

Ten Simple Steps for Staying Healthy With The Seasons

It starts with eat, drink, exercise, and rest appropriately, plus being merry. For the complete list and a bit of explanation, please see Readings.

As the weather cools, kids return to school, humidity drops, our light becomes increasingly artificial, and buildings turn their heating systems back on stirring up germs that have lain dormant all summer, it's no wonder so many people get sick.

In his classic on the seasons and acupuncture meridians, Elson Haas suggested that an acupuncture treatment at the beginning of each of the five seasons (#5 = Indian Summer) will help keep you healthy throughout the year. Acupuncture, acupressure, and other forms of bodywork that work directly with the immune system will definitely help.

Here are additional suggestions that will help you and your family stay healthy. My patient's immune systems request the first four most often.

- 1) Hydrate: Mucous membranes are your first and best defense against airborne and foodborne, and skin-borne pathogens. If you're dehydrated, no mucous to trap the pathogens.
- 2) Rest: Summer can be a frenzied time. Fall is the time to start making up for burning the candle at both ends.
- 3) Exercise: In addition to helping you shed stress and pump endorphins, exercise helps eliminate stagnation and improves circulation.
- 4) Think good thoughts. Let go of any negative emotions that you've been dragging around all summer. Do you really want to drag that stuff into your winter den?
- 5) Thoroughly wash your hands early and often. Lots of soap. 30 seconds of running water. Use a paper towel to turn off the water, open the door, switch of the light.
- 6) Improve your eating habits. Garbage in; garbage out.
- 7) Work directly with your immune system. (See the reading on Curing Colds and Flu.) Take care of your thymus, and it'll take care of you. If you are already sick, thymus will need extra attention.
- 8) Get yourself some essential oil that's good for preventing colds: Young Living's Thieves or doTerra's OnGuard, highly recommended.
- 9) Keep your hands away from your face, especially eyes, ears, nose, and mouth.
- 10) Carry an Umbrella; it'll be that less likely to rain: Lay in a store of North American Herbs & Spices' Oil of Wild Oregano and East Park's Flu Ban (Olive Leaf Extract) available at Anna's Health Foods.

If you get sick, go to bed.