

HOLISTIC HEALTH NOTEBOOK

Tips to stay healthy in cold and flu season



The Winter Snows are coming. Well, not here, thank goodness. That is why we live here, isn't it? No snow, ice, or sleet. No freezing temperatures. No chipping the ice off your windshield in the mornings. Just bright skies and balmy weather. Aaahhh...

But just because we do not struggle with drastic seasonal weather changes, we

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still get sick in the fall. With the change of weather, perhaps? When I moved to Florida several years ago, I was amazed that people actually catch a cold in warm Florida. They also catch the flu and other assorted winter ailments.

Well, this column is about prevention, and I would love to help you avoid getting sick this fall. My flu-prevention program

is a combination of lifestyle, diet, and supplements. For the most part, it works great.

No. 1: Get plenty of sleep. At least eight hours of deep sleep in a dark room each night gives the body the opportunity to heal. Sleep reduces a stress response, which also aids the immune system. While we are on the subject of stress, reduce it.

No. 2: Avoid sugar. Ouch! That one hurts, but we know that sugar disables the immune system for several hours. Yanking your sweet tooth may be particularly difficult as we approach the holidays but keep your diet low in sugar, if possible. When you attend an event at which you know you'll be faced with a dessert table, eat well before you go so you are not hungry.

No. 3: Beef up your supplement program to compensate for your less-than-perfect lifestyle. Some of my favorites are elderberry extract, olive leaf extract, mushroom extracts, royal jelly, and combinations of herbals and nutrients specifically designed for the immune system. I take some of these each day to prevent problems but if I feel



something “coming on,” I get aggressive with my program. Usually, if I take enough of the herbals and start soon enough, I can prevent any illness from “taking hold.”

Obviously, you may need to check with your health care practitioner if you have an existing medical condition or have a tendency toward allergies, but generally speaking, herbal immune formulas have a large margin of safety.

For sinus and upper respiratory infections, try the neti pot with a little salt water. It is an amazing device that really does help with sinus congestion. ■

— Carol Simontacchi is the owner of the Island Nutrition Center on Sanibel. She can be reached at 472-4499 or on the Web at www.islandnutritioncenter.metahealth.com.

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Shopping For New Floors? Get The Credit You Deserve

When purchasing your next floor, ask about credit promotions offered by your specialty flooring retailer.

No longer is credit merely a way to spread out payments. It's become something far different — a money management tool for today's family chief financial officer. More than a way to manage payments, credit represents the opportunity to buy better merchandise, especially when the timing's right.

Flooring is an investment as much as it is fashion because it becomes part of your home's structure. When purchasing flooring, consider how long you plan to keep that floor and how long it will take to pay it off with credit. Wood lasts generations. You may want to change your carpet every five years or so.

Ask yourself if the floor will add substantially to the value of the home. Credit options may turn out to be a bargain if you can comfortably payoff the purchase in a year or two, plan to keep the house for a long time and plan to buy lasting Quality fashions.

Your project will likely begin with a budget. So, with flooring comprising as much as a third of one's renovation cost, your credit plan can actually keep costs contained by helping to track and limit expenditures.

Plus, credit lets you purchase economically — for example when that special flooring goes on sale. Smart money managers also look to store credit as a way of keeping their regular credit cards open for routine — even emergency — expenditures.

Because credit impacts your overall cost, look for stores like ours which promote their own store card and offer specials to new cardholders.

Ask about long-term special programs such as one- and two-year 'same as cash' offers. As a matter of course, better stores should be able to offer 60 to 90 days with no interest. At that time, your purchase either is paid off or rolls over into a revolving charge — with interest starting on the purchase date.

As a credit customer you can call ahead and plan future purchases with us. We'll be happy to put you on our VIP list for private offerings, too, and look for special shopping days and special products we offer to credit card holders.

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