

## HELP FOR THE COMMON COLD

Dr Jo Ritchie - Osteopath

Winter is finally here, but that also means seasonal colds and flu are on the rise. Stuffy or runny nose, sore throat, heaviness of the head, red eyes, puffiness, who needs it! This is nature's way of expelling poisons from the body. You're not sick enough to be in bed, but it's irritating enough that you struggle to lead a normal life.

These poisons consist of toxins, bacteria and viruses and are expelled through the bodies lymphatic system. The lymphatic system provides the first line of defence against this invasion. On a daily basis approximately 30 litres of fluid filters out of the capillaries and into the spaces between cells. Of this 30 litres, 90% drains back into the blood but 10% drains into the lymphatic system. So keep up the water intake to help flush the nasties from your bodies system.

As a preventative approach, an Osteopath can also help keep a healthy lymphatic system by using lymphatic drainage techniques and enhance your immune system. Having your lymphatic system working well can help fight off the cold or flu. You can also boost your immune system through diet and help reduce your risk of falling ill.

### Causes of Common Cold

The most common cause for a cold is the exposure to a virus. The most common virus is rhinoviruses, though there are over 200 viruses responsible. Influenza and respiratory syncytial virus cause mild infection in adults but high infections in children.

Allowing yourself to become too tired, not exercising as much, elevated stress levels and not eating as well as we did in summer, lowers our immune system and makes us more susceptible to the pathogens.

### Ear Infections

Children are more susceptible to middle ear infections. Their auditory tubes are short and horizontal and the supporting muscle is less efficient than in adults. The blood vessel and lymphatics supplying all the structures are in the neck. Therefore, having your Osteopath assess range of motion and tissue texture in the body, they can determine the site of the dysfunction. The application of a series of techniques helps free the restriction and increase drainage and lymphatic return, helping the congested area drain.

## Symptoms of Cold versus Flu

SYMPTOMS	COLD	FLU
Headache	Rare	Characteristic, high, lasts 3-4 days
General Aches, Pains	Slight	Usual, often severe
Fatigue, Weakness	Quite mild	Can last up to 2-3 weeks
Extreme Exhaustion	Never	Early and prominent
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate Hacking cough	common, can be severe
Complications	Sinus congestion Or ear ache	Bronchitis, pneumonia can be life-threatening

### Osteopathy Helps Sinusitis

Osteopathic techniques for sinus disease is to affect venous and lymphatic flow and to alter the bodies nerves supply to the sinuses. Techniques to the upper back and neck contribute to reducing the swelling of the sinus and nasal mucosa and aid in lymphatic drainage. Monitoring the rhythmic motion of the cranial bones as in "Cranial Osteopathy" can also aid in drainage of the sinuses.

### Foods to Help Boost Our Immunity

The wonder-foods as far as immunity and infection are concerned are Omega 3 fatty acids found in oily fish. Omega 3 fatty acids are naturally anti-inflammatory so can help with the immune - mediated inflammation associated with viral infection. Fish oil supplements are good for those who don't eat oily fish. Other sources of Omega 3 are linseed, walnut, soya beans.

### Vitamins & Herbs to Boost Our Immune System

Vitamin C is a must. The body uses vitamin C when fighting an infection and therefore needs to be replaced at a higher level. Vitamin C fights inflammation such as the inflamed sinuses or throat and the best source is fresh.

Ginger is also an anti-inflammatory herb and can be consumed in a tea. Just grate a little ginger in warm water and you have ginger tea. Ginger also promotes sweating which will cool you down if you have a fever.

Garlic is an immune system booster but best consumed raw. Chopped finely in a salad is a good way to eat it. It's ok to be anti-social when you're ill!

Echinacea is widely available along with ginseng and both are also beneficial for boosting the immune systems function. They both work to prevent infection by modulating the immune systems response.

### Foods & Other Things to Avoid

Milk is believed to thicken secretions and does not help those suffering sinusitis. Avoid alcohol and sugars as you will reduce the nutrients obtained in your diet and tax your immune system.

Chemical irritants such as tobacco smoke can also cause inflammation of the respiratory mucosa and smokers suffer from frequent inflammatory conditions of the nose and para-nasal sinuses. Children living in a home where tobacco smoke is present are at high risk for developing respiratory disorders.

The statistics show that on average every adult will have between two and five colds a year and each child between seven and ten. So to aid in a quick recovery and prevent any long term chronic sinusitis or respiratory infection, rest, eat well, drink plenty of fluids and if you find yourself lingering with the dreaded lurgy, your Osteopath can lend a helping hand.



Happy Health!

## 4 WEEK CHALLENGE!

### Your Own Personal 4 Week Challenge!

Learn: commitment, dedication & discipline!

Shape up 'Inside & Out' for summer!



#### WHAT YOU GET:

- \* Initial weigh & measure & goal setting
- \* Menu Plan
- \* Lifestyle guidelines
- \* Weekly exercise plan
- \* Weekly weigh ins
- \* 4 x 30 min high intensity training sessions with your Challenge PT instructor
- \* Final weigh and measure
- \* 100% support and motivation from your Challenge trainer



#### WHAT YOU COMMIT TO:

- \* Following your menu plan & lifestyle guidelines
- \* Following your prescribed exercise program
- \* Moving every day
- \* 4 weeks of 100% effort!

\$120

### Don't be Afraid of the Bike!

Yes, that's correct! Do not be afraid of the SPIN class. I know that 50 minutes on a bike sounds absolutely terrible, but honestly it's not that bad, plus it burns more calories in an hour compared to any other group fitness class. Spin is a great class to start with, as you can go at your own pace; building up your fitness levels until you feel like you could compete in the Tour De France, (ok maybe not that fit).

Anyone can participate in the class anywhere from a beginner to advanced; just think how the advanced people got started. Everyone has to start somewhere. Spin is low impact on your joints and most importantly it's FUN! I know that's hard to believe but come along and try to prove me wrong.

Come and speak to me if you have any questions or concerns. Remember, an extra hour of exercise per week has awesome benefits and it may be the change you need to make all the difference. Check out the timetable for times. You can pick one up at the studio or view it online at [www.studioglo.com.au](http://www.studioglo.com.au) See you there!

Lucy



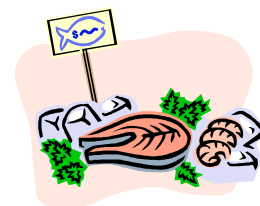
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### Salmon

Kylie's favourite dish is 'salmon with anything'. So, here are some ideas for the 'anything', since the salmon is just a piece of fish from the fish shop, lightly fried in olive oil.

#### Creamed spinach

Take a whole bunch of spinach and chop. Sauté in pan with 2 teaspoons olive and with lid on, until it all goes squishy. Cook a little further until moisture disappears. Add one tablespoon sour cream, shake of nutmeg, salt and pepper. Stir and serve along side fish.



#### Sformato of porcini

This is a little harder. You will need 250ml of Béchamel Sauce (if this is not in your repertoire - this is your research assignment for the month).

\*Preheat oven to 160 degrees

1) Soak 100g dried porcini mushrooms in water for 10 mins or until soft. Strain, squeeze out water. Chop as finely as you can.

2) Sauté in butter, 200g normal mushrooms, very finely chopped with the porcini mushrooms.

3) When golden, add mushrooms to Béchamel. Also add one egg and ½ cup grated Parmesan cheese, salt and pepper. Mix thoroughly until light and fluffy(ish).

4) Put mixture into small, greased ramekins, and into oven (bain marie style - i.e. in baking tray ½ filled with hot water. Cook for 35 mins.

5) When done, spoon generously on top of cooked salmon, in large mounds.

Paul

Level 1, 156 Maroondah Hwy  
Ringwood  
9870 4050

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