

# Chatting with The Good Dr. Laura

March 2008

Hello My Riverside Neighbors. It's good to be back in the Riverside Booster.

Are you staying healthy? You know that cold and flu season is Right NOW.

Here are some basic recommendations for dodging germs, caring for your immune system and caring for yourself should you catch a bug.

## Dodging Germs

\*Wash your hands frequently.

\*Do not touch your eyes or nose.

\*Keep sick visitors out of your home; encourage sick co-workers to go home.

\*Use a clean disposable tissue when you sneeze/cough.

\*At the first sign of sinus irritation, deal with it.

Try rinsing your nasal passages with clean, warm salt water. This may sound gross but it will get some even grosser stuff out of your head. A nasal wash kit will have full instructions.

There are also several saline (salt water) based nasal sprays that offer quick and convenient relief from sinus irritation.

\*Avoid smoky rooms (Always a good idea) or overly perfumed environments (mega air-fresheners).

\*Consider using an air purifier. Houseplants are highly effective air purifiers especially if you have a small jungle of them.

\*If you have allergies, avoid the avoidable allergens you know are going to make you sick.

\***Stop smoking**, smoke irritates the sinuses and lungs making it easier for germs to set up housekeeping inside you.

## Caring for your immune system

\* Avoid junk food, avoid fast food, and show restraint with your vices.

\*Eat plenty of green and colorful vegetables, fruit, whole unprocessed grains, lean protein, raw nuts and seeds.

\*Make clean water your beverage of choice. Quench your thirst with water. Learn to recognize when you are thirsty.

\*Exercise at a moderate intensity for at least 30 min 4-6 times a week.

\***Stop smoking**, in addition to cancer, emphysema, asthma and reduced circulation are only a few of the nasty things tobacco can do to you. Ask any fireman ... smoke is bad for you.

## Should you get sick, take care for yourself

\*Modern science has made very little progress towards curing the "common cold" and unless an infection is bacterial, antibiotics will serve no useful purpose.

\*Locate your thermometer and humidifier before you need them. Do they work? If not replace them.

\*Stock your freezer with chicken soup and broth.

\*Eucalyptus oil in a steam pot or hot steamy bath will help breathing.

\* Prepare for some down time. Insufficient rest when sick can lead to long lingering illness. Working, cooking, cleaning and shopping when sick not only will prolong your own illness it will spread germs (Sometimes we call this PLAGUE).

When you are sick, take time off work, delegate domestic responsibility, lay about sipping tea, watch videos, nap, drink water, and take hot baths. Let your body do what it needs to do so it can HEAL.

\* **Stop smoking**, tobacco in all forms slows healing time by 80%

**Recommended Reading:** *The Doctors Book of Home Remedies for Cold and Flu, Incredible Tips to Get you on Your Feet Fast.* By the editors of Prevention.

From the office of Laura L. Shook, D.C., A Chiropractor Putting the CARE back into Health Care  
Office located at 807 N. Waco Suite 21 Wichita KS ph: (316) 267-6522 email: goodrlaura@cox.net