an outstanding nutritional supplement and a food that protects and promotes health.
^{6,7,8,9}

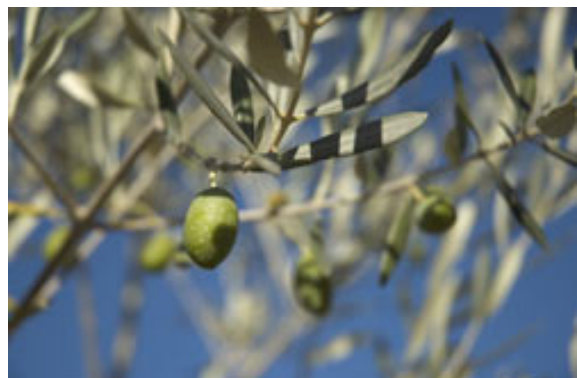
Other natural therapies to boost immunity to name only a few:

- Echinacea capsules
- Propolis extract
- Alpha-lipoic acid
- Green tea extract
- Curcumin
- Beta sitosterol

Olive leaf extract:

This infection fighter has been known for thousands of years and is still proving itself as a force to be reckoned with.

It has a broad spectrum anti-microbial function against viruses, bacteria and parasites and also has powerful antioxidant qualities. It has been reported to contain polyphenols, which could have a heart-protective effect.
^{10,11,12,13}



Treatment protocols - Adults

Prevention protocol (for daily use - especially in the winter months):

- 1) Calcium Ascorbate powder (buffered Vitamin C) - 2000mg twice daily
- 2) Olive leaf extract - 10 drops in a glass of water daily or 2 capsules daily
- 3) Colostrum 200mg caps - 1 capsule twice daily
- 4) Multi-nutrient containing at least 200mcg of selenium and 30mg of Zinc.



Treatment protocol (for when you feel an infection coming):

It's important to always try and treat an infection when it's about to start...

- 1) Calcium Ascorbate powder (Vitamin C) - 3000mg four times daily
- 2) Olive leaf extract - 40 drops in a glass of water three times daily or 3 capsules three times daily
- 3) Colostrum - Take 5 capsules three times daily
- 4) Multi-nutrient containing at least 200mcg of selenium and 30mg of Zinc.

Follow the treatment schedule until the infection is cured.

Treatment protocols - Children

Nutritional supplements and appropriate dosages for children should be physician-supervised and based on total medical treatment, age, and body size.

Kids dosages (Ages 4 – 12 years):

Note: It's advisable for children to take an appropriate multi-nutrient as baseline supplement

Prevention protocol:

(for daily use):

- | | | |
|---|---------------------|-----------------------|
| | 3-7 yrs | 8-12 yrs |
| 1) Calcium Ascorbate powder (Vitamin C) | 500mg twice daily | 1000mg twice daily |
| 2) Olive leaf extract | 5 drops twice daily | 10 drops twice daily |
| or | 1 capsule daily | 1 capsule twice daily |
- (break the capsule open and place the contents in a teaspoon of honey, if necessary)

Treatment protocol:

(for when you see an infection coming):

- | | | |
|---|-------------------|-------------------|
| | 3-7 yrs | 8-12 yrs |
| 1) Calcium Ascorbate powder (Vitamin C) | 1000mg 3x daily | 1000mg 4x daily |
| 2) Olive leaf extract | 10 drops 3x daily | 20 drops 3x daily |
| or | 2 caps 3x daily | 3 caps 3x daily |
- (break the capsule open and place its contents in a teaspoon of honey, if necessary)

- 3) Colostrum
(break the capsule open and place its contents in a drink, if necessary)

Kathy's kitchen

Quick pea soup (Serves 6)



Picture not
actual
presentation

Quick Pea Soup (Serves 6)

With this session about winter I thought a tasty soup recipe would be just the thing you need! This is a soup for those in a hurry. It requires little preparation time, and while cooking you can make a wholesome salad with a lot of veggies (carrots, avo, tomato, green beans, radish, red pepper, parsley, lettuce). You can also slice the bread or pop a special whole bread into the oven to heat up. Those allergic to gluten can have a gluten free bread. (Many places sell gluten free breads you just have to ask around. If you find a place that's far from you then buy once a month and keep the rest in the freezer.

Directions:

Chop **2 onions** and **4 sticks of celery**,

Squash **4 cloves of garlic**

Finely grate a **4cm piece of ginger**.

Fry all these and **1 teaspoon of dried chilly flakes** in **2 tablespoons of red Palm Fruit oil**.

Fry till soft and slightly brown.

Rinse a **whole packet of dried green peas**, and add to about **10 cups chicken stock**. (Try to use chicken stock that doesn't contain any MSG. Yes, there are some around!)

Peel and chop **5 medium potatoes** and a **whole head of cauliflower**, add to boiling soup.

The meat lovers can add chopped free range **chicken breasts** according to the needs of your carnivorous family!

Leave to boil till all is cooked and soft. Liquidize till smooth. Add **salt and pepper** to taste. Add water if soup is too thick.

Start your meal with a large plate of salad. Then have your steaming soup with a dollop of **cream**, coarsely grated **parmesan** and hot/toasted bread.

Enjoy!

About Kathy

Kathy de Bruin is a qualified home economist from Pretoria and mother of three busy/hungry boys! She presents classes on how to make healthy home cooking practical. kathydebruin@gmail.com

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About Dr Anton



Dr Anton Janse van Rensburg is a practising medical doctor who has devoted himself to the study of unique, scientifically sound solutions to modern diseases. He is also a qualified metal toxicologist and has a master's degree in Applied Human Nutrition.

He has written on a variety of wellness topics for numerous South African magazines and newspapers and in 2009 co-authored the book 'Diamonds in the Dust – crafting your future landscape'. Dr Anton is no stranger to radio and has been able to guide scores of listeners with his passion for wellness education.

Dr Anton is an established public speaker and is also a wellness coach to company executives. He specialises in motivating people to adopt healthier habits through well researched lifestyle and food approaches.

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